

The Fence Post

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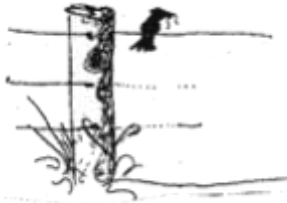
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-Lest We Forget-

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.



LEST WE FORGET

Driveway Dawn Service

As this year we are unable to have an ANZAC Day Service, please join us in a show of remembrance using the local radio, on 25 April at 6:00 am or 11:30 am on ABC (558 AM)

We encourage you to go to the top of your driveway or front of your house, turn on your radio and remember those who have fallen whilst maintaining social distancing.

#DrivewayDawnService #AnzacDay2020



The History of the Anzac biscuit

There are many stories relating to the history of the Anzac biscuit. One of them states “The original Anzac biscuit was a savoury version, known as the **Anzac tile or wafer**, that was first given to the soldiers as rations during World War I.

Due to food shortages at the time, eggs weren't readily available, so butter, treacle (aka, golden syrup) and baking soda were used as the leavening agent instead. This resulted in a hard biscuit that was very tough to eat, although it could be kept for months at a time without spoiling. According to the Australian War Memorial, the soldiers would get creative in coming up with ways to make the wafers more palatable – be it adding water to grated biscuits to create a porridge or spreading them with jam. Sometimes, they were used for other purposes entirely. E.g. for drawing and painting on or as cards to send to family and friends back home. It wasn't until the 1920s that a far sweeter recipe – the one we know and love today - first started appearing cookbooks.”

WORLDS BEST

Column distilled Rum 5 years and Under

AWARD

Codie Palmer (grandson of Elsie Palmer) along with his partner, Hayley Wells and with the support of his parents (former Narembeenes) Michael & Coralie Palmer have taken home gold at the World Rum Awards, winning the world best column distilled rum, aged 5 years and under!

This family distillery, Illegal Tender Rum & Co, is based in Dongara. Their oldest barrel is only four years old and they have taken out 17 awards.

With the advent of the COVID19 pandemic they made the decision to sacrifice a number of barrels to help the community and produce hand sanitiser.



The Best Anzac bikkie recipe in the world

from The Australian Womens Weekly

125g butter chopped

2 tablespoons golden syrup or treacle (oil spoon beforehand and the syrup wont stick)

½ teaspoon bicarbonate of soda

2 tablespoons boiling water

1 cup (90g) rolled oats (not quick oats)

1 cup (150g) Plain flour

1 cup (220g) firmly packed brown sugar

¾ cup (60g) desiccated coconut

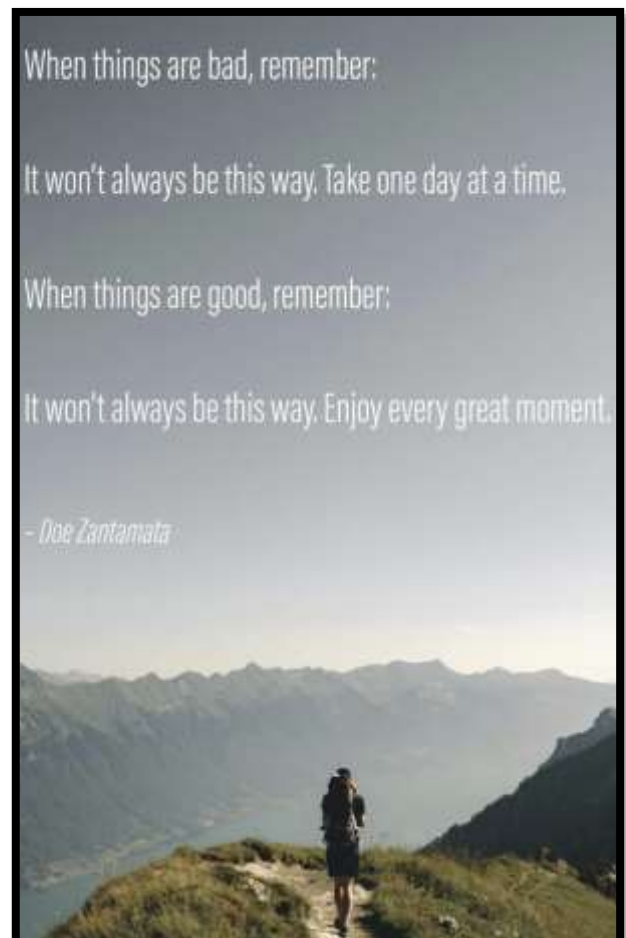
Preheat oven to 180°C. Grease two large oven trays or line with baking paper.

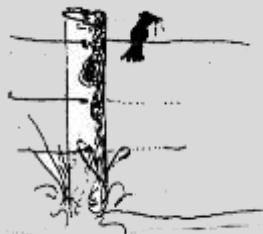
Stir butter and syrup in a medium saucepan over low heat until smooth. Stir in combined bicarb and the water.

Add remaining ingredients.

Roll level tablespoons of mixture into balls place 5cm apart on tray then flatten slightly.

Bake for 12 minutes or until golden. Cool bikkies on tray.





Over the Fence....

The Quilt on our Front Cover

Well done and congratulations to our local Narembeen Loose Threads Quilting Group for this fantastic quilt they have made!

Great Stuff from our School Children

A hand written note was found in the FencePost office this morning...it read

Before the school holidays the grade 1-2 school children made happy pictures for seniors.

The reason for the project was to make seniors happy as they are isolated in their homes during the COVID19 restrictions.

The Seniors would like to say a big thank you to these children and also to Lynda Cornish!

St Johns Ambulance Street Collection

Subscriptions were down, as expected with present conditions.

Thankyou to Britt Duncan for bringing the ambulance down to the main street.

Also to **Lorraine Lethlean** for manning the table.



SPREADING SERVICE

For all your fertiliser spreading requirements:

Lime
SOP
Gypsum
Dolomite and more...

Reliable truck with scales and GPS.

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



Narembeen Weather				
Day	Date	Max (°C)	Min (°C)	Rainfall (ml)
Tuesday	14th Apr	27.9		
Wednesday	15th Apr	-	12.2	
Thursday	16th Apr	26	-	
Friday	17th Apr	30	10.9	
Saturday	18th Apr	30.2	12.7	
Sunday	19th Apr	22.8	14.4	4.6mm
Monday	20th Apr	23.2	6.5	
Tuesday	21st Apr		12.0	

NEED A BOOKKEEPER?

We offer all bookkeeping services, including:

Single Touch Payroll, BAS preparation and lodgement, bank reconciliations, accounts payable and receivable, financial reports

We are experienced in:

Agrimaster, MYOB, Xero, Quickbooks Online, Reckon, Sybiz



Contact Rochelle Spencer
 Phone: 0429 500 933
 Email: info@fluoresce.com.au
 Website: www.fluoresce.com.au

More handy hints from
 The Readers Digest
 "Extraordinary Uses for ordinary things"
 Using tea.....



around the house

TENDERISE TOUGH MEAT • Even the toughest cuts of meat will melt in your mouth after you marinate them in plain old black tea. Place 4 tablespoons of black tea leaves in a pot of warm (not boiling) water and steep for 5 minutes. Strain to remove the leaves and stir in ½ cup of brown sugar until it dissolves, then set aside. Season up to 1.5 kilograms of meat with salt, pepper, onion and garlic powder, and place it in a casserole dish with a lid. Pour the liquid over the seasoned meat and cook it in a preheated 165 °C oven until the meat is fork tender—about 90 minutes.

CLEAN WOODEN FURNITURE AND FLOORS • Freshly brewed tea is great for cleaning wooden furniture and floors. Just boil a couple of tea bags in a litre of water and let it cool. Dip a soft cloth in the tea, wring out the excess and use it to wipe away dirt and grime. Buff dry with a clean, soft cloth.

CREATE AN 'ANTIQUE' LOOK • Soak white lace or garments in a tea bath to create an antique beige, ecru or ivory look. Use 3 tea bags for every 2 cups of boiling water and steep for about 20 minutes. Let it cool for a few minutes before soaking the material for 10 minutes or more. The longer you let it soak, the darker the shade you will get.

SHINE YOUR MIRRORS • To make mirrors shine, brew a pot of strong tea, let it cool and then use it to clean the mirrors. Dampen a soft cloth in the tea and wipe it all over the surface of the mirrors. Then buff with a soft, dry cloth for a sparkly, streak-free shine.

in the garden

GIVE ROSES A BOOST • Sprinkle new or used tea leaves (loose or in tea bags) around your rosebushes and cover them with mulch to give them a midsummer boost. When you water the plants, the nutrients from the tea will be released into the soil, spurring growth. Roses love the tannic acid that occurs naturally in tea.

Dyeing with herbal teas

TIP Using plain old tea leaves to dye fabrics is a technique that has been around for a long time, and was first used to hide stains on linens.

But you can also use herbal teas to dye fabric different colours and to create subtle hues. Try using hibiscus leaves to achieve red tones and darker herbal teas like licorice for soft brown tints. You should always experiment using fabric scraps until you obtain the desired results.

CONTROL DUST FROM FIREPLACE ASH • To keep dust from rising from the ash when you clean out your fireplace, sprinkle wet tea leaves over the area before you begin cleaning. The tea will keep the ash from spreading all over as you lift it out.

PERFUME A SACHET • Next time you make a sachet, try perfuming it with the fragrant aroma of your favourite herbal tea. Just open a few used herbal tea bags and spread the wet tea onto some sheets of newspaper to dry. Then use the aromatic dry tea as stuffing for the sachet.

more TEA over →



ANNOUNCEMENT 3 19 April 2020

WBN - COVID19 REGIONAL BUSINESS INFORMATION - 3

The Wheatbelt Business Network is a not-for-profit MEMBER BUSINESS ASSOCIATION. We are here to help Wheatbelt businesses of all sizes navigate through information and adapt to changing times.

To support the wider business community we have summarised information already available in the public domain. **WBN members to date have received more detailed information and support.**

JOBKEEPER - STEPS

To help employers, the government has introduced the JobKeeper payment delivered through the ATO. Here are the STEPS you need to take to get ready:

1. Check if you and your nominated employees meet the eligibility requirements <https://www.ato.gov.au/general/jobkeeper-payment/employers-eligible-employees/>.
2. Some cloud accounting packages have been updated and include a JobKeeper report which will help you identify which employees may be eligible if your business is
3. Enrol at <https://www.ato.gov.au/general/jobkeeper-payment/employers/enrol-and-apply-for-the-jobkeeper-payment/>.
4. Notify eligible employees that you (their employer) intend to participate in the JobKeeper scheme.
5. Confirm with eligible employees that they agree to you being the primary employer to receive JobKeeper Payments.
6. Send the nominated employees the JobKeeper Employee Nomination Form to complete and return to you. <https://www.ato.gov.au/Forms/jobkeeper-payment---employee-nomination-notice/>.
7. Keep the Employee Nomination Form on file (must be retained for 5 years).
8. Pay the minimum \$1,500 to each eligible employee per JobKeeper fortnight. The first fortnight starts on 30 March and ends on 12 April. Alternatively, you can make one combined payment of \$3,000 for the first two fortnights paid by the end of April 2020.
9. Enrol for JobKeeper from 20 April using the Business Portal and authenticate with MyGovID

APPRENTICES AND TRAINEES

Applications are now open for the Australian Government's small business **wage subsidy to retain apprentices and trainees.**

http://www.apprenticeshipsupport.com.au/getattachment/News-and-Events/News/coronavirus-stimulus-packages-announcement/Supporting_Apprentices_and_Trainees_Q-A.pdf.aspx

NEW ANNOUNCEMENTS - AS AT 19 APRIL 2020

- The Federal Government has implemented an overseas travel ban
- After Tuesday 31 March 2020, Western Australians will **not be allowed to travel outside their designated region.** The Wheatbelt is made up of 42 local governments. We have suggested to businesses to make available a letter or proof of reason to travel until the official State Government form is made available www.wheatbelt.wa.gov.au
- **WA borders are closed.** Previously people entering the state had to isolate for 14 days. Now they will be turned away unless they meet exemption criteria. The rule will also apply to West Australian residents returning home. Exemptions include healthcare workers, Emergency services workers, Transport freight and logistics, RFO, People with specialist skills not available in WA, National or state security and governance, and Courts and judicial services
- A summary of **prohibited activities and venues** (applicable to business) is well summarised - <https://www.wa.gov.au/government/announcements/covid-19-information>



ANNOUNCEMENT 3 19 April 2020

- **New COVID19 Relief Funding from Lotterywest** for crisis and relief funding, Event Cancellation Relief for Arts, Sports & Community Groups and Resilient Arts, Sports, Events & Community Groups
- Further relief for **households experiencing financial hardship** due to COVID-19, including extension of the Energy Assistance Payment, no disconnections for power and water and additional support for Keystart customers
- \$502 million for small businesses including a **reduction in electricity bills, licences fees waived, and additional payroll tax relief**
- New initiatives to apply until 30 September 2020. State Budget deferred until 8 October 2020 for Government to focus on COVID-19

STIMULUS PACKAGES FOR BUSINESS - FEDERAL - <https://treasury.gov.au/coronavirus/businesses>
Find financial assistance, eligibility and timing for the new government support for Australian businesses

STIMULUS PACKAGE FOR BUSINESS - STATE

<https://www.smallbusiness.wa.gov.au/blog/coronavirus-stimulus-package-small-business>

ONLINE BUSINESS RESOURCES

Chamber of Commerce and Industry WA – COVID19 dedicated website - <https://covid19.cciwa.com>

- a COVID-19 Guide for Employers including answers to employee leave;
- an outline of the new COVID-19 subsidies for business;
- screening questionnaires for staff and external parties;
- a work-from-home OHS checklist; and
- an updated sample staff communication.

RURAL WEST (FORMALLY RURAL FINANCIAL COUNSELLING SERVICE) - www.ruralwest.com.au

Rural West delivers the Rural Financial Counselling Service of WA, Small Rural Business Financial Counselling and the Drought Communities Small Business Support Program. If you're a small to medium enterprise, primary producer, not-for-profit, community club or other group and in financial distress, please contact them

SMALL BUSINESS DEVELOPMENT CORP. - <https://www.smallbusiness.wa.gov.au/coronavirus>

- FREE online webinars – cash flow forecasting, managing employees
- Information for employers
- Health fact sheets

PUBLIC HEALTH INFORMATION - <https://www.wa.gov.au/government/coronavirus-covid-19>

We recommend that you follow public authority advice in regard to health and hygiene measures as well as social distancing rules.

EMOTIONAL SUPPORT

beyondblue and Ahead for Business have free online resources to help with emotional support. You can also seek help by phone: beyondblue 1300 224 636 / Lifeline 13 11 14

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.

Bank Details

Narembeen Sub Centre
 BSB 306 026
 Account 4179930

CHECK YOUR BANK DEDUCTION FOR YOUR AMBULANCE MEMBERSHIP

2020

FAMILY	\$93.00
SINGLE	\$56.00

If you have recently had your membership for St Johns deducted from your Bank Account can you please check that it is for the amount listed on your membership card, if not please pay the gap to save Lorraine chasing you up, it would be much appreciated. Our bank details are listed on the left of this page.

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

Your membership not only covers you for your transport should you need us it also stays at the Sub-Centre to help provide items for training and the most up to date equipment in the ambulances.

A callout from within the town to the Hospital if you are not a member would cost you \$400. Can you afford not to be a member?

THANK YOU



Huge shout out to Todd Federici for collecting our new desktop computer and bringing it back to Narembeen. If we could shake your hand to Thank you we would.

We appreciate you helping us out.



From the Managers Desk

I hope everyone is doing well - some great news with **0 new COVID19 cases in WA** yesterday, so let's keep doing the right thing so that we can all get back to normal soon.

The CRC/Narembeen public library also has some exciting news!!! We are finally getting somewhere with our eResources:

Kanopy and BorrowBox are up and running:

- Kanopy - Films: Enjoy thousands of films on your TV, mobile phone, tablet or online for free.
- BorrowBox - eBooks and eAudiobooks
Access eBooks and eAudiobooks for free from your local library by digital loan.

Just call us at the CRC for your library membership number and instructions on how to login. All you need to do is sign in with your library card to browse and borrow bestselling eBooks, eAudioBooks or to enjoy to enjoy a large collection of indie films, classic cinema, festival and educational

documentaries and popular movies.

Please join us for a 'driveway' ANZAC service by using the ABC radio (558am) on Saturday, 25 April at either 6.00am or 11.30am. We also have wreaths to colour in or instructions on how to make your own poppies available on the Shire of Narembeen Website (<https://www.narembeen.wa.gov.au/events/anzac-day/123>).

Mothers Day is approaching fast!! this years circumstances everything will be a bit different but that doesn't mean that you can't make Mum feel special. Have you got your mothers day gift yet? Well if not, we have you sorted! How about a beautiful printed family photo for a nice frame and fully framed canvas?? We can print any photo in any size you like!! But if you would like it in time for Mothers Day you better get in quick!

Stay safe everyone.

Vanessa Wittstock
CRC Coordinator

T 9064 7055 | F 9064 7084

Unit 2 /19 Churchill Street, Narembeen WA 6369

crcreception@narembeen.wa.gov.au

www.narembeen.wa.gov.au



Narembeen Community Resource Centre



Narembeen CRC



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:	

WHAT ARE WE DOING DURING COVID-19

Read about the
CRC Staff each
week

What Julie, our Clerical Assistant, is doing during COVID-19

Favourite Recipe at the moment

Cooked Roast Pork (1st time for a while and it was mmm very tasty

Tacos - grandchildren recipe

Favourite TV Show

CAPTURE - CCTV manipulation mystery

VAN DER VALK - Amsterdam Police series

How are you keeping entertained

Moving into town which has been very intense - lots of packing, unpacking, sorting and lifting. I also have been watching favourite TV programmes, movies and knitting.

What are your isolation suggestions

Phoning friends and family and try not to watch or listen to all of the COVID-19 news bulletons as they can be depressing. Viewing a movie or 2 in stead or read a favourite book.

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

Making phone calls to out of town friends not seen or spoken to for far to long.

Searching through photos, ooh how things change.

Isolation Quote or Joke

Don't worry, be happy, we are all in this together.

There will be better times following COVID-19, if we just follow the rules.

We can help each other out by making sure (by phone) that we are going okay.

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



from the CHIEF



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

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.

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 PANDEMIC - WHEN WILL LIFE RETURN TO NORMAL?

Whilst the spread of COVID-19 in Australia seems to be slowing with the number of reported cases dipping, the Narembeen community is reminded not to become complacent. The Government's current approach needs to be adhered to, to ensure the elimination of more cycles of the virus.

The current restrictions, although they may seem harsh, have given Western Australia some breathing space to bring the levels of infections to a manageable level. The outbreak has impacted significant aspects of our everyday lives including travel, work, entertainment and education. This is not the time to let our guard down, we must remain vigilant, we must remain strong as a community.

Intrastate travel restrictions remain in place to reduce the spread of the virus; these restrictions prevent non-essential travel across regional boundaries in Western Australia. Exemptions do apply and more information can be found at:- <https://www.mainroads.wa.gov.au/AboutMainRoads/News/Pages/COVID-19.aspx>

Symptoms of COVID-19 can range from mild illness to pneumonia. People with coronavirus may experience fever, flu-like symptoms such as coughing, sore throat, fatigue and shortness of breath. If you are sick and think you have symptoms of COVID-19, seek medical attention. If you want to talk to someone about your symptoms first, call the Coronavirus Health Information Line for advice on 1800 020 080.

It is not completely business as usual for the Shire of Narembeen and the Narembeen CRC, we are not open to the public, but we are here working behind closed doors. The CRC has some fantastic resources for those who are feeling isolated, just go to <https://www.narembeen.wa.gov.au/live/health-community-care/covid-19-coronavirus.aspx>. The staff at the Shire and the CRC are just a phone call away, do not hesitate to telephone us if you need any assistance during these unprecedented times.

This Anzac Day will be unlike any other, for the first time in a very long time there will be no service at the cenotaph or town hall. The Narembeen community is asked to unite and recognise past and current armed services personnel by standing in their driveways for a Dawn Service at 6.00am and for a service at 11.30am.

In times such as these, it is important to make sure that we support our local businesses. If your business needs some direction or advice, a good point of contact is the Wheatbelt Business Network, email eo@wheatbeltbusinessnetwork.com.au or phone Caroline Robinson 0403 225 900.

Remember to stay connected, it is important to speak with friends and family via phone, skype, zoom or other platforms during times such as these. We are a particularly resilient community, we will get through this together. Stay safe everyone.

Chris Jackson

Chief Executive Officer

from the CHIEF

TAKE

1. a power nap
2. a walk in the rain
3. a 10 minute time-out!
4. several deep breathes!
5. in a baseball game (Little League or professional)
6. a bubble bath and play soft music in the background

7. Dance IT OUT

PLAY

8. some white noise, water, or nature sounds
9. an old school outdoor game like double dutch or hopscotch
10. charades with the kids

GIVE

11. yourself permission to have a scoop of your favorite ice cream or treat
12. yourself or Schedule a manicure /pedicure
13. yourself an invigorating facial by mixing a batch of fresh avocado, water and honey.
14. Forgive (yourself & others)

100 WAYS

Have

15. an indoor/outdoor picnic
16. a pillow fight with the kids!
17. a knock-knock jokes contest with the kids!
18. a good cry
19. a pajama n' movie day at home
20. date night with your spouse/partner

GO!

21. to an animal rescue shelter (i.e. PAWS) and spend some time with the doggies
22. for a swim
23. for a drive
24. window shopping
25. to bed early
26. seashell hunting on the beach
27. to your local library and read to the children for story hour

Create

35. a recipe & cook
36. a fingerpainting!
37. your bucket list
38. some daily "me time"
39. a funny story or poem
40. a quiet space in your home
41. thank you notes to your children
43. a themed collage or vision board
44. a pizza from scratch with the kids
45. a batch of spearmint tea, chill it and enjoy!
46. a batch of cookies for your neighbor and have the kids create a decorative tin for the cookies

TOXIC STRESS

to reduce

58. Create A To-Do List

<ul style="list-style-type: none"> <input checked="" type="checkbox"/> 59. Sleep in late <input type="checkbox"/> 60. Fly a kite <input type="checkbox"/> 61. People watch! <input type="checkbox"/> 62. Make lemonade! <input type="checkbox"/> 63. Listen to a sermon <input type="checkbox"/> 64. Exhale Ahhhhhh! <input type="checkbox"/> 65. Watch the sunset <input type="checkbox"/> 66. Journal-freestyle! <input type="checkbox"/> 67. Plant some flowers 	<ul style="list-style-type: none"> <input type="checkbox"/> 68. Feed the ducks <input type="checkbox"/> 69. Jog in place <input type="checkbox"/> 70. Ride a bike! <input type="checkbox"/> 71. Blow bubbles <input type="checkbox"/> 72. Soak up the sun! <input type="checkbox"/> 73. Watch the sunrise <input type="checkbox"/> 74. Listen to an audiobook <input type="checkbox"/> 75. Splash in the rain puddles! <input type="checkbox"/> 76. Skip pebbles on the lake
-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

MAKE

77. Snap pictures of nature and frame them
78. Write a love letter to yourself, your child or a loved one
79. Temporarily disconnect from social media and technology
80. Make an impromptu visit to the museum or planetarium
81. Make a doctor's appointment
82. Make a cool compress with a few drops of lavender oil on it and place it across your forehead

83. READ

inspirational quotes or scripture

84. Rearrange the furniture in your home & create a new look

85. Pay someone's toll (pay it forward!)
86. Fire up the grill and have a barbecue
87. Treat yourself to dinner out
88. Leave your bed unmade

BE STRONG FAMILIES

93. Build a snowman with the kids!
94. Send yourself a flower delivery
95. Serve at a soup kitchen
96. Sing or hum a soothing tune.

97. Break out the crayons and color!
98. Shop for a new shade of lipstick
99. Clean out your closet or food pantry
100. Light a scented candle and pray or meditate

from the CHIEF



COMMUNITY GRANTS PROGRAM 2020/21

The Shire of Narembreen 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 Narembreen Historical Society, Narembreen St John and Narembreen 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 Narembreen's Strategic Community Plan Goals

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

<https://www.narembreen.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 Narembreen.

Applications are to be received by the Shire of Narembreen on or before the **Thursday 30 April 2020** for Council's consideration in the 2020/21 budget.

Applications must be submitted using the application form which is available from the Shire office or may be downloaded from the Shire of Narembreen website:

<https://www.narembreen.wa.gov.au/news/community-grant-program/77>

Enquiries may be directed to **Sheree Thomas** on **9064 7308**.

from the CHIEF

COMMUNITY INFORMATION

DEPARTMENT OF TRANSPORT

Due to COVID-19 the Shire Office is closed to the public and will not undertake face to face interactions. 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 urgent 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.

ANIMAL REGISTRATIONS

Dogs and cats are able to be registered at the Shire of Narembeen. It is illegal to have unregistered dogs as per the Dog Act 1976 . It is also illegal if your cat/s are unregistered, not microchipped or unsterilized. Fines will be given if you do not comply. Please call the Shire Office if you and have queries or questions. Phone: 9064 7308

NAREMBEEN COMMUNITY GYM

Location: Mason's Place, 26 Stanley Street, Narembeen
Enquiries: Narembeen Community Resource Centre T: 9064 7055
Email: crcreception@narembeen.wa.gov.au

CURRENTLY CLOSED DUE TO COVID-19 until further notice.

NAREMBEEN PUBLIC LIBRARY

Narembeen Community Resource Centre: 2/19 Churchill Street, Narembeen

CURRENTLY CLOSED DUE TO COVID-19 - Please call if you require books, DVD's or audio books, the staff are able to drop off or leave in the basket provided at the front door of the CRC.
eResources are available from Kanopy and BorrowBox. For more information visit the website.

NAREMBEEN RECREATION CENTRE

Location: Currall Street, Narembeen
Open: Monday, Wednesday and Friday from 4pm - 6pm
Membership/Enquiries: 9064 8373
Open for TAKEAWAYS ONLY DUE TO COVID-19 - Members ONLY.

RUBBISH COLLECTION

Rubbish Bin: Monday - Every Week
Recycle Bin: Tuesday - Every Fortnight
Newspapers: Sunday - First Week of every Month
Old Mobile Phones: Deliver to the Narembeen Post Office
Empty Ink Cartridges: Deliver to the Narembeen Community Resource Centre

WASTE TRANSFER STATION

Location: Narembeen South Road - 2km from town
Open: Tuesday, Friday, Saturday, Sunday
Times: 10am to 4pm

Stay up to date with information regarding COVID-19 and the reopening of Narembeen's Services by following the Shire of Narembeen Website <https://www.narembeen.wa.gov.au/> and the Shire of Narembeen Facebook page.



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E: gavinbrownley@gmail.com

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PO Box 137, Bruce Rock WA 6418

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email: facets@iinet.net.au

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ACN 009 023 223 EC 349



Handy Hint

from Readers Digest "Extraordinary Uses for Ordinary Things"

To remove a splinter that is too tiny or in too deep....

Cover the splinter with elastic adhesive plaster. After about three days, pull the plaster off, slowly, and the splinter should come out with it

ANZAC Quiz

memorylanetherapy.com

Which bugle call follows the last post and the 1 minute silence?

Reveille

Who was the first Australian to receive the southern cross in WW1?

Albert Jacka

What does the word ANZAC stand for?

Australian and New Zealand Army Corps

Where is the tomb located of the unknown soldier?

Canberra at the Australian War Memorial

Who was appointed Australian war correspondent in 1914?

Charles Bean

Which Australian took over command of the Australians in 1918?

John Monash

Apart from the poppy what plant holds special significance on Anzac Day? Rosemary

Why is Rosemary a plant popular on Anzac Day?

It was growing wild in Gallipoli

In what year did the Anzacs land at Gallipoli?

1915

Who wrote the poem "For the Fallen"?

Laurence Binyon

Where were the Anzac forces based before going to Gallipoli?

Egypt



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2020

is a unique Leap Year

It has 29 days in

February

300 days in March and

5 years in April

R2K Contracting

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 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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 house
 Regular trips to Perth for repairs & parts



NAREMBEEN HARDWARE AND AG SUPPLIES

Will be closed
this Saturday, ANZAC Day,

but open on
Sunday 26th April
from 9am to 1pm.

We will be closed on Monday as it's a public holiday.

Thank you for your understanding.

NAREMBEEN IGA

This weekend

Opening hours

CLOSED Saturday 25th April
ANZAC DAY

OPEN Sunday 26th April

CLOSED Monday 27th April

Make the most from your fertilizer investment



As your local Area Manager, Steve Cooke is keen to assist you with all of your fertilizer decisions this season.

So whether it's soil testing, nutritional advice, fuel gauges, or simply an on-farm appointment to discuss your requirements, give Steve a call today.

Mobile: 0429 934 243 Email: scooke@summitfertz.com.au



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



COMMUNITY HEALTH INFORMATION



NAREMBEEN MEDICAL CENTRE - PHONE 9064 7145

Dr Lines practices at the Medical Centre **phone consults are now available**

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

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

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

NURSE PRACTITIONER – Laura Black visits fortnightly

HOSPITAL – PHONE 90646222 HEALTH DIRECT 1800 022 222

Accident, emergency and acute medical.

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

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

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

WHEATBELT ALCOHOL AND DRUG SERVICE

Phone 90413807 or 90412928

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

WHEATBELT DOMESTIC VIOLENCE UNIT

Call 1800 353 122 (24 hours) Free and Confidential

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

NAREMBEEN DENTAL – JOHN COBLEY

Phone 90647397 Emergencies 0419 987 397 Appointments Thursday **essential visits only until further notice**

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

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

Alternatively, contact Primary health in Merredin 90410444 or Ngala 1800 111546

CENTRAL AGCARE FAMILY COUNSELLING SERVICE Counsellor Anne Hague 0427 133 711

PODIATRIST – Phone appointments only 90646222

Please call the hospital (office hours) for appointments

ST JOHN AMBULANCE – PHONE 000 Do not call the hospital for an ambulance in an emergency.

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

SPEECH THERAPY – PHONE PRUE 0408 934 284

Not working until further notice

CENTRAL WHEATBELT OCCUPATIONAL THERAPY – PHONE COURTNEY 0488 333 492

Not working until further notice

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, 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.

The Church has a local radio station as well as a local TV Channel 603 3ABN. This serves our community with Sabbath School and Sermons as well as other interesting shows, Wellness, cooking etc.

Church of Christ

No Bible study or Sunday worship services until further notice

See Narembeen Church of Christ Facebook site for information regarding Sunday Worship services online or ring Gary Sprigg 0428645035 for more information.

Bible Verse: John 14:27

I leave you my peace; my peace I give to you...So don't let your hearts be troubled or afraid.

ST PAUL'S ANGLICAN

No Services until further notice.

Acts Chapter 2 - Verse 14 and 36-41

1 Peter Chapter 2 - Verses 1-10

Luke Chapter 24 - Verse 13-35

Psalms 116 Verses 1-4

and Verses 11-18



ROMAN CATHOLIC

OUR LADY OF THE BLESSED SACRAMENT

No Services until further notice.



BIRTHDAYS



April

23rd	Daniel Mortimore		
24th	Dennis Wanless	Kobi Lyon	Baye Steward
25th	Sam Lopez	Todd Hall	Hendy Cowan
26th	Denise Cooper(Gould)	Ian Ball	
27th	Hillary Hill	Len Commons	Seaton Ridout
28th	Andrew Pool	Tammy DellaVedova	Rhonda Cole
	Colin Hoberton	Aaron Mortimore	
29th	Michael Fudge	Heather Major	

ANNIVERSARIES



28th	Lou & Glen Maringoni	Gaynor & Pat Latham
	Peter & Jenny Murphy(Lethlean)	
29th	Dean & Jodi Maringoni	

COMING EVENTS

April 2020

Wednesday	22nd	Numbats: Phone Bookings from 8.00am 0422 322 289	8.30am - 5.30pm
Thursday	23rd	Numbats: Phone Bookings from 8.00am 0422 322 289	8.30am - 5.30pm
Friday	24th	Go Narembeen cropping	
Saturday	25th	ANZAC Day	
Sunday	26th		
Monday	27th		
Tuesday	28th	Numbats: Phone Bookings from 8.00am 0422 322 289	8.30am - 5.30pm
Wednesday	29th	Numbats: Phone Bookings from 8.00am 0422 322 289	8.30am - 5.30pm

Editor: Gina DeLuis