



THE PHOENIX



\$2 **Thursday 23rd February 2023** **Issue 4**

STARS UNDER THE STARS

By MERREDIN CRC

On the evening of Friday 10th of February 2023, the CRC held our annual Thank-A-Volunteer event, at the Burracoppin Hall. This year's event was a Stargazing Sundowner and was an opportunity for the CRC to thank volunteers from all sectors of our community for all that they do. Volunteers are, without doubt, the stars of our community.

More than 60 volunteers came along to enjoy a night under the stars. The evening kicked off from 6pm when our volunteers started arriving, with some taking advantage of the free

transportation provided by the CRC, a Go West bus driven by Ross Duffield.

At 6.30pm, the Merredin CRC Chairperson, Ross Duffield, opened with a speech to thank the volunteers for the tireless work they do in our community and to thank our sponsors the Department of Communities, Shire of Merredin, Collgar Community Fund and Merredin Energy, for supporting the event.

Refreshments were then served inside the hall. Thanks to Merredin Harvest Fresh Food Market for supplying a range of delicious grazing boards and

Eastway Food Supplies for melt in your mouth brownies. The Burracoppin Progress Association also opened their bar for the evening, with volunteers enjoying complimentary soft drinks for the evening.

At 7.15pm, special guest, Mark Davies, Astronomy Guide from Star Track Astro Events, gave an informative presentation to explain what to expect to see during the night. The presentation gave information on the planets, different types of stars and the International Space Station that was expected to pass over at 8.27pm. Following the

presentation, Mark guided people out to the oval where telescopes and binoculars were set up for everyone to observe the night sky with.

Local astronomer, Peter Barret, and his friend Ian Armstrong, and local librarian Wendy Porter, also brought their own telescopes and binoculars for attendees to use and Ian had his camera set up to take some beautiful photos of the sky throughout the night.

Mark and Peter explained to everyone what they were looking at through the telescopes. Attendees were

(Continued on page 7)



The glorious night sky over the Burracoppin Oval



Mark Davis, Ross Duffield, Peter Barrett and Cameron Large

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Produced and printed fortnightly by
Merredin Community Resource Centre
 110 Barrack Street, Merredin
 Ph: 9041 1041 Fax: 9041 1042

Deadlines
Articles, Advertisements
(including Classifieds)
5pm Monday before publication date

Content/production
 Amanda Cash
 administration3@merredincrc.com

Advertising
 administration4@merredincrc.com
 admministration2@merredincrc.com

Upcoming Editions
9 March 2023 & 23 March 2023

www.phoenixnews.com.au

The Phoenix Prices NEW REDUCED RATES as @ July 2022

Prime Advertising	
Front	\$150
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Ears	\$30
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Thankyou to these businesses for their support for The Phoenix and Merredin Community Resource Centre

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12 or 24 editions

COVID-19

COVID-19 WA Statistics

As at 20 February 2023
 Tested 4,721,090
 Confirmed Cases 1,288,808
 Recovered 1,286, 584
 Deaths 942
 Active cases in WA 1,282

 Vaccinations—Australia
 Vaccinations—22,235,661
 Fully vaccinated—21,652,946
 Booster—14,352,625

COVID-19 Australian Statistics

WA—Cases 1.28M—Deaths 942
 ACT—Cases 231K —Deaths 224
 NSW—Cases 3.89M—Deaths 6,417
 NT—Cases 104K—Deaths 90
 QLD—Cases 1.79M—Deaths 2,734
 SA—Cases 878K—Deaths 1,322
 TAS—Cases 285K—Deaths 250
 VIC—Cases 2.87M—Deaths 7,286

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YEAR 7 BIG DAY OUT

Our Year 7's enjoyed a fun day of fun 'get to know you' activities and a scavenger hunt to familiarise themselves with the secondary part of Merredin College followed by a trip to the pool.



KINDY KIDS

Welcome to our new Kindy kids – they have had a great start to the year with Mrs Smith and Mrs Murphy learning through

Tap Tap games, magnets, playdough and other fun learning activities.



SWIMMING LESSONS START

Our Year Three – Six students have enjoyed swimming lessons this week.

Luckily, the weather has been nice and hot to make swimming that bit more enjoyable!

We also welcome our Kindergarten class and wish them the very best as they begin their learning journey at St Mary's School.



TRIPS AND FALLS WORKSHOPS

By **WA COUNTRY HEALTH SERVICE (WACHS—EASTERN WHEATBELT)**



On 15 February we had our last of three Falls Prevention workshops at Merrittville Hall.

Participants learned more about nutrition and we shared some helpful tips on how to eat healthy, affordable and easy meals. We also spoke about having your eyes checked at least annually and the importance of knowing your own medication.

The week before, the focus was on mental wellbeing and we spoke about ways to keep our brain active and to keep a positive mindset. We also looked at fall risks in the home

and yard as most falls happen in and around home.

A big thank you to the lovely ladies attending and engaging in the activities with such enthusiasm and positivity! Thank you to the Merrittville Committee for providing the delicious morning tea and opening your hall for us! Thank you to the CRC for your support in organising and promoting the workshops!

If you are interested in hosting a health promotion workshop on falls prevention, nutrition or exercise, please contact Rain - Health Promotion Officer at Eastern Wheatbelt Primary Health Service on 08 9081 3222 or Merredin.Healthservice@health.wa.gov.au



Rain Rodenburg from WACHS, engaging with workshop participants



Library Musings

By MERREDIN LIBRARY

When was the last time you visited the Merredin Library? Have you seen our February Photographic display featuring weddings (including some actual wedding dresses)? Do you know we have activities each month such as the Over 50's Bingo? Have you checked out what's new in the library? No? Well, here is a taste of some of the new items added to stock.

Gardening on a budget

'Thrifty Gardening' by the Country Women's Association of Victoria, Inc shows you how to get the most from your edible or ornamental garden, season by season. The book not only shows what to plant and when, but what you can do with the results. Learn about composting, worm farms, seeds and seedlings, good and bad bugs in the garden. Recipes include roast pumpkin, cashew and cream cheese salad, apricot or peach muffins, and a lemon

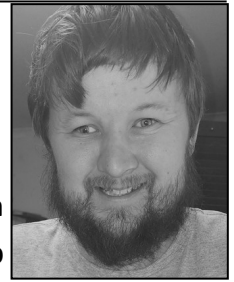
yoghurt cake. It even provides advice for getting kids involved.

Gut health

It seems that more and more people are experiencing gut issues every year. 'The good gut anti-inflammatory diet' by Professor Phil Hasbro includes a foreword by Dr Michael Mosley. Learn how balancing your gut with the right food choices can help manage inflammation and try out the nutrition tips from Dr Clare Bailey. Try out recipes for easy olive oil chocolate chunk cookies, easy Moroccan chicken tagine or slow cooked lamb shoulder.

If you can't find what you are looking for ask the friendly library staff for help. If you are stuck at home not well, and you live in town call the library on 9041 1222 and the staff will deliver direct to you. Ask library staff about how to access free e-books from home. As February is the month of 'love' why not try one of our 'Blind date with a book' titles. See you soon.

My Thoughts



Ryan Webb

Did you know Angels are real? There are ones on Earth and ones in the sky, we have knowledge of them, and they are called The Royal Flying Doctors Service (RFDS).

This is a service that supports the Western Australian communities all regions and has helped my son more than I can count and surely it has helped more families around Western Australia.

Did you know that it takes 40 minutes from Merredin to Jandakot airport via the RFDS impressive isn't it. It actually takes longer than that from Jandakot Airport to Perth Children's Hospital via Ambulance category one.

They don't receive enough credit, but they keep flying around to make sure our families are looked after. Without the flying doctors my kids wouldn't be here to share their experiences with everyone else. The local St John's volunteers play a huge part in this service as well and should be proud of the service they have provided and will keep providing for years to come.

So, let's take a moment and thank our volunteers who have looked after our communities

and families even the times they would rather be at home with their families they are amazing people these are the angels sent to help us.

Our journey started 10 years ago when our son first got sick. Now we are frequent flyers. We are so lucky that they have saved his life countless times, now he is in the biggest fight for his life and along the way we will have this service to help him get to the bigger hospital for specialist help.

Merredin hospital does a fine job and stables everyone but can't do as much as bigger hospitals. So, between everyone we are lucky really. We really have best of both worlds in a sense and that sense can't be had without RFDS.

So, I thank you from my family to yours for the service you have provided to my family and others in communities far and wide.

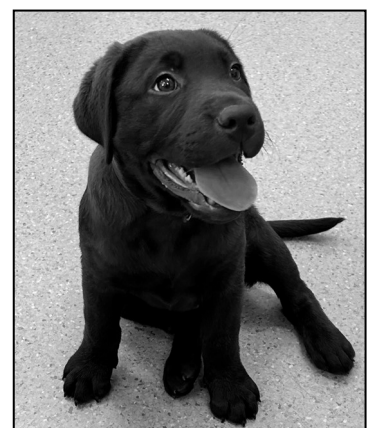
BOB THE DOG

By MERREDIN CRC

The Merredin CRC had a visit from our furry little friend 'Bob' on Valentines Day! Bob dropped in for a quick pat and

chat with the CRC staff who absolutely adore him!

He is currently ten weeks old and growing every day, just look how big he has grown over two weeks.



MERREDIN CRC

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STARS UNDER THE STARS cont.

(Continued from page 1)

able to see a rainbow star, a galaxy, the Southern Cross constellation and the International Space Station pass over the oval during the night. Thank you Mark, Peter, Ian and Wendy for sharing your expertise and showing off the night sky.

The evening would not have been possible without our wonderful sponsors, so thank you again to the Department of Communities, Shire of

Merredin, Collgar Community Fund and Merredin Energy for supporting this event.

A big thank you is extended to Ross Duffield for driving the bus, which enabled the CRC to offer transportation to and from the event for the volunteers.

Thanks must also go to the Burracoppin Progress Association for the use of their hall and oval. It was the perfect venue to host a stargazing sundowner.

Everyone had a magical night

under the stars and learned more about what lies beyond Earth's atmosphere. The CRC would like to thank everyone who joined us to star gaze and thank you for your positive feedback about the evening. It was our pleasure to be your hosts for the evening.

To the volunteers that went home before the gifts were handed out at the end of the night, please pop into the CRC to collect your gift

"What a fantastically unique way to thank the "stars" of the

community. It was so lovely to be surrounded by so much joy and enthusiasm. Thank you again for organising such a unique event." - Chloe Flockart

"We did lots of talking and lots of laughing. It was a fun, relaxing night. Well done to those who did the organising." - Sybil Miles

"A great night under the Burracoppin stars last night. Everyone had a ball, I think." - Peter Barrett



Ross Duffield, CRC Chairperson, welcoming guests and thanking sponsors



Mark Davies, astronomy guide, from Star Track Astro Events



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GOLDEN HOUR CAMERA CLUB MEETING

By GRANT STAINER

“Golden hour” was the theme for the February meeting of the Merredin Camera Club, which allowed a wide variety of interpretations. The golden hour is the half hour either side of Sunrise or Sunset.

Eighteen photos filled the theme section this month, and another 16 photos filled the open section. The judge this month was Colin White, and he did the judging in person, which was a great opportunity to interact and learn from him.

In the theme section, Mr White awarded silver to Grace Williams’s “Glowing Gum”.

Equal bronze was awarded to Jules Alvaro’s “Light on tree trunk 3”, Kate Caughey’s “Golden header”, Grant

Stainer’s “Brighton jetty”, and Gina Humphries “Broome camels”.

No gold was awarded this month in the theme section.

In the open section, Mr White awarded gold to Jules Alvaro’s “Road to the Moon”. Silver was awarded to Craig Shipway’s “Farming on the edge”, and equal bronze was awarded to Gina Humphries’s “High tide” and “Blue camel team”, Lorraine Ryan’s “Fire and lightning”, Grant Stainer’s “Sulphur Crested Cockatoo”, Jules Alvaro’s “Thumbs up”, Rosie Cahill’s “Afternoon drive”, Kate Caughey’s “Old silo”, and Margret Schell’s “Spiral staircase”.

Mr White talked about a wide range of opportunities to improve our photography, and

we also discussed associated matters such as image workflows and data storage methods among other things.

Club members voted somewhat differently to the judge in the theme section, but fairly similarly in the open section.

In the theme section, first place went to Jules Alvaro’s “Golden grass”. Second place went to Kate Caughey’s “Golden header”, and third place went to Gina Humphries “Broome camels”.

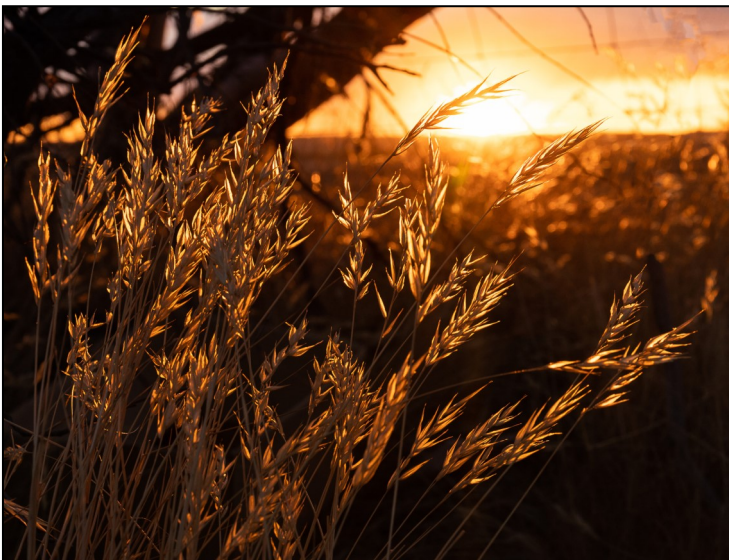
In the club member’s open section voting, first place went to Craig Shipway’s “Farming on the edge”. Second place went to Margret Schell’s “Spiral staircase”, and third place went to Jules Alvaro’s “Road to the Moon”.

The next meeting is scheduled for the 9th March 2023, where we will have our annual general meeting and do our voting for the 2022 Photo of the Year.

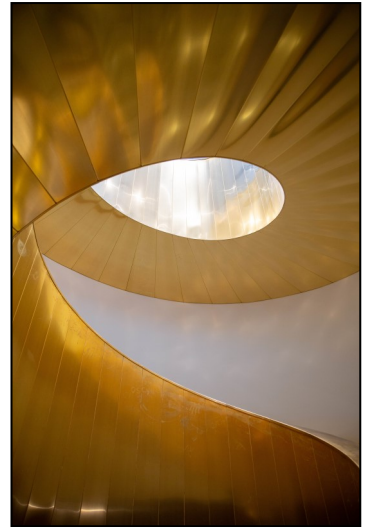
The Merredin Camera Club welcomes new members. For more information about the Merredin Camera Club, please email Kate Caughey at merredincameraclub@yahoo.com.au



‘Golden grass’ by Jules Alvaro



‘Golden header’ by Kate Caughey



‘Spiral staircase’ by Margret Schell



‘Farming on the edge’ by Craig Shipway

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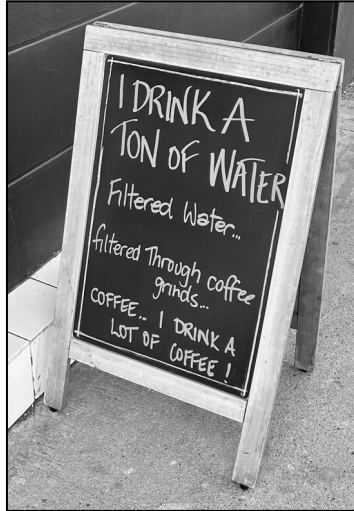

WILD POPPY'S WILD SIGNS

By **SHAYNAH COREY,**
MERREDIN CRC

I find myself walking past Wild Poppy Café multiple times a day and each and every time, I catch myself looking down at their

sign, anticipating what funny new quip will be written up!

It is something so small, that puts a smile on my face and completely brightens my day!



From the History Room

By **MERREDIN LIBRARY**

These recipes are from the Merredin Mercury and Central Districts Index 1944.

The good old sausage definitely puts on party airs in this intriguing recipe... and what a saving on your meat coupons!

ALL BRAN SAVOURY CREAM MUFFINS

Moisten ½ cup Kellogg's All Bran with 1 cup milk.

Sift 1½ cups self-raising flour with 1 teaspoon salt or celery salt and a few grains cayenne.

Rub in 1 tablespoon shortening and 1 tablespoon finely grated cheese.

Add soaked All Bran mixing to a moist dough.

Roll to ½ inch thickness and cut with floured knife or round cutter.

Bake on greased baking tray in hot oven for 10 to 12 minutes, or on preheated greased griddle over moderate heat.

Grill, bake or fry 1lb sausages then slice thinly.

Melt 1 tablespoon shortening in saucepan, stir in 1 tablespoon flour and cook for a few minutes.

Add 2 cups meat stock or water, stirring until mixture boils and thickens.

Add sliced sausages, 1 tablespoon grated cheese, 1 tablespoon chopped parsley and season to taste.

Simmer for a few minutes before serving with the split hot muffins.

Tales from the Train

A modern take on travelling by train

By **LADY RANTHAM**

Tales from the Travellator.

When I was little, like before eBay, I used to come to Perth from Dampier once or twice a year to "help" my mum shop for the things you couldn't get up north. Shoes, clothes, toothbrushes, you know, the luxuries.

Somewhat of a wide-eyed country bumpkin, I was fascinated by the slick, professional people who lived every day in this otherworldly, high-pressured bustle and I always aspired to wear high heels and work in the building in Perth that looked like Deep Thought from the original Hitchhiker's Guide to the Galaxy TV series.

Funnily enough I DO work in that building now AND I wear high heels (dreams CAN come true!) but admittedly, I keep them at work and wear sneakers into the office (a la the movie 'Working Girl'). I was fascinated by escalators and elevators, as there were none of either in Dampier and my sister and I used to fight over whose turn it was to push the button.

Well sorry little girls, there are no longer buttons in the lifts in my building. Gone are the days where you could step into a lift and make a snap decision about where you ended up. You used to be able to change your mind mid-journey and divert the Sirius Cybernetics Happy Vertical People Transporter to

an alternate destination at whim.

These days, there is a snazzy touchscreen in the lobby, where you select the floor of your choice, and it will direct you to the lift of its choosing and then you're locked in until you get there. There are NO BUTTONS in the lifts anymore.

This morning, I had the BEST experience of someone mentally leapfrogging this half-step forward in technology and assuming that we'd gone one better.

An immaculately groomed lady stepped delicately, if a little hesitantly, into my lift this morning and looked in consternation at the smooth silver panel where the buttons once were. Then came the magic. She straightened up. Her shoulders went back. The chin raised ever so slightly. In a loud, clear voice, she called out "SEVEN" and looked expectantly upwards.

The suit standing next to me burst out laughing and I had to explain, as he held himself up against the wall, that the lifts were not voice activated and that she'd have to get out and use the keypad to select her floor.

The deflated hairdo scuttled red-faced out of the lift, and I have a feeling that she waited until the lift doors had closed and Car A had departed northwards before addressing the keypad with her request. It took a good three floors for the suit to regain his breath.

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TO MAKE A WREATH

By **TANYA WITHERS,**
MERREDIN FLOWERS AND
GIFTS

Merredin Flowers and Gifts held its first workshop in December for St Mary's School end of year staff get together.

Twenty-two people were in attendance for the event organised by Marion, Tnaya and myself at Merredin Flowers and Gifts and facilitated by Katie Sippe, who grows and sells her own products from Wyworrie Flowers in Mukinbudin.

The guests enjoyed local produce and sipped on punch while they learnt the art of Wreathmaking using an

assortment of Fresh, Dried and Preserved flowers.

There were quite a few people who were hesitant to give it a go with claims they were 'not crafty', however the end results were wonderful and all unique to the individual. It was a lovely way to end the year.

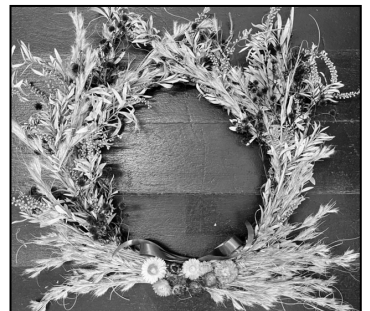
Merredin Flowers and Gifts has recently bought the building at 50 Barrack Street with a vision to host after hours workshops on a regular basis in the future, showcasing some of the incredible skills and talents by local Wheatbelt hobbyists and small business owners.

It is a wonderful opportunity to

learn new things and meet new people while enjoying the lovely ambience of the newly decorated Florist.

We will be working with Remote Society and Bushwick Candles to bring a Candle Making workshop in early April, tickets have been selling fast as spots are limited.

We are always interested in hearing from local talents who would be interested in facilitating a workshop in conjunction with us.



Ready for the wreath making workshop



Katie Sippe and Tanya Withers

Samples of the creative wreaths

SCAMS AWARENESS WORKSHOP

By **MERREDIN CRC**

On Tuesday 14 February, six lovely ladies joined Anita from NBN Local to complete a workshop about scams in the online world.

Anita spoke about how important it is to keep yourself safe online, and how easy falling for these online tricks can be.

She explained how online privacy settings can help stop scammers from accessing your information.

Overall, it was a great workshop, that could be a massive help for someone that is still learning about technology.

A note from one of the participants:

"Melinda and Staff of the Merredin CRC

Thank you for hosting the "Scams Awareness Information session" today at the Merredin CRC.

The presentation that was given by Anita was very informative and educational. She shared with us some of the scammer's tricks in this world full of internet technology and alerted us of what and whom to be aware of in dealing with these issues. A really great

presentation.

A truly worthwhile 2 ½ hours spent which exposed many of the dangers we may face while using these modern devices, and how to deal with them because being a senior, I know we are more vulnerable to some of these hidden dangers.

Thank you also for the "cuppa" and afternoon tea."

- Audiene McCrae



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Other Events
Sunday 5 March 2023
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The Woolshed Hotel

Where to Eat
Nungarin Museum
The Woolshed Hotel
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EMAIL: MARK.TONI.MCKENZIE@GMAIL.COM
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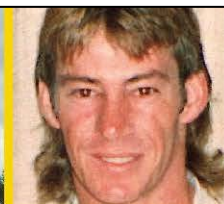
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Driving tired nearly cost me my life.

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CARIOVASCULAR AWARENESS

HOW'S YOUR PUMP AND PIPES?

WARRIOR WELLBEING ARTICLE - REGIONAL MEN'S HEALTH INITIATIVE

It's no surprise that when we combine disease associated with the *heart* (pump) and *blood vessels* (pipes) it's our biggest killer, largest health problem, and places a great burden on our economy and health system. This of course is without even considering the issues around grief, loss of function and care requirements that can also impact individuals and families.

Cardiovascular Disease (CVD) is a major cause of death in our country. It kills one Aussie every 12 minutes and is responsible for causing one in four (26%) of all deaths. Someone is hospitalised for CVD every minute and those living in regional and remote areas, generally have higher rates of death from CVD than other Australians (Heart Foundation Aust).

Why Pump and Pipes? If we think about a pump moving water through a series of pipes, over time sediment can slowly build up and slow the flow of water or even cause a blockage. Most blokes would understand this would result in the pump having to work harder which can cause it to eventually fail or blow a hose.

This is no different to coronary heart disease which occurs through the build-up of fatty deposits (plaque) in the arteries that feed the heart. Narrowing reduces the supply of blood and oxygen to our heart and if this becomes too narrow it can cause angina (pain/discomfort in chest) or if a blood clot causes a complete block, then this can cause a heart attack. This is similar to when a clot occurs in blood vessels to the brain causing a stroke.

Warning signs for a heart attack may include a single or a combination of symptoms such as pain, heaviness or tightness in one or more areas of the upper body, shortness of breath, dizziness or a cold sweat.

If you think someone's having a stroke the Stroke Foundation has come up with an easy to remember checklist referred to as **FAST**:

- Face – Has their mouth dropped?

- Arm – Can they lift both arms?
- Speech – Is it slurred, can they understand you?
- Time – Is critical, call 000 immediately.

Factors that contribute to CVD include family history (which we can't change) but some of the other risks we can manage by making healthy lifestyle choices are:

- don't smoke;
- maintain a healthy diet;
- do regular exercise;
- reduce our alcohol intake (take a couple of days off a week);
- monitor our body weight;
- moderate our salt, sugar & fat intake; and
- look after our mental health & wellbeing.


It's important we acknowledge that a lot of CVD is preventable, however it's essential that we understand our individual risk factors that may impact on us developing diseases associated with our heart and blood vessels. The onset of other health issues such as diabetes, obesity, even erectile dysfunction can be an indicator that our pump and pipes could be under pressure.

So, just remember like any good piece of machinery, there are some basic *Operating Tips* to keep things running at optimal performance!


Gauge your guts - Regulate your risks - Move more - Make a service visit... Talk with your GP


The Regional Men's Health Initiative delivered by Wheatbelt Men's Health (Inc.)
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Thank You

WILLIAM RAYMOND (BILL) JONES

09/06/1950 - 23/01/2023

A very huge thank you to all for coming and helping Danial and I to say goodbye to Bill.

A very blessed family.

Love from Leah and Danial



COMMUNITY CALENDAR 2023

SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
18 Merredin Fine Arts Society 9am-12pm Community Garden 8am Seventh-day Adventist- 11am St Marys Catholic- 6pm	19 All Saints- 10am Uniting Church- 9am Church of Christ 10am St Marys Catholic 10.30am A Choired Taste Workshop with Hannah 1pm at Church of Christ Hall Nungarin St Thomas Anglican 10am	20 Boot-scooting 7pm at Cummins Theatre 9041 3005 (please leave a message), 0409172259, or see Lyn at the Post Office	21 <i>Pancake Day</i>  Gentle Gym at the Senior Centre 2pm	22 <i>World Thinking Day</i> Craft Group at the Seniors Centre 9am-12pm Wildflower Society meeting 7pm old North Merredin primary school Mal Harper 0437388292 Tracy Scott 90465185	23 Merredin Fine Arts Society 9am-2pm Men's Shed 9.30am-5pm Ross 0417300893 Dennis 0411984123 Senior Centre morning tea 10am-11.30 am	24 Kids club, Ages 4-12, 3-5pm at Merredin Church of Christ, 17 Throssell Rd, gold coin donation 0429108241
25 Merredin Fine Arts Society 9am-12pm Community Garden 8am Seventh-day Adventist- 11am St Marys Catholic- 6pm	26 Uniting Church 9am Church of Christ 10am St Marys Catholic 10.30am Nungarin St Thomas Anglican 10am	27 Boot-scooting 7pm at Cummins Theatre 9041 3005 (please leave a message), 0409172259, or see Lyn at the Post Office A Choired Taste Rehearsal 7pm at Church of Christ Hall	28 <i>Last Day of Summer</i> Gentle Gym at the Senior Centre 2pm	1 March <i>First Day of Autumn</i> Craft Group at the Seniors Centre 9am-12pm Wildflower Society meeting 7pm old North Merredin primary school Mal Harper 0437388292 Tracy Scott 90465185	2 Merredin Fine Arts Society 9am-2pm Men's Shed 9.30am-5pm Ross 0417300893 Dennis 0411984123 Senior Centre morning tea 10am-11.30 am	3 <i>World Wildlife Day</i> Merredin Twilight Markets 3.30-6.30pm Kids club, Ages 4-12, 3-5pm at Merredin Church of Christ, 17 Throssell Rd, gold coin donation 0429108241

If you would like your community notice included, email it to info@merredincrc.com



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INNOVATE TO GROW OPPORTUNITY FOR WA AGRIFOOD SMEs

CSIRO MEDIA RELEASE

A new online learning program is now available to Western Australia-based small to medium-sized enterprises (SMEs) in the agrifood sector, to help support their research, product development and innovation ambitions.

The Innovate to Grow: Agrifood WA program is delivered by CSIRO, Australia’s national science agency, with support from the Department of Primary Industries and Regional Development (DPIRD).

Monika Szabo, SME Collaboration Manager for CSIRO, said Innovate to Grow is a great opportunity for businesses looking to turn an idea into a viable research and development (R&D) opportunity.

“Innovate to Grow aims to boost WA agribusinesses’ innovation performance by supporting businesses in advancing their ideas through the innovation pipeline and educating owners on how valuable R&D can be to them through this journey,” Dr Szabo said.

“With assistance from experienced researchers and innovation experts, participants can examine their technical and business challenges, explore their research, development and innovation opportunities, and develop actionable business and funding plans,” she said.

DPIRD Investment Services Manager Peter May said this program presented an excellent chance for WA agrifood businesses to innovate their business.

“In addition to the learning benefits from the program, participants will increase their professional network and become part of the program alumni,” Mr May said.

“This program complements a range of existing agrifood industry innovation programs supported by DPIRD,” he said.

Applications close Monday 13 March. The program will commence on Tuesday 4 April.

More information on Innovate to Grow is available from the [CSIRO agrifood WA webpage](#).

Innovate to Grow: Agrifood WA is supported by the Department of Primary Industries and Regional Development.



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- 16 MARCH 2023**
- 11 MAY 2023**
- 6 JULY 2023**

To book a free 20-minute consultation please email evelyn@bailiwicklegal.com.au or call 9321 5451

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Merredin CRC are looking for preloved Christmas Trees to adopt.

Donations are welcome throughout the year.

CHRISTMAS TREE ORPHANAGE

NANGEEAN NATTERS

By **JULIE TOWNROW,**
Nangeenan Progress Group

The past couple of weeks has been a very exciting time. At last, I feel like we are making some head way. The builders are expected on the 23rd of February, the scaffolding is booked and arrives on the 20th of this month.

At the moment I feel like the conductor of a band, that is a band of people, all with different things to do as we all pull in one direction to get this show on the road.

However, this stage 1 consists of a new back wall, new roof, and new shed. Then it's move on to the next bit. What exactly that is, I'm not too sure yet.

There has been a constant back and forth with the draftsman, of changing designs for the kitchen and ablution block. I think we have now got a plan, since we had to do this so the rear wall can be replaced before the roof goes on as it's a supporting wall.

How exciting to see that we are finally starting to make some head way. So maybe it's back to the basic's, the water plan, the electrical plan which will overlay the building plan.

During the month we received a letter from Council about the List of Places of Heritage Interest in the Shire, and it took me on a journey down memory lane. A journey into the past and the history of our district, the families long since gone.

The farms that are now amalgamated into bigger farms and the families that were once able to survive on a 500 acre allotment, the memory of the land clearing scheme where the Government released blocks and paid an allowance for the block to be cleared.

This needed to be achieved over a two year period, in essence the land holder had the use of the land for a two year period, and was paid to clear

the land, subject to the agreement being fulfilled, then he was able to purchase the land for the amount he had been paid to clear it. I may stand corrected but I think that purchase amount had to be repaid within five years, giving the farmer title to his allotment.

When Western Australia became a State in the new Federation on 1 January 1901, it had seen rapid expansion in farming. New agricultural areas, such as Meckering (1889) and Yilgarn (1899) had been settled by farmers. From 50,000 hectares of land that had been cleared by 1890, that figure increased to 490,000 hectares by 1900.

At the time of Federation, wheat farming was a labour-intensive occupation carried out on relatively small farms. All planting and harvesting of crops was carried out using a mixture of horse-drawn machinery and manual labour.

I remember conversations with Mr Vin Cahill, where he told me that when first settled, they would leave home for a week, living rough as they cleared the blocks at the back of the farm.

Lyn Rutter tells stories of Mr Rutter picking up families from the train station at Nangeenan with the horse and dray, loading the family and their furniture, often including a piano, to transport them out into the middle of the bush, unloading and leaving them there.

While I wonder at the madness of doing this, I also applaud the tenacity of those amazing people who cleaned, cleared, and settled the land, so we can now live in the opulence that we do.

Recently I made a schematic map of the Nangeenan District to create a picture of the people who we knew as children, and what a journey that led me on, trying to remember the families in the district and the kids we got on

the school bus with, to think of our childhood in Nangeenan and the effort our parents put in to provide a secure future for them and us their children.

It was a harsh realisation that progress set about the demise of their family business, but also those businesses of the small satellite towns around us.

Towns like Nukarni with the General Store owned by Spargo's, and before that the family of Dot Robartson and I think Olga Kittyea's family may have been there at some point.

The road trip we took with John Tuppen last week, through Hines Hill, Korbelka and a drive through Belka, once a thriving community where the store and post office is a ruin.

We drove past our first home after being married, where we took our first two children, just a collapsed shell of a house that back in the day, I lovingly washed windows and floors, learned how to keep house and be a mother and wife, now a wreck of a joint.

We drove past properties where families used to live and now there may be a chimney left, but little else.

I understand, we have progress, and we can't save it all, but at the very least we should be able to create a space, a place, where we can step back and know that those who came before us, those who did amazing things could at least have a register where those who go looking for the history can find it.

The memory of Florence Scanlan and her contribution to

Merredin and its people with her revolutionary treatments for polio; Margaret Mills, and her contribution to the botanical libraries all over the world; Mrs Smeschkal who travelled every day from Baandee to Merredin to cook in the WAGR Railway station canteen, and her husband who played his zither in the street.

The footprints of these people walked over our streets often, but we have swept them away, forgotten their stories and just moved on. If only, we could find a moment to remember.

Ester Robartson, contributed to this idea with her tales of times past. With sadness we say goodbye to Ester, I hope we don't sweep away her footprints, as casually as we seem to do these days.

We remember and applaud our military hero's and so we should, because they defended our way of life and secured our opportunity to move on to create the life we want for our children and our children's children.

I would also like to applaud our brave pioneers who made a house a home and a future, after being unloaded off a dray in the middle of the bush. In a place we might call whoop-whoop, or the other side of the black stump.

Our history is what keeps me humble. If they could do it and survive, then so can I.

These people created our future by banding together and supporting each other, and we can too if we give ourselves the opportunity to take the 'T' out of can't and say, "Yes we can".

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Merredin
Community
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Centre

Astronomy

WTF 23rd Feb - 8th Mar 2023

By PETER BARRETT

Wheatbelt Telescope Fun was certainly had by everyone who made it to Burracoppin on the 10th for the Thank a Volunteer stargazing evening.

I was encouraged by Merredin's enthusiasm for the Night Sky. Perhaps we could start a club or something and have regular meetings under the stars? If you think this might be a good idea the WTF Facebook page is the place for you. Join us there and have your say, if amateur astronomy sounds like your kind of fun.

Once you begin to get familiar with the behaviour of the stars and planets it becomes addictive. You can go outside at night and quickly orient yourself. It's the ultimate

spatial awareness.

It may astonish you to learn that even as the Voyager and Pioneer spacecraft now recede far beyond the Solar System their view of the patterns of stars and constellations in the sky would look largely the same as your view of them here on Earth.

The sun, moon and planets would be absent of course but the shape of Orion, Scorpio and all those constellations would be instantly recognisable, such is the vastness of the sky.

Even as far away as Alpha Centauri the sky would still be largely recognisable, with the sun appearing in the constellation of Cassiopeia. The movements and perspective changes of the stars are mostly

imperceptible to humans.

Cutting edge astronomy involves the development of precision. As instruments are able to resolve ever more tiny things so astronomers are able to make ever more exact calculations.

Perhaps you have heard the term parallax. This relates to the way things that are closer seem to move against the background of more distant things as we change position. Astronomers use two units of distance a lot.

The Astronomical Unit (AU) is the average distance to the sun, roughly 150 million kilometres. Astronomers measure the exact position of a star on two dates six months apart. The two measurements are therefore

separated by 2AU. The difference between the two positions is typically measured in fractions of a second, which is 1/3600th of one degree. If that angle (parallax) is exactly half of one second, the star is said to be one Parsec (pc) away.

In other words, a 1AU change in position shows a parallax of 1". In earthly terms this is about 31 trillion kilometres. This gives you an idea of the precision required to measure the universe, and also the margin for error you should keep in mind whenever these vast distances are discussed.

Go outside tonight and take a look. Keep those trillions in mind as you marvel at their colourful beauty. Until next fortnight, keep looking up.

Date/Planet	Sun ☉	Moon ☾	Mercury ☿	Venus ♀
Thu 23	rises5:51am sets6:48pm in	rises8:50am sets8:50pm in	rises4:27am sets6:05pm in	rises8:07am sets8:12pm in
Fri 24	rises5:52am sets6:47pm in	rises9:54am sets9:21pm in	rises4:30am sets6:06pm in	rises8:08am sets8:11pm in
Sat 25	rises5:53am sets6:46pm in	rises10:58am sets9:54pm in	rises4:34am sets6:08pm in	rises8:10am sets8:10pm in
Sun 26	rises5:53am sets6:45pm in	rises12:00pm sets10:30pm in	rises4:38am sets6:09pm in	rises8:12am sets8:09pm in
Mon 27	rises5:54am sets6:44pm in	rises1:02pm sets11:11pm in	rises4:42am sets6:10pm in	rises8:14am sets8:09pm in
Tue 28	rises5:55am sets6:42pm in	rises2:01pm sets11:56pm in	rises4:46am sets6:11pm in	rises8:16am sets8:08pm in
Wed 01	rises5:56am sets6:41pm in	rises2:56pm in	rises4:50am sets6:12pm in	rises8:17am sets8:07pm in
Thu 02	rises5:56am sets6:40pm in	sets12:46am rises3:46pm in	rises4:54am sets6:13pm in	rises8:19am sets8:06pm in
Fri 03	rises5:57am sets6:39pm in	sets1:39am rises4:31pm in	rises4:58am sets6:14pm in	rises8:21am sets8:05pm in
Sat 04	rises5:58am sets6:38pm in	sets2:36am rises5:10pm in	rises5:02am sets6:15pm in	rises8:23am sets8:05pm in
Sun 05	rises5:59am sets6:37pm in	sets3:33am rises5:45pm in	rises5:06am sets6:16pm in	rises8:24am sets8:04pm in
Mon 06	rises5:59am sets6:35pm in	sets4:30am rises6:15pm in	rises5:11am sets6:17pm in	rises8:26am sets8:03pm in
Tue 07	rises6:00am sets6:34pm in	sets5:27am rises6:43pm in	rises5:15am sets6:18pm in	rises8:28am sets8:02pm in
Wed 08	rises6:01am sets6:33pm in	sets6:23am rises7:10pm in	rises5:20am sets6:19pm in	rises8:30am sets8:02pm in

Date/Planet	Mars ♂	Jupiter ♃	Saturn ♄
Thu 23	rises2:00pm sets11:53pm in	rises8:40am sets8:31pm in	rises5:24am sets6:36pm in
Fri 24	rises1:57pm sets11:51pm in	rises8:37am sets8:27pm in	rises5:20am sets6:32pm in
Sat 25	rises1:55pm sets11:48pm in	rises8:34am sets8:24pm in	rises5:17am sets6:29pm in
Sun 26	rises1:53pm sets11:46pm in	rises8:31am sets8:21pm in	rises5:14am sets6:25pm in
Mon 27	rises1:51pm sets11:44pm in	rises8:29am sets8:17pm in	rises5:10am sets6:21pm in
Tue 28	rises1:49pm sets11:42pm in	rises8:26am sets8:14pm in	rises5:07am sets6:18pm in
Wed 01	rises1:47pm sets11:39pm in	rises8:23am sets8:11pm in	rises5:04am sets6:14pm in
Thu 02	rises1:45pm sets11:37pm in	rises8:20am sets8:07pm in	rises5:00am sets6:11pm in
Fri 03	rises1:42pm sets11:35pm in	rises8:17am sets8:04pm in	rises4:57am sets6:07pm in
Sat 04	rises1:40pm sets11:33pm in	rises8:14am sets8:01pm in	rises4:53am sets6:03pm in
Sun 05	rises1:38pm sets11:31pm in	rises8:11am sets7:57pm in	rises4:50am sets6:00pm in
Mon 06	rises1:36pm sets11:28pm in	rises8:08am sets7:54pm in	rises4:47am sets5:56pm in
Tue 07	rises1:34pm sets11:26pm in	rises8:05am sets7:51pm in	rises4:43am sets5:53pm in
Wed 08	rises1:32pm sets11:24pm in	rises8:03am sets7:48pm in	rises4:40am sets5:49pm in

MERREDIN BASKETBALL ASSOCIATION

Thursday 9 February 2023

Senior Men

Burracoppin Cats (40) d. Lakers (38)

Bulls (30) d. Merredin Grizzlies (20)

Senior Women

Merredin Warriors (41) d. Fury (14)

Sharks (26) d. Sonics (14)

Junior Boys

Red (27) d. Yellow (13)

Green (34) d. Light Blue (30)

Black (42) d. Light Grey (10)

Junior Girls

Lime Green (46) d. White (14)

Royal Blue (62) d. Orange (4)

Intermediate Boys

Yellow (21) d. Green (15)

Black (44) d. Orange (22)

Royal Blue (26) tie Red (26)

Bye: Light Grey

Thursday 16 February 2023

Senior Men

Bulls vs Burracoppin Cats pending

Merredin Grizzlies vs Lakers pending

Senior Women

Mystics Blue vs Sharks pending

Bye: Merredin Warriors

Junior Boys

Light Blue (44) d. Yellow (22)

Red (28) d. Light Grey (8)

Green (21) d. Black (18)

Junior Girls

Royal Blue (24) d. White (6)

Lime Green (30) d. Orange (22)

Intermediate Boys

Yellow (27) d. Red (22)

Light Grey (44) d. Royal Blue (28)

Black (45) d. Green (24)

Bye: Orange

Merredin Sport

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stevemartinmlc.com.au



Authorised by S.Martin, Liberal Party (WA) Division Inc. 114 Federal Street, Narrogin WA 6312

Horoscopes



ARIES 21 March-19 April

This is a great period for meeting new people who can teach you a thing or two.



LEO 23 July-22 August

You'll need to become much more aware of what's really going on under the surface.



SAGITTARIUS 22 November-21 December

You will be able to give you top performance this week, get creative!



TAURUS 20 April-26 May

You may become attracted to new people who share your social ideas.



VIRGO 23 August-22 September

Partnerships will flourish and your mind will be outgoing, but questionable.



CAPRICORN 22 December-19 January

This long period where you have focused on finances is slowly coming to an end.



GEMINI 21 May-20 June

Your social life may become a lot of fun, especially if you are travelling.



LIBRA 23 September-22 October

Dynamic relationship developments will be highlighted over the next few weeks.



AQUARIUS 20 January-18 February

You are in a strong position. It's your mental and social skills that will bring you success.



CANCER 21 June-22 July

Take a breath, you'll need it after dealing with all this financial pressure.



SCORPIO 23 October-21 November

Focus on self expression, make sure your opinions are known, instead of hiding them away.



PISCES 19 February-20 March

You will be on the verge of a big change for the next couple weeks.



We are still in need of rentals for our tenant base. If you would like more information about leasing your property - Contact us and we would be more than happy to help!
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FOR SALE

4 Mill Street - \$195,000!

On entrance, you walk into the lounge room that has wonderful large windows, along with heating & cooling with a wood fireplace and an evaporative air conditioner. A TV bracket is also attached to the wall for easy set up! The kitchen is updated with chrome appliances including a dishwasher, a gas stove top and electric oven. To the right of the house, is a long hallway which two bedrooms come off, and the bathroom & toilet to the back of the home. Off the laundry, you have the third bedroom or study. This bedroom has two access points, from the laundry area and end of the passage way where all other bedrooms are located. The rear yard is fully enclosed with Colourbond fencing to two boundaries, and a great blank canvas for those that have a green thumb! A small, semi-enclosed patio to the back of the house, and a double garage is located at the end of the driveway.

Contact Joanne Moses on 0448 481 771 for more details or to discuss a viewing!



17 Carrington Way - Offers Over \$385,000!

New 3 x 2 Home with shed & pool! With an open plan family living feel, the lounge, dining and kitchen are the heart of this home, featuring timber look panel flooring and down lighting. Kitchen is complete with stylish black fixtures and subway tiles. Stainless steel appliances are featured as well. The passage leads you to the three bedrooms. Master bed is complete with walk in robe, reverse cycle air conditioning as well as ensuite bathroom. Beds two and three feature slide open mirrored built in robes. A talking point for this home would have to be the wide decked alfresco space. Semi enclosed section has been insulated and lighting is present throughout!

Contact Christie Rennie on 0414 221 744 for more details or to discuss a viewing!



FOR RENT

3 x 1 - \$330/week AVAILABLE NOW!

3 bedroom, 1 bathroom house with a garage to rear, located a short walking distance to Merredin College. This tidy 3x1 has timber varnished floorboards to main living areas and carpets to all bedrooms. The lounge room leads you to the kitchen/dining area with gas cooking and access to the laundry & rear patio. The toilet is located next to the laundry at the back of the house. Out back there is a tidy enclosed patio that has a nice timber bar and a wood heater! The hallway also leads off the lounge room that takes you to your three bedrooms (master has a split system installed) and the bathroom. All rooms have curtains and lockable windows.

Contact 9574 2917 or info@asktonym.com.au for further details or an application!



Fully Furnished 3 x 1 - \$350/week AVAILABLE NOW!

This comfortable home is searching for it's next tenants! Lovely neat and clean kitchen with gas upright stove and oven. A fan forced slow combustion fireplace in the lounge room plus evaporative air conditioning to the whole house to keep you cool in summer and warm in winter. The bathroom has been all redone, has a new vanity and has been completely retiled all over making it bright and clean, still has the shower over the bath tub. All new tiling to the laundry, as well as new paint in here too. Solar hot water system services the house. Easy care gardens and basically bare back yard with a small garden shed. Single carport so you can park in the shade. House is fully furnished.!

Contact 9574 2917 or info@asktonym.com.au for further details or an application!





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Steve Gregory 0429 874 874
 steve.gregory@elders.com.au

13 Princess Street, Merredin

PRICE: \$225,000
AGENT: Elders Real Estate Merredin
CONTACT: Steve Gregory 0429 874 874
Elders Property ID: 300P105488

FULLY RENOVATED!!!

This fully renovated 3 bedroom family home is move-in ready with nothing left to do but enjoy! With a north facing aspect looking across bushland and open spaces you will love the peace and tranquility while enjoying a sunset beverage on the front timber deck. The rear yard offers plenty of room for the kids to play and is safely enclosed for the family pets while there is also large under cover area with built in brick BBQ for outdoor entertaining. There's a massive chook pen, room for a veggie garden and ample side access for a caravan or build your own workshop. The interior of the home has been completely repainted in a soft neutral colour-scheme with brand new flooring and window treatments throughout. The dine-in kitchen boasts all new cabinetry along with a new vanity unit in the bathroom and new toilet in the WC.



3 Beds **1** Bath Parking



12 Jellicoe Road, Merredin
\$420,000 - WEB ID 300P106719

Located in a quiet street opposite park land this brick and tile residence will catch your eye with it's well established landscaped gardens. The lounge room has views of the leafy front garden through massive timber framed windows and french doors opening onto the large front porch. It has a new freestanding wood fire for those cozy romantic winter nights plus a reverse cycle split system for convenience when you just want instant heat or cooling.



50 Caw Street, Merredin
\$170,000 - WEB ID 300P106462

If you're looking for something with extra living space come and view this 3 bedroom 1 bathroom home with a 35 square metre (approx) games room! The front yard offers two drive-ways, one with a single carport and one with a single garage. The games room is separated from the house by a lovely patio BBQ area for summer entertaining and opens onto the rear garden through a glass sliding door. Located in a quiet street this house with lots of potential presents great buying.



WANT TO SELL YOUR HOME?
CONTACT STEVE AT
ELDERS ON 0429 874 874