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Thursday 30th June 2022

Issue 13

TALK TO A MATE!

BY NUNGARIN CRC

"Raising awareness of Men's well-being and health in regional, rural and remote WA"

Friday Arvo Scroungers made a comeback in Nungarin on Friday 17th June 2022, for a cause close to all of our hearts. Our aim was to break the stigma that surrounds not only men's mental health but their physical health too.

We were fortunate enough to have Terry from The Regional Men's Health Initiative come out to Nungarin for a hit of golf

and to have a chat with the blokes. The weather definitely tested some of the guy's golf skills, with Nungarin receiving over 10mm of rain that afternoon, but once the clouds had cleared, the boys were able to get a few holes in under a picturesque double rainbow!

Once back at the warm, dry, golf club, Terry gathered all of the guys around and delivered a really relatable presentation. Some of the topics Terry touched on were understanding stress, breaking the myth that men don't talk, what the warning signs of depression can

look like and so much more.

It may have been the rain, but the evening had a great laid-back atmosphere to it, and we hope all of the men that attended thought it was worthwhile. It was great to hear so many important conversations being had around the clubhouse, that otherwise may not have been spoken about.

A huge thank you to Wegner's Rural for making sure all of the blokes were fed, and to the Golf Club, who not only let us use the Club House but also kindly

cooked the burgers.

Men's Health Week is such an essential topic to promote, even more so in our regional areas, and so we look forward to working together with the men in our community to highlight this event annually.

If you or anyone you know are having a tough time, here are some numbers for people who are happy to talk:

Beyond Blue – 1300 224 636

Mensline – 1300 789 978

Rural Link – 1800 552 002



SHIRE OF
MERREDIN
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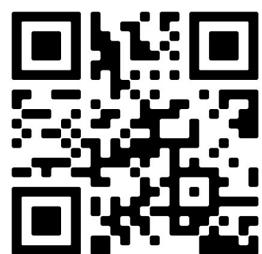
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Are foxes, cats and rabbits having an impact on your bottom line?

Feral animals impact Wheatbelt farms and take out large numbers of native species.

Our Healthy Bushlands program offers pest control support to anyone wanting to reduce the effects these animals are having on native species in bushland on, or adjacent to, their property.

If you require more information contact Alex Griffiths on 9670 3102 or email agriffiths@wheatbeltnrm.org.au



To apply scan the QR code or visit:

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- Wild Poppy Café

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Amanda Cash
administration3@merredincrc.com
Content/production
Melinda Brown
merredin@crc.net.au
Advertising
administration4@merredincrc.com
admministration2@merredincrc.com

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Email administration4@merredincrc.com

12 or 24 editions

COVID-19

COVID-19 WA Statistics

As at 28 June 2022

Tested 4,093,120

Confirmed Cases 892,527

Recovered 865,567

Deaths 381

Active cases in WA 26,579

COVID-19 in Australia

Vaccinations:

1 Dose 22,346,251 (87%)

Fully Vaccinated 21,659,860 (84.3%)

Booster 13,870,204 (70.4%)

COVID-19 Australian Statistics

WA—Cases 892K—Deaths 381

ACT—Cases 154K —Deaths 78

NSW—Cases 2.78M—Deaths 3,508

NT—Cases 77,419—Deaths 52

QLD—Cases 1.28M—Deaths 1,199

SA—Cases 584K—Deaths 531

TAS—Cases 184K—Deaths 89

VIC—Cases 2.08M—Deaths 3,871

We're all
in this
together.

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Masks at the
Merredin CRC!



THE MERREDIN REPERTORY CLUB'S MID YEAR PLAY GOES TERRIBLY WRONG

By MEG GETHIN

The Merredin community may have heard the disappointing news that the Merredin Repertory Club's mid-year play set for mid-June, had to be cancelled at short notice.

Aptly titled "The Merredin Repertory Club's Mid Year Play Goes Terribly Wrong", the decision to cancel all five shows was not taken lightly.

Guest director Chloe Flockart had devised the script and had been directing the twenty strong cast (including four brand new actors) since mid-April. Unfortunately, a combination of COVID affected cast members and unresolved technical issues at the Cummins Theatre meant that crucial final rehearsals couldn't continue and the committee, in conjunction with Chloe, made the heartbreaking decision to call it all off.

As one of the mid-year play cast members, I can assure you that it sure is a strange and hollow feeling to devote three months of your life to twice a week rehearsals for no result in the end. Postponing and choosing a

new date was also discussed by the committee but with Chloe already booked up with professional work away from Merredin, a tight Cummins Theatre schedule and the difficulties aligning twenty people's diaries to find a mutual date, cancelling was the only option.

Since the Merredin Repertory Club re-formed in 2006 they have never had to cancel a production before. There was no mid-year play in 2020 when COVID lockdowns made life uncertain, but the group has not had to rehearse a play under such unusual conditions. The committee met regularly to come up with contingency plans but unfortunately it wasn't to be.

The Merredin Repertory Club is hopeful that the COVID complications will pass by the time the end of year play rolls around and they will be trying to think of ways to better minimise the risk so that cancelling is not necessary again.

Most of the cast were able to come together on what would

have been the opening night to take down the set, return all the costumes and generally just console each other. The Merredin Repertory Club would like to acknowledge the Herculean efforts of Chloe Flockart in taking on this ambitious project but also imparting such wonderful knowledge to all involved and hope it can be put to use in

future productions.

It is a reminder of how fragile the arts industry can be in these pandemic times. So, the next time a production comes through the Cummins Theatre - make sure you support it - you don't know the frantic logistics going on behind the scenes to make it all happen!



The director, cast and crew of The Mid Year Play Goes Terribly Wrong. Missing from the photo are cast members Lorrita Mudimu, Chelsey Irving and Alli Watson. Photo by Grant Stainer.

FAREWELL DEBBIE MORRIS

**By ROMOLO PATRONI,
Chairperson, Merredin CRC
Management Committee**

On the eve of her retirement, the Management Committee of the Community Resource Centre wish to acknowledge and thank our Manager, **Mrs Debbie Morris**, for her many years of service to the organization and to the community. Prior to serving over ten years as manager, having served fifteen years as a committee member, from Doorways, Telecentre and then CRC.

With her energy, vision, innovation and vigour, Debbie

has lifted the profile of the CRC within the Merredin District to an achievement standard of excellence through her passion and attention to detail in the day to day running of the organization. Through her innovation, the community has enjoyed the benefit of having, close to home, services that are the envy of many other towns.

Debbie has constantly explored ways of maximizing opportunities for the community through persistently sourcing avenues of funding for both community events and for increasing the

range of services available at the CRC. Under her management and through her staff, the community have been brought together to enjoy such events as the quarterly and Christmas markets, the annual Australia Day breakfast, "Thank You" events for volunteers and seniors and assistance for those unsure of the digital world. Through Debbie's personable and "can do" approach, the CRC is known within the community as a social and technical hub of help.

As you retire, our very best wishes go with you and Martin

as you embark on your future endeavours.

We welcome **Melinda Brown** as the new Manager to the CRC and may she be assured of our future support.



A CHOIRED TASTE

Merredin community choir 'A Choired Taste' are very grateful to Collgar Wind Farm for the grant to purchase warm weather jackets for members. We are practising our songs in preparation to attend the Kalgoorlie Songfest in August when the jackets will be extremely handy.

Some members participated in a concert with the Born To Sing choirs in Perth recently. Born to Sing joined us in Merredin in April for fellowship and a concert. They enjoy coming to Merredin and experiencing the hospitality from the Merredin community. Planning is underway for our Songfest in Merredin in May 2023, which in

the past have seen the town swell with attendees for a weekend of fun and singing.

Our workshops on alternate Sunday afternoons with the visiting music directors are continuing, also with thanks to Collgar Community Fund, with variety and experience, then following up with practice on alternate Monday nights.

If you would like to come along and see how we are going or join us, we meet in Room 9, old North Merredin Primary School site behind the Library, 1.00pm on Sundays and 7pm to 9pm on Mondays. More information can be found on our website www.achoiredtastemerredin.com or Facebook A Choired Taste.



**EDNA MAY OPERATIONS
and SHIRE OF WESTONIA**

My Wessie Chilli Rules 2022

Teams of 2 will compete to cook the best chilli in the wheatbelt!

Date: 30th of July
Where: Westonia Recreation Centre
Time: Cook off starts 5.30pm

Free BBQ, drinks and chilli tastings with a raffle and auction on the night

Prizes for Judges Choice Award & People's Choice Award

All money raised donated to Ronald McDonald House Charities Western Australia

Limited places available!

Contact: Maddy to register 0466 75 796 or maddisonbooth@rameliusresources.com.au

My Thoughts

GREAT TO BE BACK GIVING MY THOUGHTS

Terry Siva



after such a long time.

I must have been the only person that didn't get to see Amy Shark. From all reports it was a brilliant show. How good is it to see touring acts stopping by our beautiful Cummins Theatre once more, hopefully they don't get spooked by Alice... the apparent resident ghost!

My favourite time after seeding is on the way and I'm looking forward to all the colours out in the field over the next few months that is sure to bring some good results for our producers.

Unfortunately, the line at the passport office is a bit too big for my liking, so leaving Australia is a remote possibility right now, although I am going over east soon, which I am excited about.

To all those families that have been able to reunite, I hope you enjoyed your special moment

Then it's on to the winter sports finals and the Field Day and show circuit. The mighty Dowerin Field Days in August is always a highlight on the calendar, I even have a mate from over east heading over to check it out this year!

Be excellent to one another and trust you're staying warm over winter.

Court Report

17th June 2022

Rockingham Courthouse

Leanne Skewes appeared on a charge of common assault. She was remanded to appear in Rockingham on the 28th June 2022.

Central Law Courts

Brandon Welshman appeared on a charge of aggravated grievous bodily harm. He was

remanded to appear in Perth on the 5th August 2022.

20th June 2022

Geraldton Courthouse

Sheldon Little appeared on charges of damaging property and criminal damage or destruction of property. He was remanded to appear in Geraldton on the 18th of July 2022.

You are part of our community
Share your story
Call 9041 1041

A BUSY TERM 2

It has been a busy couple of weeks at Merredin College with Primary participating in the annual Winter carnival and Cross Country events. Secondary also participated in the regional High School Netball Cup in Northam and the Year 12 Human Biology class attended an excursion at

Harry Perkins Research Institute in Perth.



Library Musings

By MERREDIN LIBRARY

Come and see what's new at the Merredin Library. We have more than you would believe.

NAIDOC Week

Did you know that the Merredin Library has quite an extensive Indigenous Collection, including books about bush tucker and medicine, Aboriginal Art and Culture, Dreamtime, language and more? There are books suitable for children and adults.

Staff Picks and TV tie-ins

We have a new display in the library. Each week staff select their picks of fiction and non-fiction to highlight.

These are not necessarily new to stock but were enjoyed by staff. It is possible that some of these passed you by. The number of books being made into movies or TV shows seems to be growing.

Maybe you prefer to read the book before seeing the movie – or maybe you would prefer to

wait. Remember, there is always more in the book.

Calling all crafters

Have you heard of a vacuum former? Perhaps you saw them using one on 'MythBusters' to make moulds of items they wanted to create in ballistics gel.

The Merredin Library has one that fits on a desk but can do the same (though maybe a little smaller). This would be great for making moulds for candles, chocolates, jewelry, or even soaps. Come in and ask staff for details.

Stuck at home?

Do you have a need to isolate at home? You don't need to miss out on reading material. If you live in town, you can contact the Merredin Library to arrange for a contact-free delivery. If you live out of town, ask staff about e-books. All you need is a library card and an internet connection.

See you soon.

From the History Room

By MERREDIN LIBRARY

The following snippets appeared in the local JULY newspapers of the time.

5th, 1934: It is anticipated an early start will be made with the erection of the new courthouse on the block adjoining the police station. The building will have a very artistic front elevation and will be a welcome addition to the town.

5th, 1934: For the information of all those interested in the 3rd Test Match between Australia & England, the committee of the C.W.A. has arranged to have the progressive scores posted on a blackboard at regular intervals during their annual ball in Town Hall tomorrow night.

7th, 1965: During this year parts of Babakin have received 9 inches (228.6mm) of rain, 5 inches (127mm) falling in June. Swans have again appeared swimming in the crops!

15th, 1966: A resolution was passed at a luncheon meeting of businessmen of Merredin to

endeavour to form a Lion's Club. Mr Jack Carter was elected interim president, Mr Maurice Dowsing, secretary and Mr Dyer Drakeford, treasurer.

9th, 1980: Both arms of the Police Department will in future be more recognised by the band on their hats. The band is a chequered variety and will bring the WA Police Force into line with an International Code.

8th, 1987: Bruce Rock's new \$65,000 stock sale yards will be officially opened on July 24 by Shire President Ted McCarthy.

19th, 1989: Wyalkatchem Rotary Club held its Annual Changeover Night at the Wyalkatchem Recreation Centre on July 8. This was a special changeover being the Club's 1,000th meeting.

4th, 1990: Wyalkatchem Primary School opened July 1916. On October 14 they will be celebrating their 75th anniversary as well as the 30th anniversary of the school being given High School status.

YEAR 2 EXCURSION

The Year Two class has been learning about objects of the past and what they teach us. They were lucky enough to go to the Military Museum and Railway Museum to see some of

these and learn more about them. They had a great day exploring and thoroughly enjoyed visiting both places to see what life in the past was like.



COMBINED SCHOOLS CROSS COUNTRY

A squad of fifteen students from Year Three to Six represented St Mary's at the Interschool Cross Country held at Bruce Rock on 10 June. The students performed exceptionally well, winning the Primary School Shield and placing third overall.



MERREDIN



Early years healthy lifestyle program!

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Active8 is an eight week, online healthy lifestyle program for parents and carers of 2-6 year olds.

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MERREDIN COMMUNITY GARDEN WINTER NEWS

By ROY BUTLER

Winter at last! The flies have mostly departed, and the days are getting longer, though possibly colder. A good way to keep warm is to do a little gardening.

At the Community Garden in Bates Street watering is no longer required but members are instead doing some weeding, mowing, and pruning. Also, thanks to Grays' pigs and Alvaros' sheep, there is some fertiliser spreading.

The Garden is not about hard work though. Raised beds and mulch minimise back strain and not much digging is required.

More important than work is friendship and laughter. Sometimes we just have a cuppa and talk and make plans for the garden.

The Garden contains a variety of **fruit trees**, including olive, mulberry, quince, fig, pomegranate and varieties of citrus.

There are many **vegetables**, including egg plant, sweet and chili peppers, celery, bunching and walking onions, garlic chives, calendula, land cress, rhubarb, cape gooseberry, globe artichoke seedlings, purple podded peas, green tomatoes, leeks, self-seeded

lettuce, English spinach, brussel sprouts, birds nest gourds, wormwood, and broccoli and cauli (some under moth proof netting).

Herbs include parsley, Thai and sweet basil, coriander, fennel, dill, tansy, curry leaf bush, lad's love, wild rocket, rosemary, bunching and walking onions, garlic chives, sage, tarragon, lemon grass, as well as varieties of mint.

The grape vines are resting, but the ornamentals, succulents and native plants are slowly or rapidly growing, and some are flowering.

Visitors are always welcome. Saturday afternoon is a good time to visit, or at other times if you see someone there.

You might gain some inspiration for your own garden or pick what you need from the Community Garden.

Though it's winter you can pick some vegies and herbs (great fresh or easily dried). For \$10/year you can support the Group as a member and there's no obligation to work in the garden or attend meetings.

Available now for harvest: green tomatoes, celery, green chili, wide range of herbs, land cress.



Julie Nicoletti, Julie Crook and Mal Harper

Garden thoughts from member

Gillian Ovans:

A recipe for Green Tomato Chutney

(A Family Circle Collectors Cookbook)

Ingredients:

2 kg (4 lb) green tomatoes
500g (1lb) onions
500g (1 lb) cooking apples
6 red chillies
1 tbsp coarsely chopped fresh ginger
2/½ cups brown sugar
250g (8oz) raisins
1 tsp cinnamon
3 tsp salt
2 cups malt vinegar

Method:

Chop tomatoes, peel and chop onions, peel, core and chop the apples. Bruise the chillies with

a rolling pin, and tie in a piece of muslin, with the ginger.

Put all the ingredients into a saucepan and bring to boiling point, then simmer, stirring occasionally, for 1 ¾ - 2 hours, or until thick.

Remove muslin bag, spoon chutney into warm, sterilised jars and seal airtight.

Mal Harper: "It's too late now for planting peas and broad beans. In July/August start planting seeds for summer crops into seed trays. Place trays in a warm spot, and plant out seedlings after last frost."

For further information, or to join the Merredin Community Garden Group, contact Gillian Ovans, 0427 701 655, Julie Nicoletti, 0428 414 763 merredinc@gmail.com



Community Garden Member Gillian Ovans





Tales from the Rails

By JANE PATRONI, Chairperson

Last weekend Philippa Rogers (President and Historian – Rail Heritage WA) and John Wearmouth (Technical Advisor) visited us at the Railway Museum. On the Friday evening, Philippa gave a presentation on the history of the railways in WA over the last 150 years for community members and our volunteers. We were delighted to welcome Shire Councillors Ross Billing, Megan Simmonds and Romolo

Patroni, Staff Member Peter Zenni and representatives from the Bruce Rock Museum who participated in the evening. No event at the Museum is complete without the abundant and tasty catering of our own Julie Nicoletti (Vice Chair) who served a delicious three course meal prior to proceedings.

On Saturday our members participated in the Significance Workshop – funded through CHART (Cultural, Heritage, Arts and Regional Tourism), which is

administered through the Australian Museums and Galleries Association. The workshop aimed at critically assessing and evaluating items in our collection, to be better organised into specific themes for display and appropriately digitally annotated. It was certainly beneficial to have an outside, experienced opinion view our collection and give us feedback through a different set of “eyes”. This gives us the opportunity to better tell the stories of the people of the

district whose history has been entrusted to the Railway Museum. Certainly plenty of “food for thought” on which to reflect, revise and refine our knowledge.

By the end of the workshop there were many comments, opinions, ideas and questions raised that will be further explored over the next few months.

They say that a picture tells a “thousand words”.



Philippa Rogers—President and Historian, Rail Heritage WA



Railway Museum Committee and guests listening to Philippa Rogers' presentation

THANK YOU DEB MORRIS

**By JANE PATRONI, Chairperson
Merredin Railway Museum**

The volunteers at the *Merredin Railway Museum* thank Deb for her assistance and advice to us

over the years in her capacity as Manager of the Merredin Community Resource Centre.

Enjoy your well earned retirement in that caravan, Deb!



Jane Patroni and Deb Morris at RailFest 2021



Philippa Rogers' presentation on 150 years of Railways

AGED & HOME CARE SERVICES IN THE WHEATBELT

By CEACA

CEACA currently own and manage 71 independent living units across 11 Shires in the Central East Wheatbelt Region. These units have proven to be very popular and are fulfilling their primary purpose of enabling the elderly and those living with a disability to remain living in their own homes for longer, in the area of their choice, surrounded by family and friends. CEACA give priority to the elderly and those living with a disability, but also invite applications from the following:

- Households on very low or low incomes (Band A and Band B).
- Homeowners who are unable to maintain their current property or live in it due to illness, disability or age.
- Homeowners who are unable to sell their current property or the property is deemed uninhabitable.

CEACA Members have formed a strategic plan for the future and one of the items that they are currently focussing on is the provision of home care services for community members. The services that we are looking into include assistance with cleaning, gardening, meal preparation, personal care, transport, mobility aids, occupational therapy, respite and restorative care. These services can be provided as part of a funded home care package or NDIS package or private home care service, which is a direct cost to the client. Our aim is to not only look into services for the elderly, but for those of all ages who may be living with a disability.

We are pleased to announce that CEACA is working with Catholic Homes and Baptistcare in relation to providing these services to the region and both are keen to explore ways in which they can either expand on their existing services or

introduce the local community members to what is available.

The process for accessing a short-term or long-term care package can be very confusing and trying to navigate the complex aged care systems can be overwhelming. It is for this reason that we recommend using the services of a home care provider, who can utilise their internal resources to assess a client, develop a care plan, submit the paperwork to My Aged Care and manage the funding and program when it is approved. The waiting times for approval of a Home Care Package may be lengthy

and it is for this reason that we recommend investigating options sooner rather than later. There is no obligation and individuals are within their rights to shop around and meet with multiple care services providers.

With the above in mind and to ensure that community members are equipped with enough information to make informed decisions in relation to their current and future care, we are pleased to announce that we will be holding an information session in August (see details on page 11).



CEACA

Supporting Age Friendly Communities

Tales from the Train

A modern take on travelling by train

By LADY RANTHAM

We write this episode this morning to take our minds off the walking nightmare who has sat next to us and has just unzipped a diabetic testing kit, to tell you a story of unrequited crush that unfolded on the platform of dreams this morning.

Standing tall, wrapped in a handsome coat and sporting a kicky, hipster beard, we present Unrequited Crush Man. He was just waiting patiently, probably thinking of the organic oils he had to purchase, when descended from the heavens of the concourse, an angel.

She is blonde (with one of those asymmetrical messy buns that make me want to lay waste with a wide toothed comb) and in natty Supre business wear and THONGS (it is currently 7 degrees), but to this post-teen paragon, she is quite obviously a vision!

He quivers, such as a man who has received a hot toasting fork to the left buttock, and over the course of the remaining four minutes until the advent of the train, he nears her. Not obviously of course, he wants to make it clear that he is no stalker, but quite naturally, in a completely transparent way to those of us who watch, he decides to go for a short stroll to the end of the platform and back again, passing his original position and ever-so-coincidentally, ending up right behind her.

If this was a B-rated film, he'd close his eyes and inhale deeply, to breathe in her personal space, but UCM seems content to just bask in her aura. And hey presto! The train arrives and it is quite natural for him to follow hard on her oblivious heels (again, in THONGS!) and from there, they passed from view.

BailiwickLegal.

**MERREDIN
LEGAL HOT DESK**

Merredin Community Resource Centre
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DANIELLE EDWARDS

The team at Bailiwick Legal is excited to launch its new initiative **Regional Legal Hot-Desk**.

Bailiwick Legal practices in the areas of commercial, agribusiness, litigation, dispute resolution, wills & estates, employment & workplace, property, mining & access, and tourism law.

Danielle Edwards grew up in the country and is an Associate at Bailiwick Legal.

Danielle will be in Merredin on the following dates between 9.30am - 3.30pm:
July 18
September 12
November 7

To book a free 20-minute consultation please email danielle@bailiwicklegal.com.au or call 0488 727 886

www.bailiwicklegal.com.au

Aged and Home Care Services – I am too young for all of that!

THE BEST TIME TO PLAN FOR YOUR FUTURE IS NOW

Join us to learn more about the government funded Home Care Package program, NDIS or other health services that could benefit you.

We would like to invite you to attend our free information session.

Special Guest Speakers:

Catholic Homes and Therapy Focus

Other health providers will also be in attendance.

Date: Thursday, 18th August 2022 10.00am-1.00pm.

Merredin Community Regional Community & Leisure Centre,
Bates Street, Merredin.

Morning Tea will be provided.

Please contact us on **0414 136 687** or info@ceaca.org.au if you would like to join us.



**Catholic
Homes**



**Therapy
Focus**

Ageing & Health Services in the Wheatbelt Information Session



STRENGTH FOR LIFE



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Phone: 0409370231

Email: merredinfitness@gmail.com

What is Strength for Life?
Strength for life is an individualized strength and balance exercise program designed to help people over 50 get fit, stay strong and improve their balance.

You can then work towards your goals with like-minded people in a fun and friendly group setting, with support and encouragement to become stronger and fitter.

Staying fit and active will improve your:

- Balance
- Cardiovascular fitness
- Muscle Strength
- Wellbeing

Tailored exercise plans will help manage chronic conditions.

Classes are on twice a week.

Tuesday - 11 am & Friday - 11 am

Contact us for more information about the program.



NUNGARIN *Wheatbelt Markets*

**Celebrating their
24th Birthday!!**



This Sunday 3rd July

Stalls Galore



Train Rides

Scratchies Raffle

Free Treats for Kids

**A Great Day Out
See you there!**

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TIPS TO SUPPORT YOUR IMMUNE SYSTEM

By MERREDIN PHARMACY

We are in the middle of winter and all we seem to hear are sneezes and coughs all around us. Our Immune system is made up of multiple systems that work together to protect our bodies from the outside world. Depending on how well you look after your body will determine how effective your immune system functions. So, what are the few things you and your family can do to help maintain your immune system?

Maintain a healthy diet

As with most things in your body, a healthy diet is key to a strong immune system. This means making sure you eat plenty of vegetables, fruits, legumes, whole grains, lean protein and healthy fats. A healthy diet can also help ensure you're getting sufficient amounts of the micronutrients that play a role in maintaining your immune system, including:

Vitamin C -found in citrus fruit, including oranges, strawberries, tomatoes, broccoli and spinach.

Zinc - Found in red meat, poultry, Crab, dairy products.

Exercise Regularly

Physical activity can improve immune system function by

boosting your overall circulation, making it easier for immune cells and other infection-fighting molecules to travel more easily throughout your body. In fact, studies have shown that engaging in as little as 30 minutes of moderate-to-vigorous exercise every day can help stimulate your immune system. Therefore, it's important to keep focused on staying active and getting regular exercise.

Get plenty of Sleep

Sleep is essential for many body functions and while you sleep there are plenty of important processes happening. During sleep, your immune system releases proteins called cytokines, some of which help promote sleep. Certain cytokines need to increase when you have an infection or inflammation, or when you're under stress. Sleep deprivation may decrease production of these protective cytokines. Studies have shown that people who don't get enough quality sleep are more prone to getting sick after exposure to viruses or bacteria.

Manage stress

During a period of stress, particularly chronic stress that's

frequent and long-lasting, your body responds by initiating what's called a stress response. It's meant to help you handle the stressful situations coming your way. Unfortunately, this response also suppresses your immune system and therefore increases your chance of infection or illness. Stress is different for everyone, and how we relieve it is, too. Given the effect it can have on your health, it's important to know how to identify stress and look at ways of managing them.

Natasha and Sushil's Recommendations

If you need nutritional help to boost your immune system. our pharmacists Natasha and Sushil

at Merredin Pharmacy recommend Armaforce. Armaforce is a comprehensive formula combining the herbal and nutritional ingredients andrographis, echinacea, olive leaf, vitaminC and zinc. It is formulated to provide relief of mild upper respiratory tract infections and decrease the severity and duration of cold, therefore providing nutritional support for healthy immune function.

If you need any more tips or help to improve your immune system, don't hesitate to pop into Merredin pharmacy and speak to one of our pharmacists today.



STAY SAFE AND WELL THIS WINTER

By CONSUMER PROTECTION

Keeping warm and safe during the colder months of the year also means being alert to the hazards created by commonly used heating products within the home.

Consumer protection authorities are urging Australians to stay safe this winter by knowing the risks associated with items like hot water bottles, wheat/heat packs, electric blankets and heaters.

June is also Burns Awareness Month, an initiative of Kidsafe Australia that focuses on raising awareness of

prevention and correct first aid treatment for burns and scalds across all age groups.

According to the Burns Registry of Australia and New Zealand (BRANZ), about 76 percent of burn injuries happened in the home and around 18 children a week were admitted to hospital burns units, mostly due to scalds from hot drinks like tea and coffee.

BRANZ also found that nearly a quarter of children and 42 per cent of adults did not receive the recommended 'gold standard' first aid treatment for burns, which Kidsafe advises should include

applying cool running water to the injury for 20 minutes.

Hot water bottles are popular at this time of year, but they too come with a risk of burns. That's why it's important to only fill them with hot tap water, never boiling water, and avoid contact with the skin by using a fitted cover or wrap.

Wheat or heat packs are another way we might try to keep warm, but these can become a fire-hazard if not used correctly. Be sure to follow the heating instructions, and if you smell something burning, then allow it to cool

and dispose of the pack.

Electric blankets should always be turned off before falling asleep and remember to place heaters on a flat surface, away from children, pets and combustible items.

Winter is also an important time of year to ensure your smoke alarm still works – if it's more than 10 years old, it's due for replacing, while the batteries should be replaced every 12 months. Find more winter safety tips at www.productsafety.gov.au/wellwinter or learn more about burns prevention at www.kidsafe.com.au.

WTF 30th JUNE — 13th JULY 2022

By PETER BARRETT

Winter, and the centre of the galaxy spreads itself right across the evening sky from southwest to northeast. The indigenous constellation of the Emu is conspicuous, embedded in the Milky Way from the Southern Cross to Scorpio.

Bright orange Arcturus, or Alpha Boötis dominates the sky to the North. Vega can also now be seen rising in the NNE. Arcturus Spica (Alpha Virginis) and the Southern Cross form almost a straight line across the sky from North to South.

Sirius the Dog star and Orion have now set in the West, but

Canopus is still visible close to the SSW horizon. Looking towards the bulging galactic centre the scorpion is unmistakable with bright red Antares marking the thorax.

Between Scorpio and Spica can be seen two stars with the quaint names Zubelnegubi and Zubeneschamali, Arabic names meaning the Northern and Southern claw (of the Scorpion).

Modern astronomers have declared these stars to be Libra the scales. The ecliptic passes between them, and therefore the sun and moon and all the planets pass through this "gateway to the Galaxy".

The moon is due to do so next weekend as it waxes to fullness on the 14th. Before that it will be close to Spica on the 7th.

Below the tail of Scorpio, very much in the centre of the glorious soup of sparkly stuff that forms the centre of the Galaxy can be seen a group of stars reminiscent of a teapot. This is Sagittarius. The Emu appears to be jumping over it, with the hook in the scorpion's tail looking like a raised front leg. A crooked line of trailing stars suggests the other leg outstretched behind. This is Ophiuchus the "snake handler".

Planet watchers will have noticed that Jupiter has entered

the Constellation of Cetus the whale or sea monster. This is because the boundary of Cetus and Pisces follows lines of declination and right ascension and is therefore a jagged zigzag. The remote corner that protrudes towards the ecliptic is a very uninteresting part of the sky, and the sun, moon and planets frequently spend a day or two on the "wrong side of the fence" before returning to the fish. It can be seen that Mercury has raced around for another superior conjunction early next fortnight after which it returns to the evening sky. Watch out for it. You'll only see these things if you keep looking up!

Date/Planet	Venus ♀	Mars ♂	Jupiter ♃	Saturn ♄
Thu 30	04:52am-03:12pm 85%	01:32am-12:56pm 85%	12:03am-12:01pm	08:43pm-09:59am
Fri 1	04:54am-03:13pm 86%	01:31am-12:52pm 85%	11:59pm-11:54am	08:39pm-09:55am
Sat 2	04:56am-03:13pm 86%	01:31am-12:52pm 85%	11:56pm-11:50am	08:35pm-09:51am
Sun 3	04:57am-03:14pm 86%	01:30am-12:50pm 85%	11:52pm-11:46am	08:30pm-09:46am
Mon 4	04:59am-03:14pm 86%	01:30am-12:48pm 85%	11:48pm-11:43am	08:26pm-09:42am
Tue 5	05:01am-03:15pm 86%	01:29am-12:46pm 85%	11:45pm-11:39am	08:22pm-09:38am
Wed 6	05:02am-03:15pm 87%	01:28am-12:44pm 85%	11:41pm-11:35am	08:18pm-09:34am
Thu 7	05:04am-03:16pm 87%	01:28am-12:42pm 85%	11:38pm-11:31am	08:14pm-09:30am
Fri 8	05:06am-03:17pm 87%	01:27am-12:41pm 85%	11:34pm-11:28am	08:10pm-09:26am
Sat 9	05:07am-03:18pm 87%	01:26am-12:39pm 85%	11:30pm-11:24am	08:06pm-09:22am
Sun 10	05:09am-03:19pm 88%	01:26am-12:37pm 85%	11:27pm-11:20am	08:01pm-09:18am
Mon 11	05:10am-03:19pm 88%	01:25am-12:35pm 85%	11:23pm-11:16am	07:57pm-09:14am
Tue 12	05:12am-03:20pm 88%	01:24am-12:33pm 85%	11:19pm-11:13am	07:53pm-09:10am
Wed 13	05:13am-03:21pm 88%	01:23am-12:31pm 85%	11:16pm-11:09am	07:49pm-09:06am

Date/Planet	Sun ☽	Moon ☽	Mercury ♀
Thu 30	07:06am-05:14pm	08:50am-06:05pm 1%	05:50am-03:59pm 70%
Fri 1	07:06am-05:14pm	09:29am-07:01pm 5%	05:55am-04:02pm 73%
Sat 2	07:06am-05:15pm	10:04am-07:58pm 10%	06:00am-04:05pm 76%
Sun 3	07:06am-05:15pm	10:35am-08:56pm 17%	06:05am-04:08pm 78%
Mon 4	07:06am-05:16pm	11:04am-09:53pm 25%	06:10am-04:12pm 81%
Tue 5	07:06am-05:16pm	11:32am-10:50pm 35%	06:15am-04:16pm 84%
Wed 6	07:06am-05:17pm	12:01pm-11:49pm 45%	06:20am-04:20pm 86%
Thu 7	07:06am-05:17pm	12:01pm-12:49am 56%	06:26am-04:24pm 88%
Fri 8	07:06am-05:17pm	12:31pm-01:52am 67%	06:31am-04:29pm 91%
Sat 9	07:05am-05:18pm	01:05pm-03:00am 78%	06:36am-04:34pm 93%
Sun 10	07:05am-05:18pm	01:45pm-04:11am 87%	06:42am-04:39pm 94%
Mon 11	07:05am-05:19pm	02:33pm-05:23am 94%	06:47am-04:45pm 96%
Tue 12	07:05am-05:19pm	03:31pm-06:33am 98%	06:52am-04:50pm 97%
Wed 13	07:04am-05:20pm	04:38pm-07:36am 99%	06:57am-04:56pm 98%



COMMUNITY CALENDAR

SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 July	3	4	5	6	7	8
Seventh Day Adventist Church 11am Merredin Fine Arts Society 9am-12pm Community Garden 2pm 0427 701 655 St Mary's Catholic Church – Mass 6.30pm	NAIDOC Week Merredin Uniting Church 9am and 6pm Merredin Church of Christ 10am NUNGARIN Wheatbelt Markets 8am-12pm St Teresa Catholic Church Sunday Mass at 1pm	NAIDOC Week School Holidays Bootscooting 7pm at Cummins Theatre 9041 3005 (leave a message), 0409 172 259, or see Lyn at the Post Office A Choired Taste 7pm rehearsal at Old North Merredin Primary School	NAIDOC Week School Holidays Gentle Gym at the Senior Centre 2pm	NAIDOC Week School Holidays Craft Group at the Senior Centre 10am Merredin Railway Museum meeting, 5pm at Museum – All welcome.	NAIDOC Week School Holidays Men's Shed 2-5pm 0427 831 024 Merredin Fine Arts Society 9am-2pm	NAIDOC Week School Holidays
9	10	11	12	13	14	15
Seventh-Day Adventist Church 11am Merredin Fine Arts Society 9am-12pm Community Garden 2pm 0427 701 655 St Mary's Catholic Church – Vigil Mass 6.30pm TAMMIN Markets 9am-12pm	Merredin Uniting Church 9am & 6pm All Saints Anglican Church 10am Merredin Church of Christ 10am St Mary's Catholic Church Sunday Mass at 10.30am A Choired Taste – Workshop with Luke Savage 1pm sponsored by Collgar Windfarm 3.15pm AGM	School Holidays Bootscooting 7pm at Cummins Theatre 9041 3005 (leave a message), 0409 172 259, or see Lyn at the Post Office	School Holidays Gentle Gym at the Senior Centre 2pm	School Holidays Craft Group at the Senior Centre 10am	School Holidays Men's Shed 2-5pm 0427 831 024 Merredin Fine Arts Society 9am-2pm	School Holidays
16	17	18	19	20	21	22
Seventh-Day Adventist Church 11am Merredin Fine Arts Society 9am-12pm Community Garden 2pm 0427 701 655 St Mary's Catholic Church – Vigil Mass 6.30pm	Merredin Uniting Church 9am and 6pm All Saints Anglican Church 10am Merredin Church of Christ 10am St Mary's Catholic Church Sunday Mass at 10.30am	Bootscooting 7pm at Cummins Theatre 9041 3005 (leave a message), 0409 172 259, or see Lyn at the Post Office A Choired Taste 7pm rehearsal at Old North Merredin Primary School	Carer's WA Social Support 10-11.30am at Dimensions Café 1300 227 377 socialsupport@carerswa.asn.au Gentle Gym at the Senior Centre 2pm	International Chess Day Craft Group at the Senior Centre 10am	National Lamington Day  Men's Shed 2-5pm 0427 831 024 Merredin Fine Arts Society 9am-2pm	Kids club, Ages 4-12, 3-5pm at Merredin Church of Christ, 17 Throssell Rd, gold coin donation 0429 108 241

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Merredin Districts Lawn Tennis Club - C10322072

Merredin Hockey Club - C10330862

Merredin Railways Tennis Club - C10336486

Merredin Repertory Club - C1032349

Merredin Show - C10360791

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Visit www.ndiswsu.wa.gov.au for more details and to start your application.



ARIES 21 March-19 April

Develop your leadership skills and you will make strong alliances with different groups.



TAURUS 20 April-26 May

Promising connections can bring money your way, abundance follows you around.



GEMINI 21 May-20 June

Communication and making connections will have things falling in your favor.



CANCER 21 June-22 July

Focus on career expansion with long-term growth looking good, don't overestimate capabilities.

Horoscopes



LEO 23 July-22 August

Opinions are held strongly, but you also have to be receptive to input to make changes.



VIRGO 23 August-22 September

Avoid distractions, particularly from partners and others who do not communicate clearly.



LIBRA 23 September-22 October

Focus on partnerships, a partner may be facing a crisis that requires some decision making.



SCORPIO 23 October-21 November

Identify any lost causes and eliminate engagement with them. It is a time for clearing things out.



SAGITTARIUS 22 November-21 December

Romantic trends continue and you should make the most of it, celebrate your good fortune.



CAPRICORN 22 December-19 January

You may have an urge to expand and perhaps travel, just remember people are restless.



AQUARIUS 20 January-18 February

You are really in the mood to enjoy life and local pleasure trips are on the agenda.



PISCES 19 February-20 March

A major focus on children and their needs may clash with your own. Remember to find a balance.

Netball

WEST COAST FEVER HIGH SCHOOL CUP

By ERICA CARLSON

The West Coast Fever High School Cup for the Wheatbelt Goldfields region was held in Northam on Thursday 23 June 2022. With a record 41 teams nominated, temporary grass courts were constructed onto Jubilee Oval, providing many with a first-time experience of playing netball on the grass.

The Open boy's division was closely contested with the right for a position in the grand final coming down to percentage. St Joseph's School Northam and Merredin College were the successful teams through, with St Joseph's School proving too strong and once again won the division, defeating Merredin College 17 to 13.

The newly created Upper girls division for year 10 – year 12 girls provided some great match practice for the upcoming Senior

High Schools Country Week competition. Merredin College Gold were strong all day, including the grand final defeating Cunderdin Ag College Green 25 to 6.

In the Middle division, two pools of six teams played the preliminary rounds, with the top of each pool playing off in a grand final. Northam SHS proved too strong and remained undefeated throughout the Cup defeating St Joseph's Red 19 to 6.

The Year 7 and 8 students played in the Lower division and with strong team nominations, teams were again split across two pools. In Pool A St Joseph's College Northam defeated Kalgoorlie Boulder Community College in the preliminary rounds by a single goal to maintain top spot on the ladder and take out the division. In Pool B St Joseph's School White 18 defeated Merredin College 13 in the grand final.



MERREDIN GOLF CLUB

By TREVOR WATERHOUSE

Ten players braved the conditions on Sunday the 17th of June for a stableford competition and Trevor Thompson was the winner with 30 stableford points and the runner up with 29 points was Darren O'Neill on a countback from Justin Watts and Glen Crees was next years winner. There were novelties on the day.

Saturday the 25th of June was the Tom Gowers sponsored 4BBB and the winners with 43 points were Jim Campbell and Anthony Worsfold (unfortunately no photo) and the runners up were Rob Gearing and Matt Jacobson with 42 points and next years winners were Lindsay Barker and Ash Anderson.

The novelties for the day were the nearest second shot on hole number 1 Justin Watts, nearest the pin on hole number 2 was Alex Manning, nearest the pin on hole number 4 Ash Anderson, nearest second shot on hole number 6 Peter Western, nearest the pin on hole number 8 Nigel Bush, nearest second shot on hole number 9 Justin Watts, nearest third shot on hole number 11 Nino Caporaso, nearest second shot on hole number 12 Angelo Trunfio, nearest second shot on hole number 14 Anthony Worsfold, nearest second shot on hole number 15 and nearest third shot on hole number 16 Matt Jacobson and the longest putt on hole number 18 Ash Anderson and the birdie pool was not won this week.

A club day will be held on Saturday July the 2nd of July

and Sunday the 3rd of July is the club foursomes with names to be in by 7.30am for an 8am hit off. Merredin Panel and Paint is the sponsor for a stableford competition to be held on Saturday the 9th of July.



*Matt Jacobson and Rob Gearing
runners up of Tom Gowers 4BBB*



*Jim Campbell (and Anthony Worsfold—absent from photo)
winners of Tom Gowers 4BBB Trophy*

Hockey

CENTRAL WHEATBELT LADIES HOCKEY ASSOCIATION

25th June 2022 - Round 10

Koorda (6) d. Bencubbin (0)

Coaches Award: Brydee Gairdner

Nungarin v Kalannie (forfeit)

Player's choice: Louise Sellenger

Best Goal/Defender: Charmaine Evans

Mukinbudin (1) d. Beacon (0)

Coaches Award: Hannah Paterson

Mukinbudin: Goals: Dale Cronje (1)

TEAM	P	W	D	L	F	For	Ag	Diff	PTS	WR^
Koorda	10	8	0	1	1	41	3	38	18	90%
Mukinbudin	10	8	0	2	0	33	7	26	16	80%
Bencubbin	10	4	2	3	1	16	15	1	10	50%
Beacon	10	4	1	5	0	10	15	-5	8	40%
Towns	10	2	1	7	0	4	22	-18	4	20%
Kalannie	10	0	2	7	1	2	44	-42	2	10%

Player's Choice: Gina Boyne

Coaches Award: Lauren Bear

Bencubbin: Best Player:
Dannelle Folley

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Football

EASTERN DISTRICTS FOOTBALL LEAGUE

LEAGUE – Round 8 Results

Nukarni FC 17.9 (111) def. **Southern Cross FC** 5.12 (42)

GOALS: Nukarni FC: S. Hooper 7, S. Edwards 5, M. Deering 2, B. Giles 1, A. Ayles 1, F. James 1

Southern Cross FC: L. Williams 1, G. Hayes 1, J. Della Bosca 1, M. Russo 1, N. Della Bosca 1

BEST: Nukarni FC: S. Edwards, Z. Alvaro, A. Duncan, B. Giles, C. Crook

Southern Cross FC: B. Roberts, N. Della Bosca, G. Hayes, D. Stephen, B. Gianatti

Corrigin FC 29.22 (196) def. **Bruce Rock FC** 3.6 (24)

GOALS: Corrigin FC: M. McLeod 10, J. Bootsma 5, B. Walton 4, R. Hill 3, K. Wittwer 3, T. Smith 2, G. Barlett 1, D. Hughes 1

Bruce Rock FC: D. McFarlane 1, T. McGowan 1, J. Buckland 1

BEST: Corrigin FC: M. McLeod, B. Walton, B. Doyle, J. Bootsma,

B. Dixon

Bruce Rock FC: W. Verhoogt, T. McGowan, J. Duckworth, B. Whooley, J. Buckland

Narembeen FC 10.8 (68) def. **Hyden/Karlgarin FC** 9.8 (62)

GOALS: Narembeen FC: J. Hilder 4, J. Kennedy 2, W. Shepherd 1, B. Hislop 1, C. Duncan 1

Hyden/Karlgarin FC: C. James 4, M. Elthers 3, T. O'Brien 2

BEST: Narembeen FC: None supplied

Hyden/Karlgarin FC: C. James, M. Brown, S. Want, M. Lane, L. Mouritz

Burracoppin FC 18.8 (116) def. **Kulin/Kondinin FC:** 9.9 (63)

GOALS: Burracoppin FC: J. Lindroth 3, C. Nind 3, C. Daddow 3, T. Lane 2, R. Stevens 2, J. Downsborough 2, G. Brown 1, R. Ferguson 1, M. Nind 1

Kulin/Kondinin FC: None supplied

BEST: Burracoppin FC: J. Downsborough, J. Stevens, R. Stevens, J. Everett, D. Enright

Kulin/Kondinin FC: None supplied

RESERVES – Round 8 Results

Nukarni FC 27.22 (184) def. **Southern Cross FC** 2.2 (14)

GOALS: Nukarni FC: J. Puglia 12, H. Shaw 4, T. de Lacy 4, J. Roberts 2, M. Crook 2, B. Morris 2, A. Sharp 1

Southern Cross FC: A. Burgess 1, M. Thomson 1

BEST: Nukarni FC: T. de Lacy, J. Puglia, A. Osborne, J. Crook, J. Major

Southern Cross FC: R. Ware, M. Thomson, J. Holman, A. Brunalli, L. Palmer

Bruce Rock FC 15.12 (102) def. **Corrigin FC** 2.6 (18)

GOALS: Bruce Rock FC: C. Davis 6, M. Gilbert 5, A. Sedgwick 2, J. Duckworth 1, S. Rohloff 1

Corrigin FC: J. Rogers 1

BEST: Bruce Rock FC: M. Gilbert, A. Sedgwick, J. Duckworth, C. Davis, L. Welshman

Corrigin FC: C. Szczecinski, J. Rogers, S. Wallwork, C. Evans, M. Hooper

Hyden/Karlgarin FC forfeited to **Narembeen FC**

Burracoppin FC 5.8 (38) def. **Kulin/Kondinin FC** 2.1 (13)

GOALS: Burracoppin FC: K. Hayden 2, B. Neal 2, S. Hutchings 1

Kulin/Kondinin FC: None supplied

BEST: Burracoppin FC: J. Burrell, Z. Boulton, B. Smith, W. Willsher, K. Alvaro

Kulin/Kondinin FC: N. Savage, B. Argent, I. Collard, T. Bradford, T. Bennier

	LEAGUE LADDER	P	W	L	D	%	PTS
1	Narembeen FC	8	7	1		147.22	28
2	Kulin/Kondinin FC	8	6	2		109.38	24
3	Burracoppin FC	8	5	2	1	119.97	22
4	Hyden/Karlgarin FC	8	4	3	1	121.68	18
5	Corrigin FC	8	4	4		157.65	16
6	Nukarni FC	8	4	4		107.51	16
7	Bruce Rock FC	8	1	7		53.11	4
8	Southern Cross FC	8	0	8		51.72	0

	RESERVES LADDER	P	W	L	D	%	PTS
1	Nukarni FC	8	8	0		579.86	32
2	Narembeen FC	8	6	1	1	334.09	26
3	Bruce Rock FC	8	6	1	1	166.45	26
4	Burracoppin FC	8	5	3		138.97	20
5	Southern Cross FC	8	2	6		29.49	8
6	Kulin/Kondinin FC	8	1	6	1	49.26	6
7	Corrigin FC	8	1	6	1	23.45	6
8	Hyden/Karlgarin FC	8	1	7		70.00	4

CENTRAL WHEATBELT FOOTBALL LEAGUE

25th June 2022 - Round 10

K. Beagley (1), B. Kalat (1)

Best: D. Patat, D. Manuel, C. Higgins, M. Ballard, T. Rowling, R. Gobbart

Beacon (83) d. **Mukinbudin** (82)

Beacon: Goals: D. Begovich (4), A. Hunter (2), C. Junk (2), B. Marlborough (2), J. Boccardo (1), G. Bulkoch (1)

Best: G. Bulkoch, D. Begovich, J. Poole, R. Williams, W. Munns,

M. Dunne

Brandis (1)

Mukinbudin: Goals: C. Shadbolt (4), J. Sprigg (2), J. Beagley (1), C. White (1), N. Neumann (1), F. Mogridge (1), Z. Sprigg (1), C.

Best: C. Shadbolt, J. Sprigg, M. Palm, C. Brandis, J. Shadbolt, J. Woods

#	TEAM	P	MR	PTS	%	W	L	D	BYE
1	Kalannie	7	100.00	28	226.67	7	0	0	2
2	Koorda Football Club	7	57.14	16	109.63	4	3	0	2
3	Bencubbin	6	33.33	8	74.95	2	4	0	2
4	Beacon	7	28.57	8	79.26	2	5	0	2
5	Mukinbudin	7	28.57	8	61.53	2	5	0	2

Koorda (87) d. **Bencubbin** (63)

Koorda: Goals: B. Derbyshire (6), L. Ellis (3), K. Macnamara (1), H. Cooke (1), R. Wells (1), R. Edwards (1)

Best: R. Wells, R. Greaves, B. Derbyshire, A. Sheed, R. Edwards, J. Applegate

Bencubbin: Goals: T. Rowling (3), B. Wegner (3), A. Sachse (1),

CENTRAL WHEATBELT NETBALL ASSOCIATION

25th June 2022 - Round 10

Bencubbin (57) d. Koorda (27)

Bencubbin: Player's choice:
Meg Wyatt

Coaches Award: Deb Walwork

Koorda: Player's Choice: Kayla
Butcher

Coaches Award: Cassie Stratford

Nungarin (47) d. Kalannie (35)

Nungarin: Player's Choice: Ella
de Lacy

Coaches Award: Emma Lee

Kalannie: Player's Choice: Tobie

Narkle-Watson

Coaches Award: Kayla Moore

RANK	TEAM	P	PTS	%	W	L	D	BYE	F	A	FORF
1	Mukinbudin	8	24	134.33	6	1	0	2	313	233	1
2	Bencubbin	8	22	141.77	5	2	1	2	336	237	0
3	Nungarin	8	18	101.66	4	3	1	2	245	241	0
4	Kalannie	8	14	77.67	3	4	1	2	240	309	0
5	Koorda	8	2	69.27	0	7	1	2	257	371	0

MERREDIN NETBALL ASSOCIATION

10th June 2022

Juniors – Round 5

Karni Jewels (48) d. Blues (31)

Fairest and Best: Ruby Truglio,
Jessica Wahlsten, Leila Hayden

Jets (44) d. Gems (12)

Fairest and Best: Darci Jefferys,
Chloe Batty, Bella Stones

A1 Senior Women – Round 7

Jets (52) d. Blues (32)

Fairest and Best: Caitlin Squire,
Jess Lloyd, Erin Lawrence

*Titans 1 (5) v Gems 1 (5)
abandoned*

Karni Jewels (54) d. Titans 2 (24)

Fairest and Best: Meg Wyatt,
Kylie O'Donnell, Bree Giles

A2 Senior Women – Round 7

*Titans 1 (5) v Gems A (5)
abandoned*

Gems B (56) d. Jets (29)

Fairest and Best: Maddie

Fitzgerald, Courtney Crook, Jess Avery

Blues (35) d. Karni Jewels (31)

Fairest and Best: Zane Walker,
Renee Manning, Keisha McGrath

17th June 2022

Juniors – Round 6

Karni Jewels (39) d. Gems (25)

Fairest and Best: Laura Casella,
Baillie Dean, Lani Dickinson

Jets (29) d. Blues (17)

Fairest and Best: Phoebe
Hayden, Darcy Hayes-Thompson, Darci Jefferys

A1 Senior Women – Round 8

Gems (68) d. Titans 2 (14)

Fairest and Best: Alyssa Taylor,
Bec Nelson, Rachael Glass

Karni Jewels (22) d. Blues (12)

Fairest and Best: Jelara
Daddow, Lana Drakeford, Chloe Carlson

Jets (49) d. Titans 1 (37)

Fairest and Best: Jessica Lloyd,
Caitlin Squire, Megan Anderson

A2 Senior Women – Round 8

Gems A (43) d. Blues (29)

Fairest and Best: Kristie Higgins,
Thea Holt-Smith, Holly Alvaro

Gems B (29) d. Titans (26)

Fairest and Best: Tayla Della
Bosca, Molly Walsh, Jess Avery

Jets (41) d. Karni Jewels (22)

Fairest and Best: Janelle Lane,
Michelle Price, Chantelle Crook

24th June 2022

Juniors – Round 7

Karni Jewels (55) d. Jets (29)

Fairest and Best: Lani
Dickinson, Ava Downsborough,
Raquel Slater

Blues (48) d. Gems (33)

Fairest and Best: Darcy Hayes-Thompson,
Temily Daddow, Arabella Sutherland

A1 Seniors – Round 9

Titans (43) d. Blues (25)

Fairest and Best: Tosha Munro,
Vicki Greenwood, Melissa Taylor

Karni Jewels (45) d. Gems (28)

Fairest and Best: Meg Wyatt,
Kylie O'Donnell, Rachael Glass

Jets (50) d. Titans 2 (20)

Fairest and Best: Jess Lloyd,
Sonya Smith, Caitlin Squire

A2 Seniors – Round 9

Gems B (58) d. Karni Jewels (40)

Fairest and Best: Carly Silver,
Montana Hayden, Hallie Douglas

Titans (61) d. Blues (33)

Fairest and Best: Emma Irving,
Halle Anderson, Phoebe Brooker

Gems A (38) d. Jets (15)

Fairest and Best: Kristie Higgins,
Courtney Crook, Tyler Bush

Darts

NAREMBEEN AND BRUCE ROCK DARTS ASSOCIATION

17th June 2022

Round 3 Week 3

MC Sharks (7) d. Wizards (4)

Magpies (6) d. Bruce Rock (5)

Jets (7) d. Royals (4)

24th June 2022

Round 3 Week 4

Royals (6) d. Bruce Rock (5)

MC Sharks (8) d. Jets (3)

Magpies (6) d. Wizards (5)

TEAM	PLAYED	WON	LOST	LEGS FOR	LEGS AGAINST	LEGS DIFFERENCE	POINTS
MC SHARKS	14	11	3	103	51	+52	22
WIZARDS	14	10	4	87	67	+20	20
MAGPIES	14	7	7	78	76	+2	14
JETS	14	6	8	66	88	-22	12
ROYALS	14	5	9	67	87	-20	10
BRUCE ROCK	14	3	11	61	93	-32	6



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!
info@asktonym.com.au / 08 9574 2917

FOR SALE



FOR SALE - 11 Morton Street - REDUCED!!! \$186,000!!

If you are in the market for a home that is fresh and tidy, this 3 x 1 is for you! The outside has been reclad and the inside has received a paint as well as a new kitchen, bathroom and laundry! The home is serviced with electrical oven/stovetop cooking and an instantaneous gas hot water unit.

Do yourself a favour and call Sharon Johnson on 0448 108 545 to discuss a viewing or details!

FOR RENT



Ground level, unfurnished 1 x 1 unit - \$180 / week

The loungeroom has brand new carpet installed and the kitchen boasts new lino with a new modern look! The bedroom has a built-in robe for storage, and new curtains throughout. The toilet is located in the bathroom which has had a new vanity unit installed. To top it off the whole place has had a new coat of paint! A shared laundry room is located to the back of the units.

Contact us on 9574 2917 or email info@asktonym.com.au for a pre-application



Unfurnished brick 5 x 2 - \$500 / week AVAILABLE NOW

What a spacious and beautiful home this is! Perfect for a large family. This home has a large formal dining, living and lounge, an immense kitchen along with a bar area. The bedrooms are nice and open, all with carpets. This property is situated on 2 blocks and includes monthly basic garden maintenance. The main driveway leads to the carport and double garage.

Contact us on 9574 2917 or email info@asktonym.com.au for a pre-application



Unfurnished 4 x 1 - \$260 / week AVAILABLE 18th JULY 2022

This home has polished floor boards throughout all except for the back lounge room (or bedroom) which is carpeted. The house is kept cool with two split system air conditioners in the front lounge room and kitchen, and there is also a wood fireplace in the kitchen that will keep the house warm in winter. The kitchen is located in the middle of the house and has an electric oven and stove top. Fenced rear yard and outside pets are permitted with easy maintenance yards.

Contact us on 9574 2917 or email info@asktonym.com.au for a pre-application.



Phone - (08) 9041 6510
Fax - (08) 9041 6555
www.elders.com.au/merredin

Will Morris
Mob - 0448 415 537
Email - william.morris@elders.com.au

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BIG LAND BLOCK OF 2.45 ACRES

This big vacant land block is positioned close to the CBH Merredin Grain Storage Complex, West Merredin Rail Yard and major transport link of the standard gauge rail line network that connects WA to the East Coast. Large frontage to Insignia Way with power lines, water and telephone line passing front gate. Freehold land title with total land area of 9,926m² or 2.45 Acres. General Industry zoning.

All inquiries to exclusive selling agents Elders Real Estate, phone local specialist Will Morris on 0448 415 537.



Beds



Bath



2 Parking



13 Caw Street, MERREDIN \$175,000 - WEB ID L18910676

Neat 3 x 1 home on a big North facing quarter acre (1012m²) block. The kitchen, bathroom and laundry have all been renovated in recent years. Ducted evaporative AC cooling plus a reverse cycle split system unit to Lounge/Kitchen. Electric cooking and instant gas HWS. Good fencing all round, secure back yard. Rear timber deck with shade sails overlooks kids sandpit and lush rear lawns. Rear 7m x 6m workshop style shed and garden shed. Low maintenance yards with only a few trees. Free standing carport parking.



34 Bates Street, MERREDIN \$320,000 - WEB ID L18644100

Ready to make you loads of rental income with added bonus of room to expand. Buyer has option to utilize some or all the current 4 bedrooms for themselves or continue on short stay accommodation options with constant demand locally. Current configuration of one large 2 x 1 apartment to front (34a), vacant office space or room to (34b) plus two individual self-contained studio apartments to rear. These have side walk through access from Bates Street plus vehicle access and parking from rear laneway. Ample street front car parking bays.



24 Duff Street, MERREDIN \$195,000 - WEB ID 23333441

Everything inside this home is brand new and beautifully presented. The formal entrance is centrally located with the master bedroom to the east end and two bedrooms and second bathroom to the west end. All bedrooms have ceiling fans with the master having a large walk in robe and ensuite while the other two bedrooms have built in robes. A hallway with laundry nook and built in cabinetry leads from the entrance to the main living. There is a well appointed kitchen with stainless steel appliances plus island bench and breakfast bar overlooking the dining area.



8 Cummings Street, MERREDIN \$26,500- WEB ID 3434979

Price dropped now only \$26,500 with all written offers considered This vacant building block with 20m frontage is ready to build on. Views to native bush across the road. Total land area of 727m². Fully serviced with underground power, water and deep sewerage passing. Fully neet-a-screen fenced and just been mowed clean.

No building time frames so buy now and build at your leisure. Yes transportable and kit homes are able to be approved here.

