

The Fence Post

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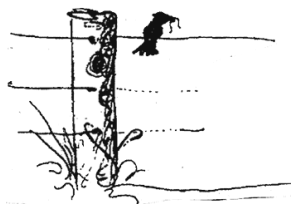
P.O.Box 7, Narembeen W.A. 6369

Phone (08) 90647055

Email: fencepost@westnet.com.au



HAPPY EASTER



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

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Mailing \$110



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EDITORS

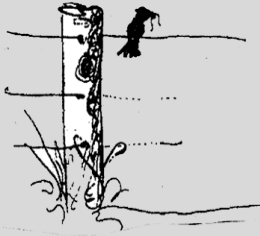
Gina DeLuis, Sherrie Heather, Lorraine Lethlean,
Maxine Miolini (Editor-in-Chief), Kellie Mortimore

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

Disclaimer

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

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



Over the Fence....

From Helen and Ross Fidge: their new number at the Mundaring House **92951189**Helen doubts she is an 'essential' service to be allowed to cross the border to be able to catch up with everyone but sends good wishes for all to be safe and well.

Message to *The FencePost* from Martine Dickson:

"pretty much the first thing I read when we get out to Karen and Eric Bormolinis I first read it in 1982 when I was living and working in town as a new graduate school dental therapist! Still recognize a lot of the names and enjoy seeing how your district has not just survived, but thrived over those ensuing years. Well Done. Keep up the great work and good luck to you all ! "

People as they isolate spend time reminiscing.... Talking of the old drive-in days etc. a young likely lad had walked in with mates (being too young to drive) the movie being 'Werewolves in London " . He can remember walking home bravely until the street lights went off and then he recalls running the rest of the way too scared to stop. They were good old days ! Many drive-in stories are told but perhaps not all can be published.....even changing the names may not work to protect the innocent !

Lots of birthdays still happening but without the gatherings. All parties on hold for the foreseeable future. Easter without the family visits and traditions this years. A small price to pay for the greater good of the community. Like Easter, Anzac Day will take on a different tone this year but the meaning of these great traditions are no less poignant .We will just reflect within our own households. Fortunately there is no ban on Easter eggs or hot cross buns !

Don't be a fool!

Change your smoke alarm battery **April 1st**

Only working smoke alarms save lives

A community safety message from **DURACELL** Queensland Government Department of Emergency Services www.changeyourbattery.com.au

DID YOU REMEMBER

Congratulations to Kira(nee DellaVedova) and Harry Readhead on the arrival of twins. A little Brother and Sister for Harrison.

Olivia Maree Readhead
2.7kg and 46cm &
William Matthew Readhead
2.6kg and 47cm



Something really special happened last week with Kira and Harry welcoming Olivia and William into the world three days after Maddie and Kyle DellaVedova welcomed Maggie . For those who don't know Kyle and Kira are Brother and Sister. All babies were delivered at St Johns Murdoch so the special nursery was very busy with three cousins So the 3 of them have been doing some self isolation in the nursery together!!! With all the uncertainty and fear around, these beautiful babies have brought a whole lot of sunshine!





HAPPY 90TH BIRTHDAY NANCY (TOMMY) THOMAS (nee CHEETHAM)

On Monday 6th April Tommy celebrated her 90th Birthday in somewhat different circumstances than had been planned.

Nancy was born in Perth on 6/4/1930 . She is the youngest daughter of Richard and Jessie Cheetham. Nancy had three siblings Marjorie Bell (dec), Richard Cheetham (Jnr) (dec) and Norman Cheetham (dec).

Nancy went to school at South Kumminin for all her primary school years and then attended Methodist Ladies College for years 8, 9 and 10. After leaving school Nancy came home and worked on the farm until she met and married Ralph Thomas.

Nancy and Ralph took up farming together and had 4 children, Carol Currie, Julie Hayter, Maxine Miolini and the oops of the family Bevan Thomas.

Nancy and Ralph farmed happily on the farm at South Kumminin until retiring to Naremben in 1988 and handing over the farm to Bevan.

Nancy now resides in Koolberrin Lodge. Due to the Corona Virus the birthday celebrations were put on hold. The family did manage to sing "Happy Birthday" and enjoy the cake that was made by Emma Miolini.

Tommy assures us when this is all over she is going to have a bbq to celebrate her 90th We all look forward to that – Lets hope we don't have to wait until her 91st!!



[This Photo](#) by

Naremben Roadhouse

OPENING HOURS OVER EASTER



10th April 2020 FRIDAY	10:00am—6:00pm
11th April 2020 SATURDAY	8:00am—6:00pm
12th April 2020 SUNDAY	8:00am—6:00pm
13th April 2020 MONDAY	8:00am—6:00pm



KITCHEN CLOSED 5:30PM SHARP

We wish everyone in the community a very safe Easter, take care of your families.

John, Rawina, Joshua, Justin, Shae & Chelsey.



NAREMBEEN HISTORICAL SOCIETY (INC)

Meeting

Monday, April 20, 2020

2.00pm

At the Shire Office

All Inte
RS

CANCELLED

come.

for lunch



Happy Easter Everyone

Please note Elders will be closed over Easter Break 2020 from

Thursday 9th at 5pm until 8am Tuesday 12th April.

Have a great few days break, keep safe and well.

Cheers from Colin, Ayla & James

9064 6500

Naremben Medical Centre

U5/19 Churchill Street

NAREMBEEN WA 6369

Ph: 90647145



This year we have had an unprecedented number of callers booking for flu needles whether they be Government Funded or Private Scripts from our Pharmacy. With the additional worry for people of the Coronavirus our reception staff have been kept very busy trying to help everyone the best they can. Please know we are doing the best we can to fit as many people in for appointments or Telephone Consultations. We do, however, only have so many appointments in a day so if you need to wait a day or two please understand. Maybe the next time you are at the Surgery for an appointment Thank them for the great job they are doing.

FLU NEEDLES

The **Free Government Funded needles** for the below people were only available for ordering Friday, April 3. We have ordered and are awaiting delivery of these which should arrive next week.

- Pregnant women
- All Children born after 2007 (New Primary School State Campaign)
- Those people with a condition which puts them at greater risk if they became unwell.

The **Free Over 65 Government Funded needles** have been available for the past week and additional have been ordered to hopefully keep up with demand.

If you are eligible for a **FREE Government funded needle** please use this opportunity and be patient, we are trying to work with the Pharmacy who have very limited supply of the Private Flu needles so that we can hopefully immunise everyone in our Community wishing to have one. Wouldn't it be a shame if someone who is ineligible missed out on a needle this year because someone who could have a free one used a private one instead. Lets all work together to help everyone. Our Surgery Hours remain the same except for the Easter Closures:

HOURS - Monday 8.00am – 5.00pm **CLOSED EASTER MONDAY**

Tuesday 8.00am – 5.00pm Wednesday 8.00am – 5.00pm Thursday 8.00am – 5.00pm

Friday 8.00am – 12.30pm **CLOSED GOOD FRIDAY**

Kellie Mortimore - Practice Manager

Narembeen Homes for the Aged



The Narembeen Homes for the Aged held their Annual General Meeting at the end of February.

Julie Hayter was re-elected as President, Nola Parsons as Vice President and Maxine Miolini as Secretary/Treasurer. The Committee elected were Jill and Neville McGregor, Keith and Julie Miller, Margaret Butler, Robert Hayter, Sherrie Heather and we welcome Gina Deluis as the Shire Representative.

2019 was a successful year with almost full occupancy all year. The Aged Homes contributed money to the Senior Citizens Centre so shelving could be installed and new window treatments were also installed. We also had the back door repaired at the Centre and paid for the carpets to be cleaned.

During the year all the eaves, carports and outdoor areas at the front of the units at Gum Tree Place were repainted. A big job but one that certainly enhances the look of the Units. We are continuously having work done to all twelve units, when required, to maintain them in as best condition as possible.

At the meeting it was decided that Unit No 5 at Gum Tree Place would be repainted inside and all floor coverings replaced before renting it to another Tennant.

The gardens at Gum Tree Place needed some attention after approximately 30 years. In the next few weeks you may see landscaping going on at the Units. All the garden will be removed, the reticulation attended to and replanting done.

On a sadder note we offer our sincere condolences to two of our Residents, Hazel and Mick Toovey who lost their son Adrian recently.

Narembeen Hair & Beauty

This week only Wednesday April 8th & Thursday April 9th

Closed Good Friday April 10th

Then open Thursday's & Friday's

10:00am onwards



Facebook message or ring salon for appointments

PH: 9064 7644

Narembeen St John Ambulance

April 2020

Our Sub-Centre
 Telephone/Fax: 90647771

Our Committee

Chairperson:	Ian Mortimore	0428647090
Vice-Chair:	Michael Lethlean	0428647961
Treasurer:	Lorraine Lethlean	90648049
Secretary:	Kellie Mortimore	0427647090
Trainer:	Debbie Hall	0457758882

Committee: Peter Hall, Noela Cole.

Street Appeal
Thursday, April 16
10.00am – 4.00pm

LOOK for the Ambulance in the main street.

COME and pay your membership or join. **FIRST AID KITS** will also be available to purchase or order.





**AMBULANCE COVER
MEMBERSHIP**

Membership renewals should arrive in your mailbox shortly. Please remember that if you have a Periodical Payment set up from your bank to contact them and update the amount being transferred.

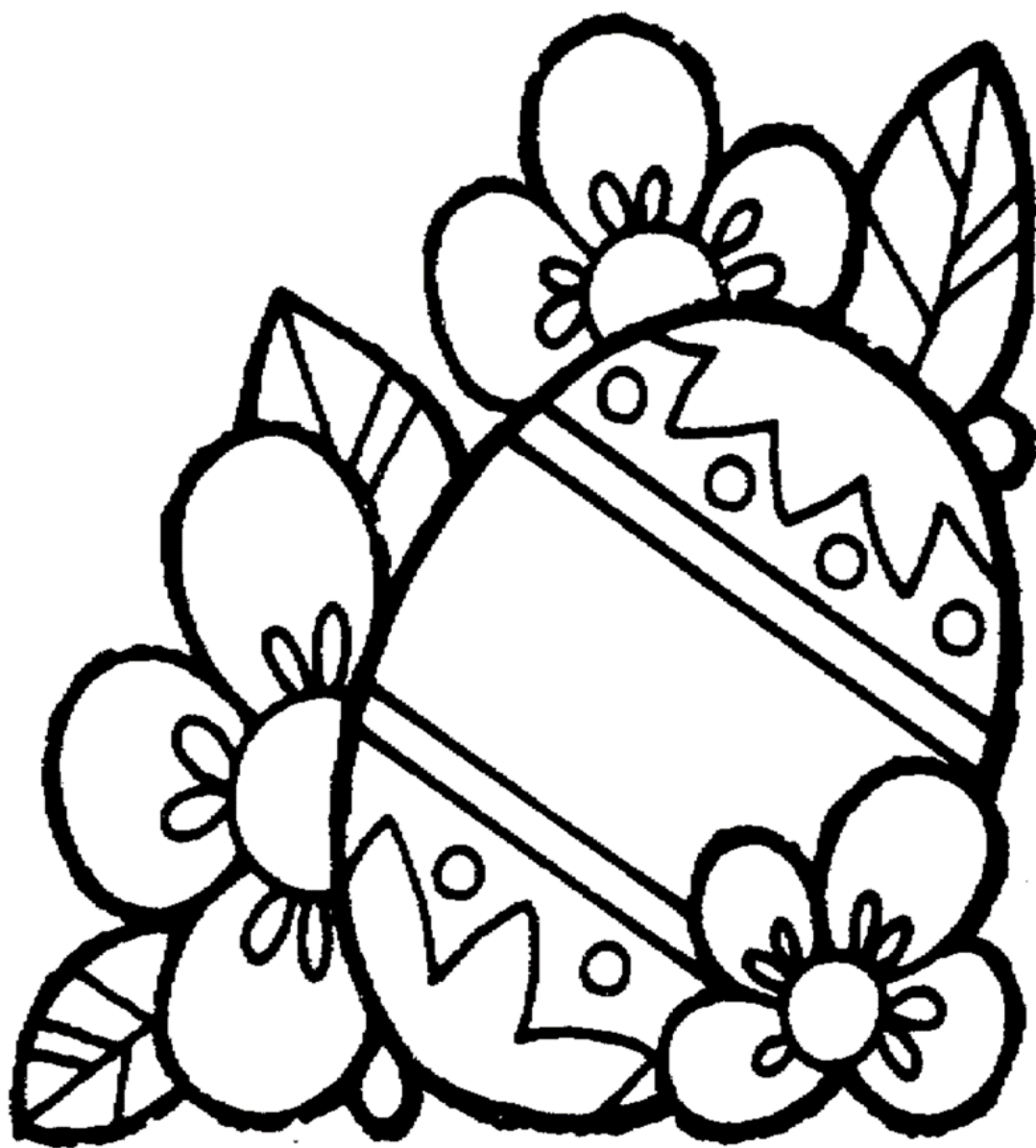
2020

FAMILY	\$93.00
SINGLE	\$56.00

If you are not a member and would like to join contact Lorraine Lethlean on 90648049.

It could save you hundreds of dollars.

Happy Easter



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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Hydraulic Components Repairs in house
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Mobile hose/fitting trailer for onsite repair
Hydraulic hose assembly made to order, in-house
Regular trips to Perth for repairs & parts



WHAT TO DO ABOUT COMMON STAINS

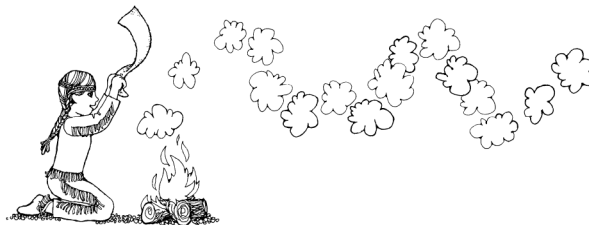
FIRST remove excess material by blotting to absorb liquids or by scraping with ruler or butter knife.
THEN clean the remaining stain as directed on the chart.
ALWAYS follow directions on container. Apply cleaning material directly to scene avoiding getting the carpet too wet, then remove loosened stain material with white absorbent tissue.
FINALLY - when the carpet is dry gently brush pile to restore original texture.

<u>STAIN</u>	<u>REMEDY</u>	<u>STAIN</u>	<u>REMEDY</u>
Acetone	Absorb	Iodine	Alcohol
Asphalt	Dry Cleaning fluid	Icecream	Liquid detergent
	Detergent	Lipstick	Call Cleaner
Alcoholic Beverage	Liquid detergent	Medicine	Call Cleaner
Berry Stain	Liquid detergent	Metal Polish	Liquid detergent/dry cleaning fluid
Bleach	Liquid detergent		Call Cleaner
Blood - dry	Warm Detergent	Mildew	Liquid detergent
Blood - wet	Liquid detergent	Milk	Liquid detergent
Butter	Dry Cleaning fluid	Mud	Liquid detergent
Calcium Chloride	Vacuum then	Mustard	Liquid detergent
	Liquid detergent	Nail Polish	Dry Cleaning fluid
Carbon Black	Vacuum then	Orange Drink	Liquid detergent
	Liquid detergent	Oil	Dry Cleaning fluid
Chewing Gum	Dry Cleaning fluid	Paint (emulsion)	Liquid detergent
Chocolate	Liquid detergent	Paint (Oil)	Call Cleaner
	ammonia, water	Perfume	Liquid detergent
Coffee	Liquid detergent		Dry Cleaning fluid
	white vinegar	Shoe Polish	Dry Cleaning fluid
	dry cleaning fluid	Shoe Polish Wax	Heated iron into towel/ dry cleaning fluid
Cola	Liquid Detergent		Liquid detergent
Crayon	Call Cleaner	Tea	Liquid detergent
Egg	Liquid detergent	Tomato juice	Liquid detergent
Food Dye	Liquid detergent	Urine	Liquid detergent
	water		white vinegar
Furniture Dye/Polish	Call Cleaner	Vomit	Warm detergent/water
Excrement	Liquid detergent	Water colour	Liquid detergent/water
Fruit Juices	Liquid detergent/, water	Wax	Hot iron into towel/ Dry Cleaning fluid
Gravy	Liquid detergent		Liquid Detergent/ Water
Glue	Call Cleaner	Wine	Dry Cleaning fluid
Grease	Dry Cleaning fluid	Ink (ball point)	Dry Cleaning fluid
Ink washable	Liquid detergent		

NOTE If the above procedures fail to remove the stain we highly recomend you call a professional carpet cleaner.



from the CHIEF



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

HAPPY EASTER

The Shire of Narembeen Staff & Councillors wish the Narembeen community a Happy Easter

In an effort to quell the spread of COVID-19, we inevitably find ourselves missing important milestones like birthdays, weddings and holidays.

Even if you are not physically together with family and friends, here are some creative ideas when a holiday just doesn't feel like much of a celebration:-

- Get into the Easter spirit and decorate your house with Easter bunnies and eggs!
- Use social media platforms such as Zoom, Party House, Facebook to speak with family and friends on Easter Sunday.
- Hold a Zoom Dinner Party
- Organise a fun sports afternoon with your household eg: Bunny Hop Sack Race, Easter Bunny Pinata, Egg and Spoon Race
- Organise a special Easter Egg Treasure Hunt with the kids

PENSIONER RATES REBATE

The Local Government Rates Rebate is a concession that is available as either a rebate on, or the deferment of this charge.

AS A PENSIONER, ARE YOU ELIGIBLE?

You are eligible for a rates rebate if:-

You are the owner and occupier of the property as at 1 July

You are the holder of a valid Pensioner Concession Card, State Concession Card, WA Seniors Card or both a WA Seniors Card and Commonwealth Seniors Health Card.

If you have not previously registered your details with the Shire and you think you should receive a pensioner rebate, please email fo1@narembeen.wa.gov.au to receive further details. Please note, as the Shire offices are currently closed to the public all correspondence on this matter will need to be via email.

from the CHIEF

COVID - 19

As the COVID-19 (Coronavirus) pandemic continues to develop across the country, the Councillors and staff of the Shire of Narembeen would like to extend our best wishes to everyone facing difficult situations as this crisis escalates.

We understand that the measures being put in place have severely restricted our way of life and our ability to conduct our business but at this time it is the health and wellbeing of our community that must be at the forefront of our minds.

The Shire of Narembeen Offices are closed to the public. This is a difficult decision to make but the Shire is determined to act in the best interests of protecting the wellbeing of our employees and the community.

Shire employees will no longer undertake face to face interactions with the community, however during office hours 8:30am-4:30pm Monday to Friday we will continue to respond to enquiries and perform as many of our standard functions as possible via phone (9064 7308) or email admin@narembeen.wa.gov.au, this is the same for the CRC office.

For Department of Transport Services - Transactions can be completed online with a DoTDirect account. If you need further assistance, please call the Department of Transport on 13 11 56. In extreme cases the Shire may still be able to assist in this area but this will be by advanced booking only. Practical Driver Assessments have been cancelled until further notice.

In the coming weeks it is likely the Government restrictions in response to COVID-19 will continue to escalate and we encourage the entire community to please take care to protect yourselves and others. In recent days the National Cabinet agreed to further the limit most indoor and outdoor **non-essential** gatherings to 2 people. It was also decided that people over the age of 70, those over the age of 60 who have existing health concerns and Aboriginal and Torres Strait Islander people over the age of 50 who have existing health concerns, to **stay home**.

The CRC has partnered with the Narembeen Police and created a "Neighbourhood Project" this is so people that aren't able to leave their house for the sake of their health, can still get the essentials they need. If you need help please fill in the form and return it to the CRC. These forms can be found on the Shire of Narembeen Website, you can request one to be left in the basket at the front of the CRC building by calling the office or the staff at the CRC are able to email it to you by request.

The Shire has put in place a number of measures to help further protect the community, these are summarised below and more actions may be taken as the situation progresses over the coming weeks:

- The Narembeen Caravan Park has been closed to travellers until further notice. We understand accommodation may be essential for Contractors and workers therefore booking in advance is essential through the Shire Office.
- The Narembeen Gym has closed its doors until further notice. This is in line with Federal Government restrictions.

from the CHIEF

COVID-19

- The Narembeen CRC and Library has also closed its doors to the public. The team at the Narembeen CRC will continue to work diligently behind the scenes and will remain available to assist the community via phone or email, so if you are feeling isolated during this difficult period don't hesitate to give them a call even if it's just for a quick chat. They are also investigating the implementation of a drop off or collection service for the library. At this stage all events, workshops and activities have been cancelled.
- The Department of Human Service (Centrelink, Medicare etc.) facilities at the CRC will remain available on a call ahead basis so the team can open the external entrance door for you.
- The Public toilets at the Narembeen Recreation Centre and the Dentist have been closed until further notice, the nearest open public toilet facility is located adjacent to Apex Park and the tourist information bay. Our cleaning team is working diligently to keep this facility clean at all times so that it can be available to the public.

If you're struggling with anxiety or are worrying about COVID - 19 please visit <https://headtohealth.gov.au/covid-19-support> which outlines some practical psychological skills to help you and your loved ones cope with anxiety and worry about this infectious disease. We are all in this together as a community so please if you need help, reach out to someone. Our staff here and at the CRC are able to have a chat or help you at any time.

The Shire has set up a webpage <https://www.narembeen.wa.gov.au/live/health-community-care/covid-19-coronavirus.aspx> where you can find useful information on COVID-19 and links to sources of trusted information and advice.

During this difficult time don't be afraid or too proud to reach out - get in touch with the CRC - we are here to help!

NEW RESTRICTED BURNING TIMES IN PLACE FOR APRIL

From Wednesday, the Restricted Burning Time for Local Governments in the southern half of Western Australia - from the Midwest Gascoyne through to the Great Southern - will be extended to Thursday 30 April 2020.

The Bush Fire (Restricted Burning Times) Amendment Notice 2020 is due to be gazetted on Tuesday 31 March outlining that all 129 Local Governments in the southern half of the State will have their Restricted Burning Time extended to Thursday 30 April 2020.

The extended restriction period applies to the Shire of Narembeen. Department of Fire & Emergency Services advise that the reason for extending the restricted period is due to the impact of the Coronavirus. By maintaining the control on the lighting of fires, it reduces the risk of wildfires and hence the exposure of volunteer firefighters.

from the CHIEF



COMMUNITY GRANTS PROGRAM 2020/21

The Shire of Narembeen Community Grants Program for 2020/21 is OPEN! The program is a great source of funding for local sports clubs or community groups to acquire much needed funds for a project, event or even a piece of equipment!

The Narembeen Historical Society, Narembeen St John and Narembeen Bowls were all successful in receiving funding through the 2019/20 Community Grants Program to assist with the provision equipment.

The objective of the Community Grants Program is to provide funds to community based organisations whose project objectives include:

- Supporting seniors
- Providing opportunity for lifelong learning
- Improving/increasing safety within the community
- Supporting local culture
- Encouraging conservation and natural resource awareness
- *Incorporating elements of the Shire of Narembeen's Strategic Community Plan Goals

(*To view the Shire of Narembeen's Strategic Plan go to:-

<https://www.narembeen.wa.gov.au/documents/corporate-plans-and-strategies>

or alternatively request a hard copy from the Shire office.

Eligibility criteria for applicants is as follows:-

- Organisations must be an incorporated not-for-profit organisation
- Organisations must possess current Public Liability Insurance

Funding **will** be provided to assist with non-recurrent project costs including marketing and advertising, training, equipment purchases and facility hire.

Funding **will not** be provided for recurrent expenditure such as wages, insurances, debt reduction, loan repayments, travel or activities that are ordinarily the responsibility of the Shire of Narembeen.



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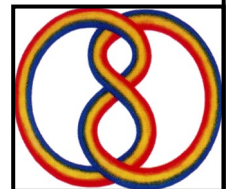
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THE HEAD BUTT

Craig Gmeiner

Smith isn't the man.....

Steve Smith is a fine cricketer and I am sure also a fine man but he should never captain a cricket side again. Now let's be clear he isn't a criminal, he just made a mistake on that day in Cape Town and we have all made mistakes and he's served his penance. The thing is though that mistake coupled with the way that he was captaining the side during his time in charge means that Australian cricket is better off without him in charge. We need to move away from the idea that the best player makes the best captain.

Traditionally the Australian cricket side is something that cricket fans have looked up to, wanted to be part of, taken pride in. Let's not forget that under Smith's control the side lost all of these traits. Now granted investigation since the incident at Cape Town has suggested that the pressures to succeed on the side had become simply untenable but he was still in control of the side on the ground. There were chances where the skipper could have reigned things in and held the side to high standards, he didn't. It's hard not to see that under Smith's control the side was all about the win and nothing else.

As a captain he was immature and volatile, his gesturing at slip could only have been perceived as a negative and the body language that he displayed when dealing with umpires was disappointing. A captain needs to be better than that. A captain needs to set the tone for the other to follow, he needs to lead. Lead though not just in performance but also in behaviour. It is said that the captain of the national cricket team is the second most important job in Australia and as such certain standards must be met and adhered to. Smith couldn't do that.

Tim Paine was the captain that Australia needed back in Cape Town and he has become the captain that Australia should expect. Paine sets high standards for his team and leads from the front with his work rate, behaviour and performance. He handles the pressures of captaincy wonderfully well and holds his position in the right light. The ease he was able to display over the last two summers when engaging his opponents in banter, not abuse, banter was a great example of this fact that he was the man for the job.

Steve Smith is a wonderfully talented cricketer, phenomenally perhaps. He is the man Australia needs in all formats to hold the batting order together and from which young players can learn to grow and develop. Leaving Smith to play this role could well see Australian cricket continue to grow back into the position of power they once held. Power on the field and power off it as they were the stars of the Australian summer. To assume this position of power Cricket Australia needs to have the right person at the top. They need to have a leader that sets examples, a leader that works off the ground and understands that he owes the game everything, but the game owes him nothing. Steve Smith isn't that man.



Country footy is simple....

The greatest strength of country footy is also its greatest weakness which unfortunately holds so many back from what could be. Footy is a simple game to be sure and that simplicity should be what allows so many to play it. However, the mistake a lot in country footy clubs make is that simplicity is a reason to resist change. Footy is a strength of the bush and let's hope it stays that way however to do so clubs and players need to open their minds to change and remember that change doesn't necessarily make footy complicated.

The further you go out into the bush the more the game looks different to the one we watch on TV but there are justifiable reasons for that. Fitness levels limit the amount of ground players and how fast they are in doing that. The players just don't train enough to try and implement the kind of things that are seen on tv. It is easy to forget just how long players at the highest or even just high levels of footy take to try and perfect what they're doing and how they're going to do it. While these may be seen as negatives there are also great positive sin these differences, for a close game of country footy can often be more enjoyable to watch than a game at the highest level with 36 players within fifty metres of the ball.

There was a time when footy was the game anyone could play. There were roles for all and if you worked hard enough you could fill those roles no matter what you brought to the table. That is no longer the case at the highest and even higher levels, it still is country footy. This is a fact that many clubs play on and do so well. So many country sides, especially Ressies sides, have developed and created great success stories out of European backpackers and kiwi expats. This is a great side of country footy and long may it continue.

Country Footy has missed a trick though, it has missed the chance to move with the times but still hold on to what makes it great. Thinking outside the square or ignoring the odds is often scoffed at in country footy. If a club is struggling whether for success or for numbers the solution is simple, lets get lots of money and then pay blokes to come and play for us so we can keep going and also hopefully have some success. A fair enough solution as we all love a winner, or being a winner ourselves. However what if we started to jump out of that square.

The square that country footy needs to jump out of is the way that training is run. As training time becomes limited for the players they have they need to follow the lead of the higher levels of the game and make training about quality rather than quantity. There is a great quote from dual Richmond premiership player Bachar Houli in a doco I recently watched where he said the turn around for the Tigers came when the coaches and the playing group decided to commit themselves to making the club somewhere fun, somewhere that was enjoyable. I wonder how many country clubs could say that was how their players saw their club.

The way to reach both these goals, fun and quantity, is for the plastic cones to be put away and clubs to coach the game rather than the skills involved. Coaches should move towards match simulation, half

court games and game scenario practice. Leave the lane work and the lightning bolts for the juniors and let the men actually practice the game. This would surely be more enjoyable and then perhaps draw more players to training and would also prepare the players for the weekend more efficiently than running up and down in lines. All this of course would however take some change.

Now I could be full of crap, I often am. Country clubs the state over, the country over even could well be all over this already. If they're not though, if they're struggling a bit though, maybe they could make this slight change and then reap the rewards. The beauty of footy in the bush will always be it's simplicity and maybe if we brought more of that simplicity to our training we could find out just how fun and beautiful footy could really be.

Minnawarra

MINNAWARRA....

The top of the hill always made the run back easier for Charlie as from the top of the hill you could see the house and also you could see such a large part of the Minnawarra. You could see the lake over on the far side of the property with its big white gums that had been planted by Charlie's great grandfather all those years ago. At the bottom of the hill you could see 'two k' dam which always seemed to overflow even in years when it didn't really rain much. The name had caught on after Charlie worked out that it was exactly two kilometres from the house and as such was a good marker for his run. If you followed the line of trees behind the house you would just see the roof top of Charlie's grand fathers house, the original homestead which he had built by himself and from which the empire of Minnawarra was born. Not that anyone else got that dramatic but that's how Charlie had always told the story to new kids on the bus.

If you looked to your left as you came down the hill you could make out the old piggery which had been such a gold mine for the farm when Charlie was a little kid, although the big sows did scare him a bit. As Charlie went past two k dam and tried to go up a gear as he ran back up the easy rise to the mailbox the older lambs tried to run with him on the other side of the fence. The younger ones didn't give him any attention at all as they still only had a feed on their minds.

As Charlie swung himself around the mailbox and tried to really kick down the drive to the finish of his run he remembered how he enjoyed running on dirt tracks, he would get lost in the rhythmical beat of his sand shoes hitting the dirt and find that his mind forgot about the pain of the last seven kilometres and would let him really stretch out to finish off. As he passed the garage and clicked his watch the pain came back and he tried his best to stay up right. He knew recovery was the key to fitness so he did his best to gain his composure as quickly as he could.

'That seemed pretty quick'

Charlie turned around to see his Grandfather leaning on the gate to the yard. Ever since Charlie's Grandma had passed away Grandpa called 'Beer-o'clock, which could really be anytime between about five in the afternoon and half past seven.

'35 minutes'

'For eight ks that's not bad is it?'

'Dunno really'

'What do you mean you don't know' Grandpa stood up off the gate in mock consternation.



Well they never test us over that distance, it's all 2k and 3k trials. I'm just trying to build up a base'

'Well you seem to be doing that pretty well. Why don't you come in for a drink?'

'Where's Mum and Dad?' Asked Charlie as he grabbed his towel off the old Minnowarra sign next to the back gate and walked through the opening that Grandpa had created by pushing the gate open with his boot. Tom, Charlie's red cloud kelpie, came and sat next to him as he sat down in the outdoor setting on the deck at the back of the house. When Charlie was younger and used to go for runs just to the top gate and back Tom used to come with him. Now though she, yeah Tom was a girl, would watch with anticipation from the gate when Charlie left and then show great concern when he got back covered in sweat.

His Grandpa had explained that his Dad had gone to check the windmill at the bottom of the Garden Paddock as the house was struggling for water again and that his mum was inside just getting some drinks organised. Charlie's Grandpa was a small bloke but what he lacked in size he made up for in quality. He and his brother had bought Minnowarra some fifty years ago, that is they bought the 100 hectares directly around where he and Charlie were sitting. Then through brains, hard work and not just a little bit of luck they had built it into the fifty thousand hectare empire that it was today.

'So big year for you huh?' Asked Grandpa even though he already knew the answer.

'Yeah I guess' Came Charlie's sheepish reply.

'You guess?'

'Yeah I guess I do'

'So State 18's huh?'

'Yeah hopefully'

'Right, then Year Twelve as well huh?'

'Yeah'

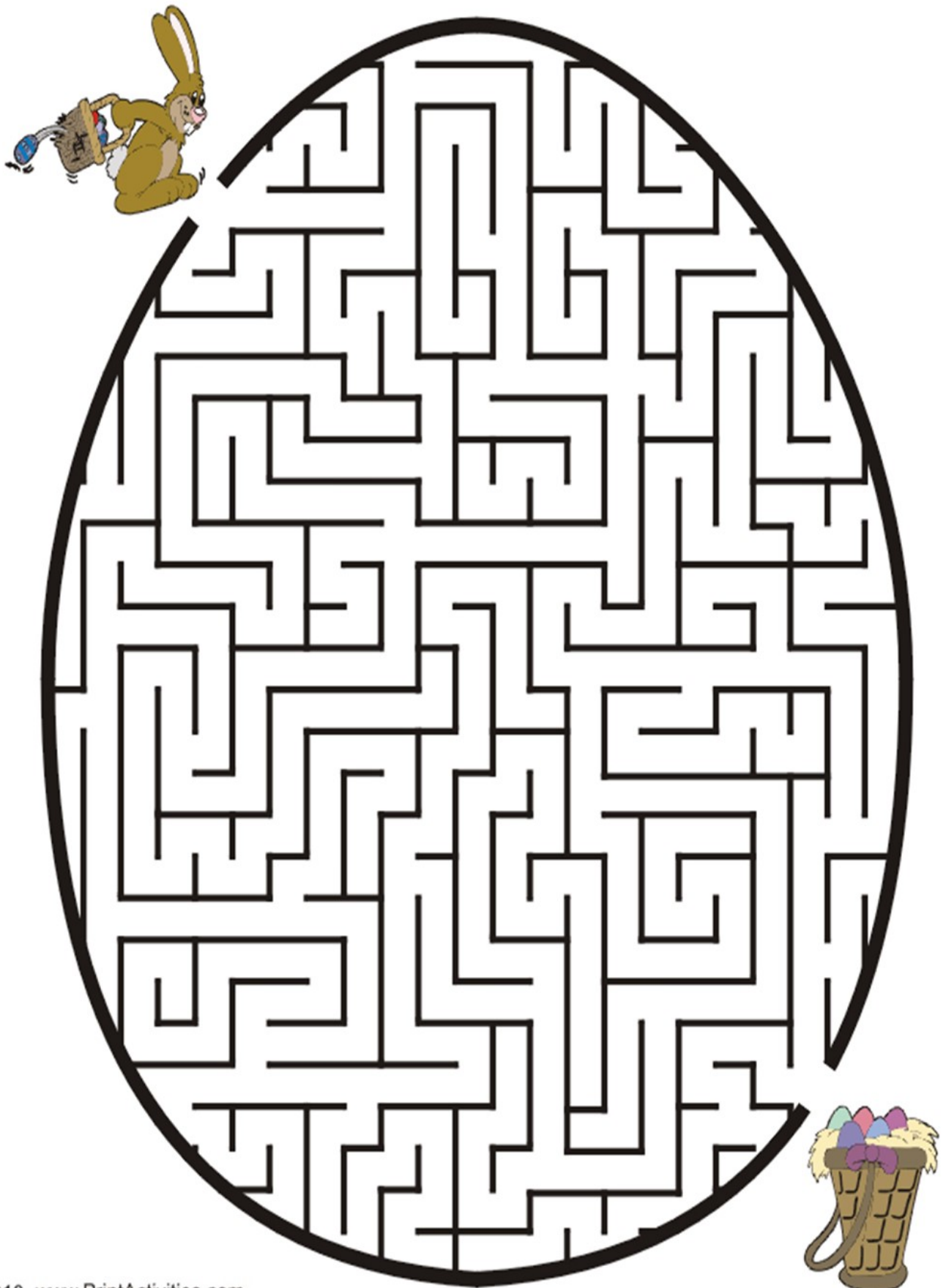
'Anne Correia to finish it off then huh?'

Charlie shot his Grandpa a vicious look which only made him laugh, partly because he had gotten a rise out of his grandson but also because he had deliberately timed the question to coincide with Charlie's mum coming out the door.

Charlie had known Anne Correia since the first day of school some twelve years ago. She had pushed him out of the bus and he had fallen into what was a rather unseasonal and large puddle of water at the bus stop at school. As they were to spend the next twelve years getting on the bus together it is fair to say that the story of the push came up more than once. They had always been good friends which was fine when they were younger but for a couple of years now Charlie had been noticing that not only was Anne nice to him and really friendly she was beautiful as well.



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Special Eggs-emption

for travel into and within Western Australia

I, Mark McGowan,
Premier of Western Australia,
hereby authorise

The Easter Bunny

to travel freely into and throughout the State
of Western Australia for the essential service of

Egg delivery

Signed:

A handwritten signature in black ink, appearing to read "Mark McGowan".

Mark McGowan, Premier of Western Australia



Narembeen Community Resource Centre

From the Manager

It is the start of a new week, we hope everyone is going ok, looking out for each other and staying home!!

Please remember the CRC is still open, although our doors are closed... we still want to be able to provide our community with as many services as we can. So even though our doors are closed, **we can still help you!!!** Just give us a call or email and we will do our best.

The #ShoWcAse in PIXELS banner competition is still going ahead!! After all of our events and workshops have been cancelled, help us get the community involved with our last standing competition. **WIN** a \$250 voucher for Arts & Craft Supplies as well as the chance to represent the Shire of Narembeen at Yagan Square in Perth City!! This is your chance to get as creative as you like in your own comfortable home environment! Guidelines and application forms are available by request at the CRC or are able to be downloaded from the Shire of Narembeen Website. If you have a creative bone in your body or just need something to do... enter today and have some fun! What have you got to lose??

We have had numerous members of the public enquire about e-Library Resources. We are currently working hard to get this up and running so that you have access to what is in our library from your couch!! Please keep in mind, this will not happen overnight as the State Library is extremely busy trying to fulfil numerous requests from all over WA, but we hope to have it ready by the end of the week. Until then... take advantage of our call and collect service, give us a call and let us know what you would like; books, movies etc. and we will have it ready in the basket at the front door OR we can drop it off at your house! We will still offer the call and collect when the e-Resources are up and running, if you do not have access to a smart phone, iPad etc.

We have isolation packages for all ages! We are aware we can't please everyone, so if you have a suggestion of what you would like as a distraction, just let us know and we will see what we can organise for you! The packs are available at the front door of the CRC in the basket, on the Shire of Narembeen Website or via email, all FREE! Why not take one??

Check out our COVID-19 website page on the Shire of Narembeen Website. We are working hard to update this as much as we can to provide you with up to date information, helplines, resources, fun home activities and much more just visit: <https://www.narembeen.wa.gov.au/>

We are all in this together.



*"Stay positive,
laugh often!"*

Vanessa Wittstock

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





2020

#showcAse

IN PIXELS

COMPETITION



Get creative and have the chance for your artwork to be displayed at the iconic digital tower at the heart of Yagan Square Perth.

This year's Theme is:

LEADING THE WAY

The winning design will represent the Shire of Narembeen in the 2020 #ShowcAse in PIXELS Competition.

The winner will receive a \$250 Arts & Crafts supplies voucher.

All submissions will need to be received by the Narembeen CRC before **Friday, 8th May 2020**

For more information and guidelines of the competition visit:

www.narembeen.wa.gov.au

Email: crcreception@narembeen.wa.gov.au

Phone: 9064 7055





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:			

Narembeen Community Directory 2020/21 Advertisement

Have you just opened a new business?

Or

Need a way to advertise your current Business?

The 2020/2021 Narembeen Community Telephone Directory is just for you!

Starting from as little as \$65 for a third page ad, you'll give your business the exposure it deserves!

Just 4 easy steps:

1. Simply fill out the form below.
2. Tick which size ad you would like, if you need an ad to be designed, let us know the requirements, we will design an advertisement (additional costs involved) and send you the proof.
3. Return completed form to the Narembeen CRC by **Thursday, 30 April 2020.**
4. If you advertised last year, a copy of your advertisement is attached.
Please make any necessary changes and return with this form.

COMPANY NAME:
CONTACT PERSON:
STREET LOCATION:
POSTAL ADDRESS:
PHONE:
EMAIL:
WEBSITE ADDRESS:
SERVICES:

Please Tick Advertisement Size

- | | | | |
|------------|-----------------|----------|--------------------------|
| Third Page | (125mm x 60mm) | \$65.00 | <input type="checkbox"/> |
| Half Page | (125mm x 85mm) | \$85.00 | <input type="checkbox"/> |
| Full Page | (125mm x 190mm) | \$150.00 | <input type="checkbox"/> |



Narembeen
Community
Resource
Centre

2/19 Churchill Street
NAREMBEEN WA 6369
Email: crcclerical@narembeen.wa.gov.au

For the Christian community

We are not people of fear: we are people of courage. We are not people who protect our own safety: we are people who protect our neighbours' safety. We are not people of greed: we are people of generosity. We are your people God, giving and loving, wherever we are, whatever it costs For as long as it takes wherever you call us.

Barbara Glasson, President of the Methodist Conference

Prayer in a time of epidemic disease

Lord Jesus Christ, healer and friend,
come and care for all of us
through the danger and uncertainty
of the coronavirus epidemic.

To people who are sick, bring healing.
To people who are displaced, isolated,
or cut off from family, friends or work,
bring comfort and companionship.

Work with medical staff as they care for the sick,
and protect them from harm.

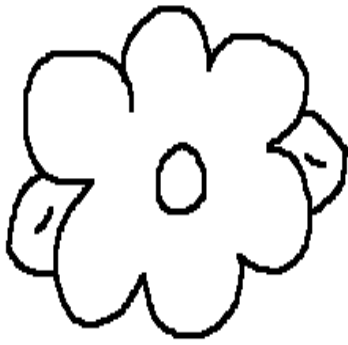
Give skill and fruitful research to scientists
as they search for treatments, prevention and a
cure.

To public health authorities, give wisdom
to decide the best ways to manage
both this crisis and our anxieties.

When communities are fearful,
give a calm spirit,
and kindness to neighbours and strangers.

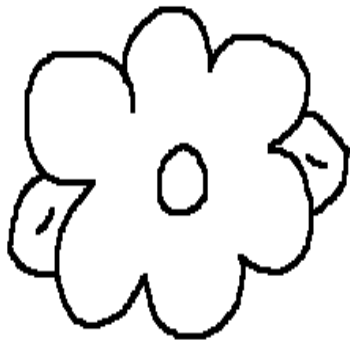
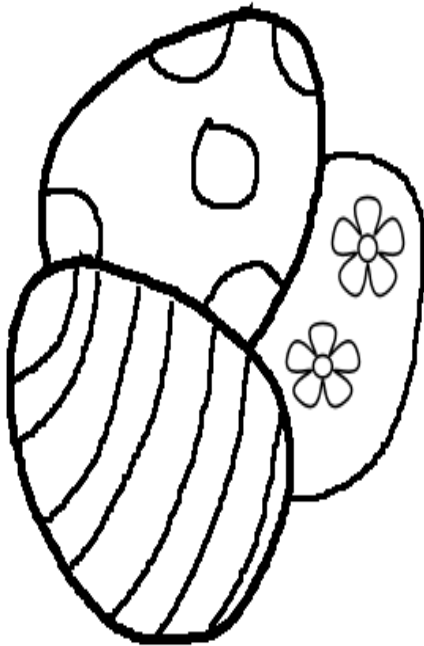
Through this testing time,
and through all the risks we face together,
teach us once again how we can love one another
as you have loved us. Amen.





HIP HOP HOORAY FOR EASTER!

9MILLER

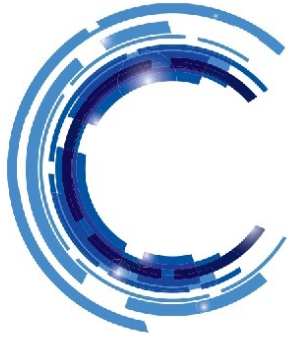


R C S S R S P I Q S R D Y B C
 E U I L U S R O B A N L L A D
 T G O L D E N E B S D U L B G
 S E F L R P G B W Y E S E Y T
 A M A C O G I C A O N M J A U
 E J U H Y T M D C A L F A V S
 J U V O S P N P E H X F N G P
 Q F Z C N U Y B O E I J L B R
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3 MINUTE WORKOUT PLAN

If you spend most of your day sitting during work or study then this workout plan is for you.

It can be done virtually anywhere, all you'll need is a timer and something to lean on to keep your balance, whether it is a desk, a benchtop or a car!

Instructions: Choose an exercise and do it for 30 seconds. Then repeat or choose a different one. Mix and match exercises to complete at least 3 minutes. Try and break up your day by doing a 3 minute workout every 30 to 60 minutes.

Bonus! If you have more than 3 minutes to spare why not do a few extra exercises?



Calf Raises

Raise your heels a few inches off the ground. Hold this position, and then slowly lower your heels back down. You can do this exercise while standing at a desk—you may need to hold on for balance and support.



Half Squats

Stand with your feet planted about shoulder width apart. Squat down half way keeping your back straight. Stand back up again and repeat.



1-leg stand

Stand tall with your hips, knees and toes in line. Transfer your weight onto a single leg, lifting the other just off the ground. When stable, tip forward at the hip. Move your back leg towards the ceiling and body towards the ground. Hold for 15 seconds each leg, then switch.



Knee Lifts

While keeping your knees bent, lift one leg so your knee moves toward your chest. Raise the leg as high as possible and hold the position for a few seconds. Lower your leg slowly and in a controlled manner. Switch to the other leg. This move helps open your hips while strengthening your thighs and abs.



Glute squeezes

While sitting or standing, contract your bottom muscles and hold tight for three seconds. Then, relax and contract again. You can do this at your desk or in the car!



Leg curls

While standing, bring one foot up to your backside, and then lower. Go for 30 seconds, and switch legs.



Push-ups

Plant your hands on the edge of a desk, table, or any stationary surface around your work station, shoulder width apart. Stretch your legs out behind you, lower your chest to the desk, and push-up.

Did you know?

If you spend more than 8 hours a day sitting, you need to do approximately 60 minutes per day of moderate-intensity physical activity to offset all that sitting. Try to be less still, and break up your day by moving more.

Partner:



Government of Western Australia
Department of Health





"In the old days, your Grandma and I watched TV with rabbit ears."



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Contact Rochelle Spencer

Phone: 0429 500 933

Email: info@fluoresce.com.au

Website: www.fluoresce.com.au

FLUORESCENCE
Bookkeepers

BIRTHDAYS



April

8th	Toby Fricker Sarah Heather	Cassidy Steddy	Liam Atkins (21)
9th	Joy Antunovich Ernie Della Vedova	Deborah Doney (Edwards) Rebecca Wanless	Roger Miller
10th	Duncan Cheetham Donna King	Bradley Slade Janet Repacholi (Cusack)	Douglas McWilliam
11th	Dale Dixon	Mark Federici	
12th	Tristan Padfield	David Treloar	
13th	Valmai Sprigg		
14th	Charlotte Della Vedova Kate Bailey Arabella Hunter	Dick Slade (90) Kim Garlick Addison Hunter	Lee Macanans Madeline Sloss
16th	Graeme Dowsett Spencer Ball	Greg Fagan	Faye Tancred
17th	Margaret Marrone	Luke Smoker	Sara Nation
18th	Rebecca Gmeiner	Jacqueline Hall	Finn Casson
19th	Bruce Parsons Sheldon Miller	Clancy Jones Jessica Lines	Valli Menegola Parris Murphy
20th	Terry Chrisp	Craig Kennedy	
21st	Queen Elizabeth (II) Eugene Hapeta	Brett Sprigg Payton Vaughan	Amy Wester
22nd	Tracey McWilliams	Steve Bailey	

ANNIVERSARIES

April



14th	Carol & John Currie	Joe & Charlotte Della Vedova
17th	Geof & Maxine Brayshaw	
19th	Alan & Sylvia Yandle	Peter & Marg Romaior

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 until further notice.

THIS Quarters lesson study will be titled "How to Interpret Scripture" for the months of April, May & June

The Church has a local TV Chanel 306 and radio station 3ABN serves our community with Sabbath School and

Church of Christ

No Bible study or Sunday worship services until further notice

See Narembeen Church of Christ Facebook site for information re Sunday Worship services on-line at home or ring Gary Sprigg 0428645035 for more info

Bible Verse: Ephesians 4:32

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

ST PAUL'S ANGLICAN

No Services until further notice.

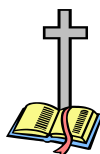
EASTER DAY

Acts Chapter 10 - Verses 34-43

Colossians Chapter 3 - Verses 1-4

Matthew Chapter 28 - Verse 1-10

Psalm 118



ROMAN CATHOLIC

OUR LADY OF THE BLESSED SACRAMENT

No Services until further notice.





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

April 2020

Wednesday	8th	Numbats: Phone Bookings from 8.00am 0422 322 289	8.30am - 5.30pm
Thursday	9th	Numbats: Phone Bookings from 8.00am 0422 322 289 Maundy Thursday	8.30am - 5.30pm
Friday	10th	Good Friday	
Saturday	11th	NO CHURCH	
Sunday	12th	NO CHURCH Easter Day	
Monday	13th		
Tuesday	14th	Numbats: Phone Bookings from 8.00am 0422 322 289	8.30am - 5.30pm
Wednesday	15th	Numbats: Phone Bookings from 8.00am 0422 322 289	8.30am - 5.30pm



Narembeen Weather				
Day	Date	Max (°C)	Min (°C)	Rainfall (ml)
Tuesday	31st March	28.2		
Wednesday	1st April	29.1	13	
Thursday	2nd	26.2	17.8	
Friday	3rd	24.8	8.3	
Saturday	4th	24.1	8.1	
Sunday	5th	22	14.4	0.8
Monday	6th	29.7	16.6	
Tuesday	7th		15.6	

Editor: Maxine Miolini