

The Fence Post

Volume 23 Edition 43 13/05/2020 \$1.50

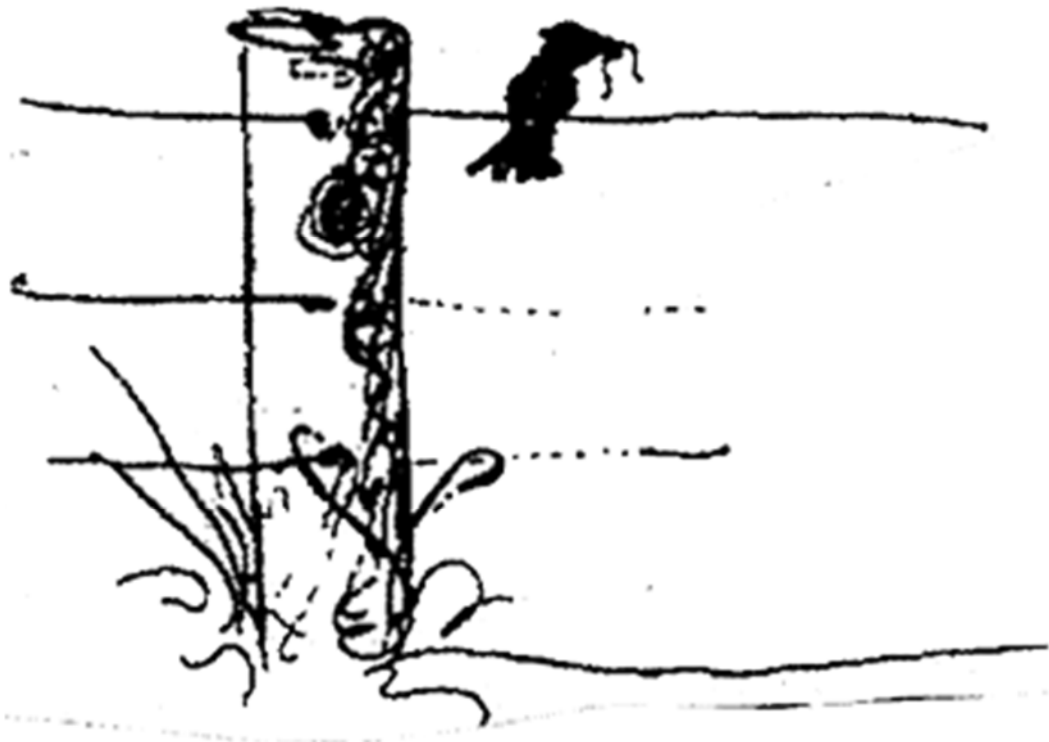
Voluntarily published in Narembeen

Registered by Australia Post Publication No PP 639568/00001

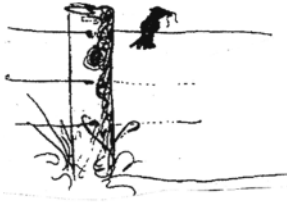
P.O.Box 7, Narembeen W.A. 6369

Phone (08) 90647055

Email: fencepost@westnet.com.au



The Fence Post - Informing the people of Narembeen since 1978



THE FENCE POST INC

PO Box 7, Narembeen, WA. 6369
9064 7055

fencepost@westnet.com.au



*** DEADLINE 10.30 AM TUESDAY ***

OFFICE HOURS: Tuesday 8:30 - 12pm

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

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

SUBS ARE NOW OVERDUE

Local and Online \$66

Mailing \$110

Online payments 306-026 - 543 1678



EDITORS

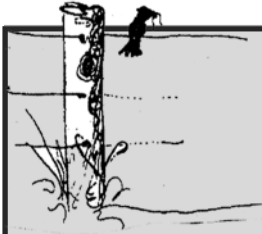
Gina DeLuis, Sherrie Heather, Lorraine Lethlean,
Maxine Miolini (Editor-in-Chief), Kellie Mortimore

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

Disclaimer

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

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



Over the Fence....

BIRTHDAY

It was a very special Mothers Day weekend for local lady, Rhonda Hickey and former resident Eileen Bristow (Albany). It was Rhonda's 80th birthday and Eileen's 70th birthday. Both ladies have contributed a great deal to Narembreen over the years.—Best wishes and congratulations to them both.

TELEPHONE

Helen and Ross Fidge have resolved their issue with Telstra and now are able to communicate with the outside world on their landline telephone. Their number is 92952450.

CHEERIO

Cheerio to Ian Mortimore in hospital in Perth. Also a cheerio to Bill Bailey in hospital in Perth. Hope they are both well and able to come back to Narembreen soon.



NAREMBREEN HISTORICAL SOCIETY (INC)

Meeting

Monday, May 18 , 2020

2.00pm

At the Shire Office

All Interested people and members welcome.

LOCAL

- Seeding still underway for some while others will wait for another rain.
- Shire Offices re-open.
- Some Sporting Clubs and Community Groups commence training and meeting.

Regional

- WA Police say tensions in the remote mining town of Newman have noticeably reduced after an elderly man was physically punished under Aboriginal customary law over the death of a young mother.
- WONGAN Hills grower and former CBH Board chairman Robert Sewell has met with CBH to discuss his proposal to cut the number of grower-elected directors on the board from nine to five.

State

- WA coronavirus travel restrictions easing delivers relief for some regions, pain for others
- East coast farmers continue to lift WA lamb prices

National

- Porsche driver Richard Pusey's bail application opposed over fears he could harass Eastern Freeway crash witnesses, flee state
- Australia's wool market continued to struggle last week due to COVID-19-induced decimation of demand and a lack of high quality wools for buyers and processors to fill meagre orders.

GLOBAL

- China flags introduction of tariffs on Australian barley

AUTUMN CLUB REOPENS WITH SOCIAL DISTANCING

After spending the last seven weeks in isolation it was exciting for our members to get back to a little normality. We will continue to open in keeping within the Coronavirus guidelines.

While at home members produced parcels, dolls by Diane Miolini, which will be sent to PNG, teddies, blankets and much more, some that have already been sent off to various places that include, beanies for the Seafarers in Port Hedland and blankets & beanies to Share and Care in Northam.

In response to a request by the Carnarvon Hospital a parcel of premature baby clothes, made by Colleen Crowd and Dale Dixon was sent to the Carnarvon Hospital, who were very grateful for the swift turnaround.

The highlight of last week was celebrating Rhonda Hickey's 80th birthday. Our members were thrilled to be able to share this special occasion with Rhonda and show her how we appreciate her caring and generosity within the club and the wider community.





From the Managers Desk

I hope everyone has had a great week and all the beautiful mums in our community had a great mothers day despite the fact that some of you might not have been able to physically visit your mums - same as me. And even though it is not the same as hugging your mum in person, I am grateful that I can virtually spend time with my family using apps like Whatsapp or Facetime, no matter where they are.

On another note: We are very happy to announce that from next Monday, 18 May 2020, under the McGowan Government's roadmap to carefully ease COVID-19 restrictions, the Narembreen Community Resource Centre including the public library will re-open! After being closed for a six week period, that felt like 12 weeks, we are more than excited to slowly start getting back to 'normal'. Please ensure you continue to keep a 1.5m distance from others, cover your mouth and nose if you have to cough

or sneeze and you stay at home, if you are feeling unwell. We hope to see you soon:)

We are currently updating the 2019/20 Narembreen Community Directory. If you would like to be added to this years book please fill in and return the form on next page or contact the CRC if your number has changed etc. If you are a new business or just haven't advertised in the directory yet feel free to send your add to the CRC or... if you do not have an advert, we can create one for YOU! You are most welcome to send in any ideas you have for your advert or we can design it for you and send back to you for your approval. Give us a call if you have any questions or would like to know prices for advertising in the Narembreen Directory.

Vanessa Wittstock
CRC Coordinator

T 9064 7055 | F 9064 7084

Unit 2 /19 Churchill Street, Narembreen WA 6369

crcreception@narembreen.wa.gov.au

www.narembreen.wa.gov.au

Narembreen Community Resource Centre



Narembreen 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:			



from the CHIEF



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

W: www.narembeen.wa.gov.au E: admin@narembeen.wa.gov.au

WA ROADMAP FOR EASING COVID-19 RESTRICTIONS RELEASED

The four phase plan was developed with reference to the National Cabinet framework, taking into account the best health advice for WA.



WA is already effectively at Phase 1.

COVID-19
From Monday 18 May
Some restrictions will be lifted

Gatherings increased up to 20 people

- Cafes and restaurants**
 Open for dine-in, includes pubs and bars
- Sport and recreation**
 Indoor and outdoor fitness and dance classes (no contact or shared equipment)
- Community facilities**
 Libraries, places of worship and community centres
- Social gatherings**
 Includes weddings and funerals (30 for outdoor funerals)

WA back to work
 Unless unwell or vulnerable

Travel
 Regional restrictions relaxed

Continue to practise appropriate social distancing

- Avoid close contact with others**
 keep at least 1.5 metres away
- Healthy hygiene**
 Wash your hands regularly
 Cover your mouth/nose when you cough/sneeze

WA.gov.au

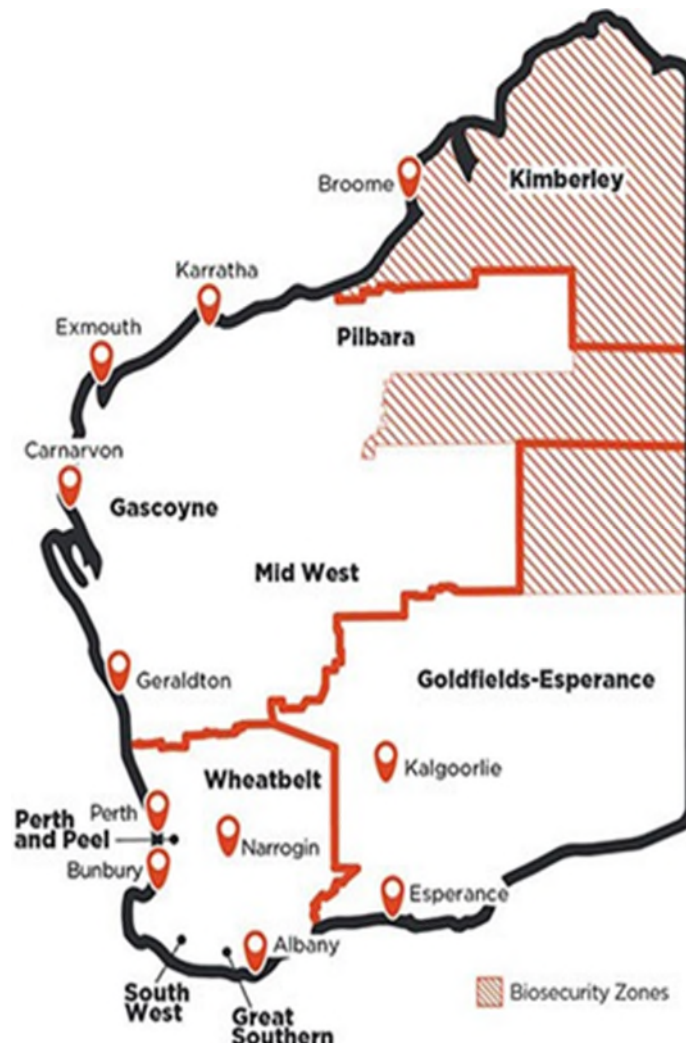
from the CHIEF

Phase 2 begins on Monday, **18 May** and includes:

- indoor and outdoor non-work gatherings lifted to 20 people
- people are encouraged to return to work, unless they are unwell or vulnerable
- cafés and restaurants can reopen with meal service (including pubs, bars, clubs, hotels and casino), limited to 20 patrons and the four square metre rule applied
- weddings and funerals, limited to up to 20 attendees (30 for outdoor);
- places of worship, community facilities and libraries to re-open, limited to 20 patrons
- community sports (non-contact) limited to 20 people
- outdoor or indoor fitness classes (minimal shared equipment) limited to 20 participants
- public swimming pools can open under strict rules (one indoor pool and one outdoor pool), limited to 20 patrons per pool.

Regional travel restrictions are also being eased with travel being permitted between the following regions:-

- between the South-West, Great Southern, Wheatbelt, Perth and Peel regions
- between the Mid-West, Gascoyne and Pilbara regions (excluding Biosecurity zone)
- within the Goldfields-Esperance region (excluding the Biosecurity zone)
- within the Kimberley Local Government Areas (the Commonwealth’s Biosecurity zone remains in place).



from the CHIEF

Phase 3, which will commence around four weeks after the commencement of Phase 2, will involve further easing of restrictions on non-work gatherings, contact community sport, beauty therapy and personal care services, auctions, public playgrounds, skate parks, cinemas, museums, zoos, galleries and concert venues.

Phase 4 will be assessed and finalised in due course.

For more information go to: www.wa.gov.au

The WA Government is encouraging residents to download the Australian Government's COVIDSafe app. Downloading the app is voluntary, but highly recommended by the Chief Medical Officer. It will help keep our community safe and ensure we can get back to normal as quickly as possible.

Download the COVIDSafe App <https://www.covidsafe.gov.au/>

NAREMBEEN CRC TO RE-OPEN

As restrictions have eased, the Shire of Narembeen is pleased to announce that the Narembeen Community Resource Centre including the Public Library will be open for business from **9.00am Monday 18 May 2020**.

COVID-19 is still our top priority, so we ask if you are attending the Community Resource Centre Office to abide by the following guidelines:-

- Where possible, make payments using your card, rather than cash
- Stand back from the counter to keep our staff safe
- Cover your mouth and nose if you need to cough
- Stay at home if you are unwell
- Follow instructions from staff

ROADWORKS AROUND THE SHIRE

This week the Shire along with contractors are busy with asphalt works between 11th and 13th May 2020, works include:-

- Intersection of Mt Walker/Hyden Mt Walker Road
- Narembeen Airstrip & Emu Hill East Road
- Narembeen Cemetery
- IGA Carpark

WHEATBELT NRM MOST WANTED!

Have you seen any of these?



Black cockatoos

There are three species of black cockatoos in WA and they can all be found in the Wheatbelt. The iconic Carnabys cockatoo is known as the bringer of rain. This is probably related to their habit of returning to the Wheatbelt in winter to breed. Did you know they nest in tree hollows and only old eucalypts around 150 years old have the right type of hollows and restore it?



Malleefow

Did you know this amazing bird is losing its fight against feral predators and habitat loss. Did you know they are part of a group known as Megapodes – which means ‘large foot’ due to the strong legs they use to dig their nesting mound.

Wheatbelt Woodlands

The Wheatbelt Woodlands include some of our iconic eucalypt woodlands such as salmon gums, York gums and about 31 other species. We are working to protect patches of remnant bushland in good condition. Do you have your favourite woodland patch? Do you want to protect it and restore it?

Have you seen any of these special birds, or do you have a patch of woodland? Contact us to share your knowledge and help us protect our Wheatbelt wonders.

The WA Wheatbelt is home to a huge number of unique flora and fauna species. And Wheatbelt NRM is on the lookout for some of our most wanted. These species are considered threatened and we are working with community to ensure they don't go extinct.

Let us know so together we can ensure their survival. Contact Anika Dent on adent@wheatbeltnrm.org.au or 0488 902 220

www.wheatbeltnrm.org.au



This project is supported by Wheatbelt NRM through funding from the Australian Government's National Landcare Program



Gas Licence# GF8292

Plumbers Licence# PL6574

ABN# 81 363 273 168

We specialise in:

Hot & cold water services

Drainage, Sanitary, Gas fitting &

Solar heating installations and maintenance

For all your plumbing & gas fitting requirements call

Gavin Brownley

M: 0429 611 906

P/F: (08) 9061 1906

E: gavinbrownley@gmail.com

54 Dampier Street, Bruce Rock WA 6418

PO Box 137, Bruce Rock WA 6418

CHRIS BRAY

Electrics

Mob: 0418911872

email: facets@iinet.net.au

For all electrical installations repairs and maintenance.

14 Longhurst Street Narembeen

ACN 009 023 223 EC 349





SUBSCRIPTIONS

If you have not paid your membership YOU ARE NOW NOT COVERED for an ambulance call out. Please check to see if you have paid.

The payment that was made to the bank in cash has still not been identified – Was it you?

The “dishonoured” payment has not been identified either. We have an amount of \$93 that we cannot trace. Please advise Lorraine if this was yours.

Forms are available from the Medical Centre, the Community Resource Centre and the Post Office if you wish to join as a new member.

Payment can be made by cheque or cash and left in the box at the Medical Centre. Listed below are the annual fees:

Family: \$93.00
Single: \$56.00

POST TO: P O Box 113, Narembeen, 6369
CHEQUES MADE PAYABLE TO: Narembeen St John Ambulance
Internet Banking – Bankwest BSB 306-026 Account 4179930 –
 QUOTE YOUR Member # e.g. 764XXXX

If you pay by direct debit from your bank, the amount will need to be adjusted – **PLEASE CONTACT YOUR BANK TO CHANGE THIS AMOUNT**

IF YOUR CHILD HAS TURNED 18 DURING THE YEAR THEY WILL NEED TO HAVE THEIR OWN MEMBERSHIP.

If you need your details changed e.g. address, name spelling, telephone update, or if you have had an addition to the family, please let us know.

The quickest way to get an ambulance to you if it is needed is by **Dialling 000**. Do not ring the local Hospital or Doctors Surgery as this will only delay the process.


DID YOU KNOW THE COST FOR AN AMBULANCE CALLOUT WITHIN THE TOWN IS OVER \$400?

MAKE SURE THAT YOU ARE COVERED

THANKS TO OUR VOLUNTEERS ESPECIALLY NOW WITH THE
CORONOVIRUS PANDEMIC UPON US

REBUS FOR YOU !

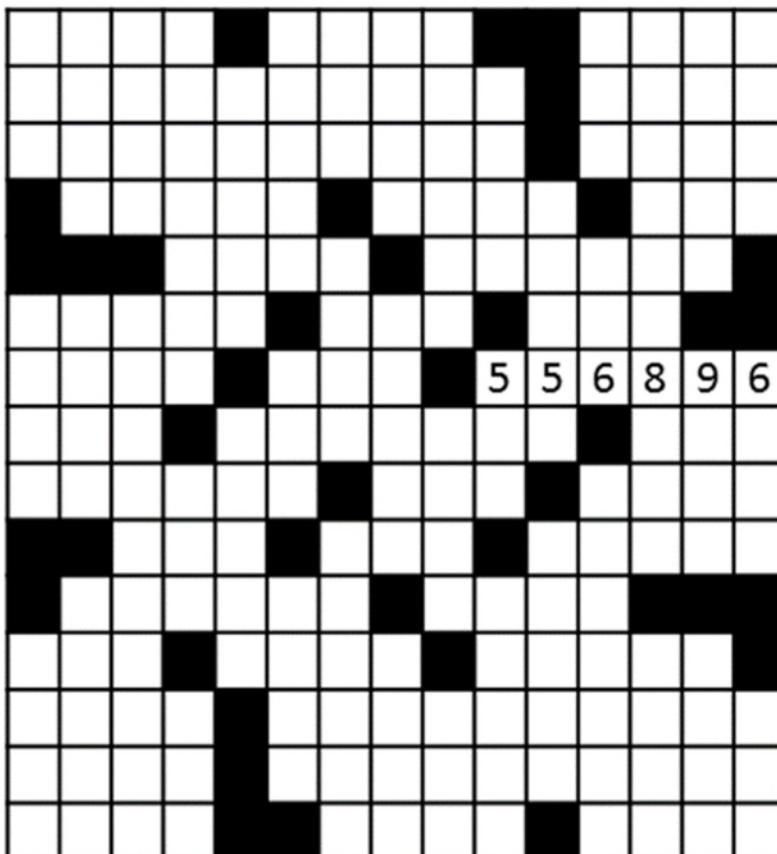
Can you solve these visual word puzzles? Let your mind explore and you are sure to find the answers. Good luck!

<p>1.</p> <p>FACE</p>	<p>2.</p> <p>EGG EGG HAM</p>
<p>3.</p> <p>BUR</p>	<p>4</p> <p>THUMBS THUMBS THUMBS THUMBS THUMBS THUMBS...</p>
<p>5.</p> <p>TEEF FEET TEEF</p>	<p>6.</p> <p>FAMILY  SHEEP</p>
<p>7.</p> <p>poFISHnd</p>	<p>8.</p> <p>ISSUE ISSUE ISSUE ISSUE ISSUE ISSUE ISSUE ISSUE ISSUE ISSUE</p>
<p>9.</p> <p>TIME</p> <p>a b d e f g h i j k l m n o p q r s t u v w x y z</p>	<p>10.</p> <p>DAYSALLWORK</p>

Number Fill in Puzzle #001

3 DIGITS

- 078
- 105
- 133
- 158
- 178
- 186
- 299
- 367
- 370
- 377
- 446
- 516
- 544
- 558
- 588
- 616
- 629
- 643
- 656
- 784



4 DIGITS

- 0231
- 0254
- 1258
- 1346
- 1440
- 1532
- 2163
- 2375
- 3152
- 3432
- 3435
- 3568
- 4617
- 4876
- 5089
- 5195
- 6134
- 6351
- 6562
- 6592

- 6655
- 6762
- 6925
- 7075
- 7151
- 7169
- 7346
- 7561
- 7690
- 8297
- 8383
- 9294

5 DIGITS

- 05652
- 07314
- 15616

- 34206
- 39863
- 43341
- 49404
- 52765
- 54323
- 57345
- 57929
- 59055
- 67456

6 DIGITS

- 155581
- 518390
- 556896
- 557675
- 656061

- 948615

7 DIGITS

- 2327354
- 3733182
- 6754147

10 DIGITS

- 1688094379
- 4388156554
- 4445868653
- 5053197245
- 6037221282
- 6762508981

10 must-know handy household hints

Did you know that separating bananas from the bunch makes them last longer? Or that the best way to re-heat a pizza (so it retains its crispy base) is to warm it in a fry pan? No? Then read on because these must-know household hints will change your life!



Handy hint 1 - bananarama

Pull bananas apart before displaying them in your fruit bowl. If you leave them connected at the stem, they'll ripen faster and go brown quicker. Who knew?!

Handy hint 2 - flexible vacuum

To suck up hard-to-reach gunk under your fridge, or behind a bookshelf, insert an empty paper towel roll into the end of your vacuum cleaner and bend, or flatten it, to squeeze into these difficult spots.

Handy hint 3 - buying capsicum

We're not sure why, but a capsicum with three bumps on the bottom is sweeter than one with four. Oh, but four bumps makes for a crunchier, firmer capsicum, so you should weigh up crunch vs. sweet when picking out your pepper!

Handy hint 4 - fend off weeds

Instead of tossing your daily rag in the recycling bin, use the newspaper as mulch and deter noxious weeds. Simply wet the sheets and put the layers around your plants and garden beds, covering with soil as you go. The weeds won't be able to get through the wet newspaper layers.

Handy hint 5 - so cheeseey

Wrap cheese chunks in aluminium foil and store in the fridge to keep your cheddar fresher for longer and to keep mould out.

Handy hint 6 - mozzies be gone!

If you have the kind of blood that attracts mosquitoes like a moth to a flame, then listen up. To keep the pesky blood suckers at bay, place a fabric softener dryer sheet in your pocket. Mosquitoes are repelled by the scent and you'll smell like summer breeze all night!

Handy hint 7 - crispy leftover pizza

To reheat a pizza so that the base is out-of-the-oven crisp, heat your leftover slices in a fry pan on low-medium heat on the stove until warm and wave goodbye to the days of soggy microwave pizza.

Handy hint 8 - reopening envelopes

If you seal an envelope and realise you've forgotten to include something inside, just place it in the freezer for an hour or two and voila, the envelope will unseal without a trace!

Handy hint 9 - the power of garlic

Add garlic immediately to a recipe if you want a subtle taste and towards the end to blast it with flavour.

Handy hint 10 - getting rid of ants

It may sound cruel, but if you have an ant problem, desperate times call for desperate measures. Put small piles of polenta where you see ants and they'll gobble it up, return 'home' and won't be able to digest it. Your ant problem (and the ants) will soon be dead.

WEATHER

Day	Date	Max (°C)	Min (°C)	Rainfall (mm)
Tuesday	5th May	23.1		6.0mm
Wednesday	6th May	15.2	10.6	0.6mm
Thursday	7th May	17.7	4.5	0.6mm
Friday	8th May	17.6	9.6	
Saturday	9th May	18.8	2.4	
Sunday	10th May	23.9	4.6	
Monday	11th May	24.3	6.0	
Tuesday	12th May		9.6	

BONE DENSITY VAN

The Bone Density Van is coming to Narembeen this Month.

Monday 25th May and Tuesday 26th of May 2020.

For appointments please ring the
Doctor's Surgery on 90647145.



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

CLINICARE
PHARMACY



CLINICARE

NAREMBEEN PHARMACY

Good news for all our loyal customers.

Your local friendly Chemist is open again until 5.00pm Monday to Friday.

Please remember to pick up your scripts by 1.00pm as usual.



Now there is no need to leave the Wheatbelt as the entire Suzuki **NEW VEHICLE** range is now available for purchase in Northam!!

All your Suzuki servicing, repairs and accessory needs for your existing Suzuki vehicles can now be met at the

All New Northam **SUZUKI**

Located in the Northam Holden and Mazda dealership at
1-3 Oliver Street, Northam

Call us on 96221188 or drop in and see Jo, Bryan and the team

New Vehicles starting at \$15,990 drive away!!



Northam Suzuki – *A Good Deal Closer*

LIKE US ON FACEBOOK



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

Hydraulic system design and testing
Hydraulic Components Repairs in house
Fully equipped service vehicle - will travel
Mobile hose/fitting trailer for onsite repair
Hydraulic hose assembly made to order, in-house
Regular trips to Perth for repairs & parts

Mia DAVIES MLA
Leader of The Nationals WA

CENTRAL WHEATBELT Matters to me

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

Merredin Office
The Old Town Hall, Mitchell St
Merredin WA 6416
Ph 08 9041 1702
Fax 08 9041 2554
Freecall 1800 673 914

mia.davies@mp.wa.gov.au
www.miadavies.com.au
MiaDaviesMLA
facebook.com/MiaDaviesMLA

THE NATIONALS for Regional WA

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

JEST A MOMENT

A Sunday school teacher decided to have her second grade class memorise Psalm 23, one of the most quoted passages in the Bible. She gave the children a month to learn the chapter.

One little boy was excited about the task, but he just couldn't memorise the Psalm. Although he practiced and practiced, he could hardly get past the first line.

The day came for the children to recite Psalm 23 before the congregation. The little boy was nervous.

When his turn came, he stepped up to the microphone and proudly said, "The Lord is my Shepherd and that's all I need to know!"

A lesson for us all....



THE HON MELISSA PRICE MP

Coronavirus Care – caring for others in our community
Federal Member for Durack
Minister for Defence Industry

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

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

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

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

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

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

By working together we will get through this difficult time.

Please take extra care of yourself

Kind regards,

Melissa Price

Federal Member for Durack

Minister for Defence Industry

- 2B/209 Foreshore Drive, Geraldton WA 6530
- 4/34 Frederick Street, Broome WA 6725
- 3 Bates Street, Merredin WA 6415
- (08) 9964 2195
- (08) 9192 7216
- (08) 9041 1749
- melissapricemp.com.au
- [MelissaPriceDurack](https://www.facebook.com/MelissaPriceDurack)
- [Melissa4Durack](https://twitter.com/Melissa4Durack)
- melissa.price.mp@aph.gov.au

Authorised by Melissa Price MP, Liberal Party Australia, 2B/ 209 Foreshore Drive Geraldton WA 6530.

COMPETENT SOLUTIONS

OF WYALKATCHEM – THE AG TRAINING SPECIALISTS

Members of WA.F.F SAVE 20% T&C Apply

Jim Davidson

competentsolutions@outlook.com

0448 050 295



Phone 0448050295 for information and bookings

WE HAVE EXTENDED OUR RANGE OF COURSES with some on line components

Heavy Vehicle Pilot/Escort (for new pilots) very AG focused

Heavy Vehicle Pilot Refresher Course

(main roads wa approved partnered with ILLUMINATE GROUP RTO no 52022)

HEAVY VEHICLE TRUCK LICENSES HR/HC/MC (DOT approved assessor)

{WE TEACH YOU HOW TO DO THE JOB, NOT JUST STEER IT AROUND A CORNER}

INFORMATION COURSES IN AGRICULTURE

Safe Movement of Agricultural Machinery on Public Roads

OHS in Agriculture Trucks in Farming And much more

. We are Wheatbelt based and Farming focused

Other Courses we can arrange include: Chemical Handling and Fork Lift

Coming Soon: Loader, Telehandler, Excavator courses and more

CONTACT Jim Davidson on 0448050295 or Email competentsolutions@outlook.com

OUR JOB IS TO HELP YOU BE THE BEST YOU CAN BE AT YOUR JOB

Number Fill in Puzzle #001

6	7	6	2		5	0	8	9		1	4	4	0	
5	0	5	3	1	9	7	2	4	5		3	4	3	2
6	7	6	2	5	0	8	9	8	1		3	4	3	5
	5	2	7	6	5		7	6	9	0		5	4	4
			3	1	5	2		1	5	5	5	8	1	
6	7	4	5	6		1	0	5		6	1	6		
6	1	3	4		3	6	7		5	5	6	8	9	6
5	5	8		3	7	3	3	1	8	2		6	2	9
5	1	8	3	9	0		1	5	8		6	5	9	2
		1	7	8		6	4	3		5	7	3	4	5
	5	5	7	6	7	5		2	3	7	5			
4	4	6		3	5	6	8		4	9	4	0	4	
6	3	5	1		6	0	3	7	2	2	1	2	8	2
1	2	5	8		1	6	8	8	0	9	4	3	7	9
7	3	4	6		1	3	4	6		7	1	6	9	

REBUS FOR YOU !

SOLUTIONS

1. Red in the face	2. Green Eggs and Ham
3. Backrub	4. All thumbs
5. Two left feet	6. Black sheep of the family
7. Big fish in a little pond	8. Tennis shoes
9. Long time, no see	10. All in a day's work

BIRTHDAY



MAY

14th	Tamara Cowan	Mark Henderson	Kahlan Woods
	Benjamin Ashmore	Myles Bristow	Imogen Hickey
15th	Carmen DellaVedova	Peter Henderson	Allan Henderson
16th	Merrick Latham	Shane Hassett	Ryan Sprigg
	Jolie Cheetham		
17th	Tanya Smith(Dixon)	Esther Forrest	Carol Federici
	Oliver Miller	Lani Vanderleer	
18th	Rowena Wasley		
19th	Hayley Ketteringham	Yvonne Hunter	Kieran Hunter
20th	Nicholas Cheetham		
	Felicity Muir		
21st	(Repacholi)	Neil Ketteringham	Beryl Welsh
	Jasmine English(Cheeetham)		Jon Hagley
	Karleen Major	Gabriel Campbell	



Anniversaries

MAY

14th	Rose & Rick Cardinal
20th	Greg & Mandy Moppett



Cleaning Rosters

Catholic Church	NOT NECESSARY
Anglican Church	GENERAL CLEAN UP 9.30AM

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 advised further** .

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

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 on-line or ring Gary Sprigg 0428645035 for more information

Bible Verse: Matt 28:20

I will be with you always, even until the end of this age.

ROMAN CATHOLIC

OUR LADY OF THE BLESSED SACRAMENT

NO SERVICES UNTIL FURTHER NOTICE

Prayer for Rain



Most Loving God

Through Your Son You said

“Ask and you will receive,

Seek and you will find,

Knock and the door will be opened.”

Today we come to You in our need,

Asking that you listen to our prayer.

May You in Your Goodness provide in due season,

Steady and soaking rains to those parts of our

state that so desperately need it.

We Thank You Father for all Your gifts to us and

are confident that You will listen to our prayer.

We ask this through Christ our Lord, Amen.

ST PAUL’S ANGLICAN



Sunday 17th May

9.30am Service

Readings

Acts Chapter 17 Verses 22-31 Kerry Fricker

1 Peter Chapter 5 Eleanor Brayshaw

John Chapter 20 Verses 15-21

Psalm 66



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

SOME COMING EVENTS

May 2020

Wednesday		Numbats: Phone Bookings from 8.00am 0422 322 289 GOLF - Ladies - Play and Go Home	8.15am - 5.15pm
Thursday	14th	Numbats: Phone Bookings from 8.00am 0422 322 289 Autumn Club	8.15am - 5.15pm 10.00am-2.00pm
Friday	15th	Playgroup at Numbats Centre	9.30am
Saturday	16th	NO CHURCH	
Sunday	17th	Church - Anglican Only Golf - Play and Go Home	9.30am
Monday	18th	HISTORICAL SOCIETY MEETING	2.00pm
Tuesday	19th	Senior Citizens Numbats: Phone Bookings from 8.00am 0422 322 289	2.00pm 8.15am - 5.15pm
Wednesday	20th	Numbats: Phone Bookings from 8.00am 0422 322 289 GOLF - Ladies - Play and Go Home	8.15am - 5.15pm

NEXT WEEK WE HOPE TO HAVE MORE EVENTS ON OUR BACK PAGE

DON'T FORGET— SOCIAL DISTANCING

**Editors Lorraine Lethlean
 Kellie Mortimore**