Merriwa Central School enrolments have risen steadily in recent years. Principal Darren Noonan said this year's enrolment of 270 students is at record levels, the highest in 18 years. It is great to see parents choosing their local school to deliver quality learning opportunities for their children.
Photography Competition

Entries close: MARCH 22 AT 12 NOON

Topic for the month is: BUTTERFLIES

The winning photo will receive a prize to the value of $50.00 from the monthly sponsor and this month it is sponsored by:

MERRIWA COUNTRY WOMENS ASSOCIATION

PUBLISHED IN THE RINGER ON: MARCH 26

The competition is open to amateur photographers of all ages.

With spring being just around the corner, the butterflies are out and about. This is the time to get out and practice patience and being very very still.

Merriwa CWA are sponsoring a prize to the value of $50.00 for the best butterfly photo. This will test out your stable hand and how far your camera can zoom in.

Email your photos to merriwa2-c.school@det.nsw.edu.au.
**Principal’s Report**

**WHEN OLDER KIDS STRUGGLE WITH READING**

Kids who struggle to read often develop unhelpful strategies, which only worsen the problems. If your child is struggling with reading, it’s important to act on it immediately.

It can take up to 12 months of consistent support for kids to start reading fluently, and the involvement of a parent or close adult is crucial.

It’s vital that kids have access to books or online reading material that they love.

If reading together is traumatic in your house, do it in a café, or under a tree.

**WAYS TO ENCOURAGE EFFECTIVE READING IN OLDER CHILDREN**

Ask your child what subjects they would like to read about.

When reading with your child, limit reading time to ten minutes of quality time – and make it fun.

If reading together is traumatic in your house, do it in a café, or under a tree.

Before reading aloud, orient your child to the text by talking about it beforehand. Look at unfamiliar words, for example.

Encourage your child to predict what a word could be based on the meaning.

Try ‘echo reading’. Depending on the text, read a sentence, paragraph or page aloud first, and then get your child to read it.

Try ‘shared reading’. Take turns reading sentences or paragraphs. You read the first sentence and your child the next.

Read aloud and encourage your child to mimic you by following along behind you. Trace your finger under the words in a fluent way to show where you are reading. Avoid reading word by word.

Praise the reading, not the reader – say things such as, “I liked how you read on to find more information.”

Give older children opportunities to order from menus, read recipe books or select from the TV guide.

Make the most of emails and the internet, which also require reading and writing.

Take time to play word games such as Scrabble or Pictionary.

Irrespective of a child’s age, read to them regularly.

Celebrate their successes.

The Department of Education and Communities has plenty of practical tips for parents [www.schoolatoz.nsw.edu.au](http://www.schoolatoz.nsw.edu.au/)

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**Mr Lomax runs a mathematics homework centre each Thursday afternoon for secondary students.**

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**Did you know!**

**Coming Events**

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<tr>
<th>FEBRUARY</th>
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<tbody>
<tr>
<td>Friday 27</td>
<td>Year 7 and Year 9 (boys only) Vaccinations Primary Assembly - 2.15pm Year 12 English and Art excursion Clean Up Australia Day Exploring Aboriginal Culture Year 7 - 2.30pm</td>
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<th>MARCH</th>
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<tr>
<td>Monday 2</td>
<td>Secondary formal assembly – Great Hall 8.55am</td>
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<td>Tuesday 3</td>
<td>Year 9-10 Commerce excursion – Muswellbrook Court House</td>
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<td>Wednesday 4</td>
<td>Merriwa Central School P and C meeting – Merriwa RSL Club, 7.00pm Solid State Circus, Primary - 9.30am</td>
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<td>Friday 13</td>
<td>Primary Cross Country Primary assembly – 2.15pm</td>
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ZONE SWIMMING CARNIVAL

Last Friday February 20, six Primary students represented the school at the Zone Swimming Carnival. Students represented their school with pride and all tried their hardest when competing in various events. We are proud to have students with such high levels of positive sportsmanship. Congratulations to the students who attended: Dylan Keane, Jack Mobberley, Kyah Johnston, Samantha Bristow, Josie Porter and Mekayla Towell.

PRIMARY ASSEMBLY

This Friday February 27 we will be holding our formal Primary assembly. Students will receive Merriwa Merits and we will see work from out Workers of the Week. We will also be awarding the Student of the Week awards at the assembly which will start at promptly 2.15pm. All parents, family and friends are welcome to attend.

SOLID STATE CIRCUS TRIO

Next Wednesday March 4 the Primary campus will be visited by the Solid State Circus Trio who will be giving a performance at 9.30am under the Cola. The performance will be for students in Years Kinder-6 and will run for approximately 50 minutes. This will mean a change in sport and scripture for the day but students will still need to wear full sports uniform for the day. We look forward to an exciting show!

CLEAN UP AUSTRALIA DAY

This Friday 27 February the Central School will be participating in the Clean Up Australia Day which is celebrating 25 years of volunteer action across Australia. Last year, thanks to an estimated 572,406 volunteers Australia cleaned up 15,708 tonnes at 7,140 sites across the nation. This year the Primary campus will be participating by cleaning our boundary areas.

RUGBY LEAGUE BLITZ

Last Thursday February 19, the Primary campus were visited by the Merriwa Magpies club representatives along with the team from Rugby League Blitz who brought along NRL Newcastle Knights player, Brock Lamb. They presented a fantastic talk about healthy eating and active lifestyles to students who were able to participate in some Q and A time and even some quizzes. We would like to thank our guests for coming out to visit and for all the great promotional goodies they brought for our students.

STUDENT OF THE WEEK

Congratulations to our Students of the Week for last week. Our latest book award recipients are:

Year Kindergarten: Paige Carrall
Year K/1: Tianah Cousens
Year 2: Brooke Sampson
Year 3/4: Zali Wallings
Year 4/5: Andrew Harrison
Year 5/6: Morgan Keys
COMMUNICATION

As a school we have many forms of communication that go home to parents and carers. This includes the Ringer (which has our school newsletter every week during the term), class letters, reminders in homework, the school App, the official school website, and also the school Facebook page. We aim to keep these as up to date as possible but there will be times when circumstances change due to unforeseen circumstances. If you have any immediate concerns or questions please contact the Primary office on (02) 6548 2101 to make an enquiry, speak to the class teacher or arrange an appointment to speak with the class teacher. Assistant Principals Mrs West and Miss Sinderberry are also able to meet for an appointment if needed.

PRIMARY CROSS COUNTRY

On Friday March 13 the Primary campus will be holding its school Cross Country Carnival which is combined with our school Fun Run fundraiser. Students will receive a sponsor booklet to complete with the aim of getting sponsors to help raise money for the school. There are many prizes available and you will even be able to register online to assist friends and family members to donate from anywhere in the world! Each year we have raised enough money to help cover the cost or subsidise the costs of many performances or school visitors who tour through the area. This year we hope to raise enough money to continue having these wonderful visitors at our school. We encourage students to seek sponsorship from family, friends and known neighbours. Please do not let children door knock without adult supervision. If parents are available to help be markers at the Cross Country Carnival please leave your details at the front office and you will be contacted.

Rebecca West
Assistant Principal

Secondary News
ENGLISH/HISTORY FACULTY NEWS

All students are deep into their first units and working on their first assessment tasks. Teachers have also organised some exciting opportunities for students to engage in enriching educational experiences outside the class room. As I said in my previous faculty report, these include the ASX Share Market Competition, the Geography Competition (March) and the ICAS competitions in English (Tuesday July 28), Writing (Monday June 15) and Spelling (Tuesday June 16). Good luck to all students who have entered. Stage 6 students will also be travelling down to the Belvoir Theatre in Surry Hills in May and Miss Hopkins and Mrs Roberts have offered senior students an excursion to Sydney to the art gallery and to attend HSC lectures.

All English classes have been focusing on aspects of grammar and improving their writing skills. Students in Years 3, 5, 7 and 9 will be required to write either a persuasive text or a narrative in May as part of their NAPLAN literacy testing.

Year 8 English students have been practising their writing skills and have produced some orientations which build tension and atmosphere using an element of the weather. I have included a couple of the students’ paragraphs below for your entertainment.

“The fog continued. It was a frightening, evil and untrustworthy fog. It was a spine chilling, imprecise and shadowy fog. It was haze to overpower all the mists that had mesmerised sailors through history and the memory of all other fogs. It came by the bucket load and the gallon. Rising over the town, it rolled back and forth, around and round, bouncing over the houses. It clouded the town, it crumbled grown men and it never stopped.”

Chelsea Borradale

“The lightning continued. It was a spine shattering, stomach churning lightning that gave a hint of death. It was a storm that blanketeted the earth. It was an abominable, despicable lightning that destroyed anything in its path. It came in waves one by one. It made other lightning look pathetic, hopeless. It imprinted a path of hell into the earth and it never stopped.”

Dean Swan
Tony March
English/History Head Teacher
ZONE SWIMMING REPORT

On Wednesday February 18, seven students from the Merriwa Central School - Secondary, represented and performed well at the Upper Hunter Zone Swimming event. This event was hosted by Muswellbrook High School, with Singleton and Scone High Schools competing as well.

The weather was quite warm and the pool conditions were fit for great racing. It is always good to see our students take up the opportunities that are given to them and challenge themselves against other school’s swimmers.

The “old man” of the team (at 16 years of age) Cody Towell competed in 50m Freestyle in a time of 33.50 seconds, finishing fourth in his heat. In his 100m Breaststroke, Cody started extremely well and pushed himself to finish in 1min 41sec. This was a fine performance in which he beat the other competitors in the race.

Ben Keane was in the 15 years category, competed solidly in the 100m Breaststroke coming fifth in a time of 1min 47sec. In the 100m Freestyle, he finished fourth in his heat and in the 50m Freestyle, he finished second.

Rahill Murphy (also in the 15 years boy category) swam consistently in his races. In the 100m Breaststroke, he placed fourth and sixth in the 50m Freestyle in 46.88sec. He was later heard saying… “Even though I swam okay today, it would be good to get serious about training to improve my times for next year.”

In their first time at Zone Swimming, April Lawler, Clancy Martin, Oliver Towell and Lachlan Walker swam and contributed well to our School’s points tally.

Our 14 years girl swimmer, April competed in the 100m Breaststroke finishing in sixth place. Later in the day, she raced in her 50m Freestyle and placed fourth.

In the 14 years boys, Lachlan Walker competed in a large number of events. In the 100m Breaststroke, he finished seventh. In the 100m Freestyle, he finished fifth in a time of 1min 45sec and in the 100m Backstroke, he also finished fifth in 2min 5secs. Also in the 50m Freestyle, he raced well in 42secs and placed fourth.

Also swimming in the 14 years boys, Oliver Towell competed in the 100m Breaststroke (but unfortunately did not get his time) and in the 50m freestyle, he finished fifth in 43.50secs.

Clancy Martin (13 boys) had a full program of swimming. In the 100m Breaststroke, he swam with good technical style and just being out-touched, he finished in 1min 52secs in third place. In the 100m Freestyle, his time was 1min 34secs placing in fifth position. He was also fifth in the 100m Backstroke in 1min 55secs. Finally, he sprinted hard for 50m and placed third in a time of 40secs.

In a pleasing situation, for the first time in a long while, we entered teams in a few relay events. In the open boys 4x50m relay (Clancy Martin, Lachlan Walker, Oliver Towell and Ben Keane) – with combining well to finish second. In the relay medley (Lachlan Walker, Rahill Murphy, Oliver Towell and Ben Keane) – finishing fifth. In the 6x50m relay, all the boys swim particularly good and finished in third behind Scone and Singleton school teams.

The students would like to thank Mrs Towell, Mrs Keane, Ms Smith and Miss King for offering their time and efforts in safely transporting the team to and from Muswellbrook.

And for this event, we are awaiting confirmation to see if Cody’s performances qualify him for the Regional Swimming Carnival.

Alison King
Sports Coordinator

NEW CAREER EVENTS


Engineering at Charles Sturt University - Charles Sturt University (CSU) will be introducing a new Bachelor of Technology/Master of Engineering (Civil Systems) in 2016. Study will begin on campus at CSU in Bathurst for 1.5 years, followed by four years of online study while students undertake four one-year paid placements in industry. Contact 1800 334 733 or visit: http://www.csu.edu.au/courses/engineering-civil-systems

Meet The Business Leader - May 20 - At Luna Park, Chartered Accountants Australia New Zealand are hosting the annual Meet The Business Leader (formerly Cadetship Evening) A fantastic opportunity for students to connect with universities and top employers and secure a highly sought after cadetship. More Information email careers.nsw@charteredaccountantsanz.com

Tax File Number Applications Information to Students A tax file number is a unique nine-digit number issued to administer your tax when you have any job. New process! Students complete an online application form print off the summary
PREVIOUS WEEKS NEWS

Chemical Users accreditation course will be held either at Merriwa or Coolah on Thursday March 26. Course locations are flexible and determined by bookings. Venue and times to be confirmed after close of bookings – Monday March 2. New and updated course available – certificates valid for 5 years. Pre-course material sent prior to the course for New Accreditation – one day course. Course cost - $230.00pp. Contact Countryco Training Pty Ltd on Ph 07 4639 4919 or 1800 626 681.

First Aid Course will be held in March at Cassilis. Anyone interested in completing this course please contact Ivan Gant on 02 6376 1044 or 0467 718 109.

Please contact me if you require any further career information.

Jane Hegarty
Careers Advisor

Why I want to be in ROAR: Because it helped me behave in class and teaches me athletic skills

Favourite sport: NRL
Favourite team: Bulldogs
Favourite player: Josh Jackson

Best personal sporting achievement: Making it to the preliminary finals two years in a row

Who inspires you and why: My family because they never give up

Advice to young players: Don’t stop trying.

MERRIWA CENTRAL SCHOOL P AND C

Reminder – P and C AGM is on Wednesday March 4 at 7.00pm – Merriwa RSL Club

All Positions will be declared vacant – listed below are some roles of office bearers:

PRESIDENT
- Ensure that the P and C Association takes part in decision-making processes in the school
- Fostering fair participation of all members and ensure the all new members are made to feel welcome
- Consistent adherence to the constitution
- Sets up lines of communication with the Principal
- Signatory on P and C bank accounts
- Chairs meetings.

SNR VICE PRESIDENT
- First port of call to fill in for President when President not available or present at meetings, will then undertake duties of President.

JNR VICE PRESIDENT
- Second port of call to fill in for President when President not available or present at meetings, will undertake duties of President.

SECRETARY
- Responsible to carry out administrative tasks related to the decisions of the meeting as resolved
- Prepares all meeting agendas, in constitution with the President
- Required to attend every meeting and take notes of the discussions in order to produce...
Favourite Subject: Photography
Extra-Curricular activities: Upper Hunter Youth Council, SRC
Best Personal Achievements: Being given the responsibility of being an organiser for Youth Beat and being the Merriwa PR Officer for the Upper Hunter Youth Council
Year Advisor’s Comment: Kyle is an important part of the Student Representative Council and the Upper Hunter Youth Council. He has volunteered his time outside of school for meetings and to update the website. His dedication and hard work is to be commended. Well done Kyle!

Rebecca Hopkins - Year Advisor

MERRIWA CENTRAL SCHOOL P AND C TRIVIA NIGHT
When: Saturday February 28 at 6.00pm
Where: Merriwa RSL Club
Tables of eight
Cost: $5.00 per person
Tables to be booked at Max’s Country Cuts. Everyone welcome. Feel free to bring your little ones.

Gaynor Blackadder
Secretary

PRIMARY SWIMMING PHOTOS

Gaynor Blackadder

Favourite Subject: Photography
Extra-Curricular activities: Upper Hunter Youth Council, SRC
Best Personal Achievements: Being given the responsibility of being an organiser for Youth Beat and being the Merriwa PR Officer for the Upper Hunter Youth Council
Year Advisor’s Comment: Kyle is an important part of the Student Representative Council and the Upper Hunter Youth Council. He has volunteered his time outside of school for meetings and to update the website. His dedication and hard work is to be commended. Well done Kyle!

Rebecca Hopkins - Year Advisor

Student of the Week
Kyle Mudge
Year 10
What an exciting fun start to the year the Infants Class is having!

We were all very excited to start the year off in our new classrooms with our three teachers. During the day we work together, in small groups or independently depending on what we are working on and we also have two classrooms which we enjoy using for different purposes as well.

In Religion we have been learning about the Creation Story and all the wonderful things God made for us. We then created beautiful artworks of our favourite part of the Creation Story and we have displayed them in the Church. Please take some time to have a look at them. We are all very proud of our great work. After reading the story we learnt a song which we have enjoyed singing called ‘In the Beginning’. We have talked about the wonderful world God made for us and how we can be special caretakers for God by looking after all of his creation. The infant students have also been meditating, through the meditation students are encouraged to take some quiet time and talk to God. Last Wednesday was Ash Wednesday and we went to Church with our buddies and received the ashes on our foreheads to remind us during Lent to be more like Jesus in all that we do. Then on Thursday night we had our Opening School Mass. Kindergarten had a very special job at the end of Mass - they had to plant a special tree with Miss Farrow. This tree is a symbol of how they will grow during their time at St Joseph’s. We ask that Kindergarten look after the tree and care for it while they are at school.

During our English block we are very busy learning sounds and spelling new words, practising handwriting skills, learning our sight words, completing activities in our reading groups, reading narratives and looking at aspects of the books which will help us predict the story, write responses and write our own narratives. While we have our ‘crunch and sip break’ we have been enjoying listening to some stories by Dr Seuss.

Over the last four weeks we have been doing lots of counting, starting at any number and counting forward and backwards, learning the importance of place value - the order a number is written, practising writing our numbers, playing maths games and learning about numbers all around us. We have also been working on addition and subtraction problems, especially focusing on the friends of 10 and 20 and how they can be useful when we are solving other addition and subtraction problems. We look forward to working on more strategies this week to help solve more problems.

Library lessons have included borrowing, looking at books and completing activities on the computers. We are learning how to log in with our name and password, open up MS Paint and explore the features: inserting shapes, filling shapes with different colours, selecting different pens and selecting a new page. The students have enjoyed these activities and it is evident that some are practising at home.

The students have also been discussing the importance of being safe when on a computer. Cyber safety is an important topic to cover; it allows students to be aware of the dangers and to develop strategies to deal with issues as they arise.

Our Science topic for this term is called ‘What’s that sound?’ The students have been listening to sounds around them and exploring the term onomatopoeia, eg boom, bang, rip, clap, clink, as well as talking about vibrations and why sounds change and properties of sound.

During HSIE we have been making connections between our own lives and the lives of others in our topic - Identifying Us.

Sport on Wednesday is lots of fun. Last week we danced and practiced the Birdie Dance, the Hokey Pokey, Macarena, and finished off with the Nutbush. We were all very thirsty at the end but we all had lots of fun.

During Music we have been listening to the beat of the music. We have been clapping, moving, singing and matching to the beat. We have learnt some songs which have a really strong beat and last week we were a Chinese dragon walking to the beat. This was a nice way to celebrate Chinese New Year!

We are looking forward to a great year where students and teachers are learning together to achieve fantastic results.
WEEKLY AWARDS

Congratulations to the following award winners.

WEEK 4

Kinder - Arlia Parker - for working well with addition and subtraction

Emma McLaren - for a great retell of our story

Year 1/2 - Ava Peel - for great efforts in all aspects of school

Emily Barwick - for taking pride in her work and always using beautiful handwriting

Year 3/4 - Paddy Wong - for a great understanding and ability to identify living and non-living things

Jack Shannon - for a great understanding of how to add three digit numbers

Year 5/6 - Gaby Nicholls - for a fabulous effort when comparing the identity of Australia to Vietnam

Ha Giang Nguyen – for sharing her stories from Vietnam with the class

Principal’s Awards - Chloe Towell - for showing maturity and compassion in caring for her class mates

John Magner - for displaying great leadership in the manner in which he works through problems and works collaboratively to find solutions

Playground Champion - Ben Patterson – being cooperative and playing fairly on the playground.

Anne Marie Peebles

Ringer Deadline!

Please remember to place your articles and advertisements into the Merriwa Ringer by 12.00 noon Mondays.
CASSILIS PUBLIC SCHOOL

The school has earned the title of ‘Students of the Week’ for their excellent attitude and behaviour last week. Throughout the week everyone has been working on being respectful of all staff and students and encouraging others to do their best in the classroom and in the playground. They have been playing safely and enjoying a fantastic game of “cops and robbers” all week that showed team work, collaboration and imagination.

It is fantastic to see students embracing the positive behaviours of Be Respectful, Be Safe and Do Your Best. Keep up the wonderful work!

ATTENDANCE

Well done to the students who have been on time and at school everyday this week.

It is important that students are at school on time every day unless they are ill or have an appointment.

A note must come to school on the day your child returns to school explaining the absence.

Using our Sentral program we are now able to print reminder letters for late arrivals and absent students. These will be sent home every Wednesday as a friendly reminder that a note is owing.

Continued unexplained absences will be followed up by the home school liaison officer.

HEAD LICE

Thank you to all the parents who check and treat their child’s hair regularly. This week was our first ‘nit free’ week at school! Well done!
Year 5 had been studying the kilometre and have designed and made a 1km cross country track around the school so we can practise before the big day! Great job Year 5!

In Human Society we talked about Chinese New Year. We watched a lion dance, learnt about special foods and listened to the story of Nien, the monster who is afraid of the colour red and loud noises. This is why festivities include red and lots of firecrackers – to keep Nien away.

We also used our new online story resource to look at Asian cultures.

COMING EVENTS

We have a few up-coming events this term that you may like to start preparing and saving for. We hope you can join us!

- The first assembly for 2015 will be held on March 2, 2.00pm-3.00pm just before the P and C meeting and AGM. Staff would also like to invite family and community members to this meeting to collaborate with us for the school plan

- Cross country – March 6 – this is a great day for students and families to get together. It is a well-known district event that many school look forward to attending. Please come and support our students. Cakes, tea and coffee and a few other goodies will be available on the day so come along and cheer the students on as they conquer the challenging 1, 2 or 3 kilometre course

- Poetry Competition - March 9 - we will begin studying poetry and how to perform poems in class. All students will learn a poem ranging from four lines to quite long ballads to perform at our week 10 assembly (March 30)

- A disco will be held on Thursday March 12 at 5.30pm-6.30pm followed by dinner - hotdogs, soft drink and other goodies

- Glow sticks will be available to purchase so start practising those 70’s and 80’s moves!

- We are hoping to hold a golf workshop on March 23. Stay tuned for confirmation!

- As a culmination to our unit of work on the beach, under the sea and the effects of plastics and other pollutants on our oceans, the teachers are organising an excursion to the beach. More details will follow soon.

Following the success of our Year 6 Mini Fair last year we will be holding an Easter Mini Fair on April 2. All welcome.

If you would like a stall at the mini fair please contact the school on 6376 1009 for pricing and details. All Welcome!

Our annual Easter Hat Parade will be held after the mini fair!

What a fantastic term we have lined up for our students, families and community members. Please join us to celebrate our diverse learning opportunities. Just up the hill at Cassilis!

Jeanette Grinham
Relieving Principal

Merriwa Ringer
Last week Scott from Newcastle Knights came to our school to discuss healthy eating habits and the importance of playing as a team member. Children watched a short presentation about the importance of sport in our school. Scott answered questions about how he came to play with the Knights, his training schedule and daily routine. All children received a Knights poster and information about Denman Devils registration and Lake Liddell clinic.

TELL THEM FROM ME

Students in Years 3 to 5 will participate in an online survey. Students will be surveyed about their learning at school. They will have the opportunity to give their opinions and identify areas that the school can improve in. All responses are anonymous and staff will not have access to individual responses from the students. If students do not feel comfortable answering some of the questions, they have the option to leave them blank. The overall results will guide us as we plan over the next three years. This is a genuine opportunity for students to have their say about the future directions of our school. Further information regarding this survey will be sent home with the students this week.

SAUSAGE SIZZLE

This Friday, students will be able to have sausage sandwiches for lunch as our second treat day for the term.

RECOGNITION OF STUDENT ACHIEVEMENT

Every week in our whole school assembly, students are recognised for their fantastic efforts throughout the week. Students are rewarded for being a worker of the week, where they receive a green note and their work is displayed in the Wonderful Work Board outside the primary classroom. Students can also receive certificates for their efforts in class. We also choose a Sports Person of the week – someone who displays good sportsmanship skills and a Student of the Week. The recipient receives a certificate, and a trophy and badge which they keep for the week.

Students are reminded that they need to keep their certificates and green notes in a safe spot, so that when they have five awards (any combination of green notes and awards) they can bring them into school and claim a bronze award. Another five awards will earn them a silver award and five further awards will allow students to claim a gold award. When they reach the gold level, they are rewarded with a gold badge to wear on their shirt. Many students are well underway in reaching the bronze level already.

YEAR 7 EXPRESSION OF INTEREST

All Year 6 students have been given expression of interest forms for high school next year. They need to be filled in and returned to school by March 11. Please note, this is not an enrolment form. Once your choices have entered on the computer, enrolment forms will be mailed to your home address.

SHROVE TUESDAY

Last week the students enjoyed Pancake Day. They were offered not only pancakes but also a large range of fruit including mango, watermelon, rockmelon, apples, oranges, peaches and grapes. They also had the option of adding cream, ice cream or maple syrup to their pancakes. Thank you to Nicola Field for organising this special lunch and to the parents who donated fruit.

P AND C MEETING

It was great to see so many parents attend the meeting last week. The AGM was held before the regular meeting. Congratulations to the following people who were voted in to fulfil a variety of roles:

- President: Nicola Field
- Vice President: John Gelder
- Secretary: Anita Hinze
- Treasurer: Jeannie Harris
- Canteen Coordinator: Katie Roberts
- Breakfast Club Coordinator: Michelle Stennett
- Media Officer: Nicola Field
- Uniform coordinator: Katie Thompson

Fundraising possibilities were discussed in the general meeting, with a number of ideas passed around. If you have any ideas that we could investigate as possible fundraisers, please do not hesitate to contact the school or any of the above parents. We would love to hear your ideas.

Christina Darlington
Principal
WEEKLY AWARDS

• Hunter Marsh - consistent application in all areas.
• Jake Pike - contributing to class discussions in literacy.
• Cambell Hinze - fantastic effort in reading.
• Declan Adams - working so well to improve his sentence structure during writing.
• Mikayla Borradaile - taking pride in the presentation of her work.

WORKERS OF THE WEEK

Kinder/Year 1/2 - Rowdy Walters, Reagan Turner and Jobee McCandless

Year 3/4/5/6 - Natasha Marsh and Nicholas Terrell.

STUDENT OF THE WEEK

Amy Thompson - positive role model and assisting students in the playground.

SPORTSPERSON OF THE WEEK

Riley Borradaile

ZONE CARNIVAL

Congratulations to all students who travelled to Singleton on Friday to compete in the Upper Hunter Zone Swimming carnival. Everyone had a great day and swam their best. Congratulations to the following students who qualified for the region carnival being held in Maitland next week:

• Amy Thompson – 12 year old girls 50m freestyle and 50m butterfly
• Andrew Harris – 9 year old boys 50m freestyle
• The P5 relay team (Angus Higgins, Amy Thompson, Sam Thompson and Andrew Harris)

We wish them all the very best as they compete at the next level.

RESULTS FROM ZONE SWIMMING CARNIVAL HELD AT SINGLETON 20.2.15

Andrew Harris - Second Junior Boys Individual Medley - 3:59:14
Fourth Junior Boys 50m Backstroke - 53:50,
Second Open Boys 100m Freestyle - 1:28:51
Eighth Junior Boys 50m Breaststroke - 1:05:65
First Junior Boys 50m Butterfly - 57:09
First 9 Years Boys 50m Freestyle - 38:34 - made Regionals

Natasha Marsh
13th Junior Girls 50m Backstroke - 1:05:02
19th 10 Years Girls 50m Freestyle

Hunter Marsh
16th 11 Years Boys 50m Breaststroke - 1:29:46
12th 11 Years Boys 50m Freestyle - 49:31

Sam Thompson
Third 11 Years Boys 50m Backstroke - 52:57
Fifth 11 Years Boys 50m Breaststroke - 57:90
Third 11 Years Boys 50m Freestyle - 42:38

Angus Higgins
11th Senior Boys 50m Backstroke - 57:66
Fourth Senior Boys 50m Breaststroke - 59:59
Sixth Senior Boys 50m Butterfly - 1:11:07
13th 12 Years Boys 50m Freestyle - 48:03

Amy Thompson
First Open Girls 100m Freestyle - 1:21:37
First Senior Girls 50m Breaststroke - 49:09
First Senior Girls 50m Butterfly - 40:58 - made Regionals
First 12 Years Girls 50m Freestyle - 35:51 - made Regionals

MUSIC LESSONS

There are vacancies open for Sandy Hollow students to attend private piano and beginner’s guitar lessons here at school. Lessons are held every Wednesday and can be 20 or 30 minutes in duration. In addition to learning how to play the piano or guitar, students will also be taught fundamental theory of music, how to read music and performance skills.

Guitars can be borrowed from the school. Individual lessons are charged at reasonable rates.

If you are interested please phone Rachel Dearnley on 6547 2128 or contact your child’s teacher.

Christina Darlington
Principal

Merriwa Ringer
BUSY TIMES

It was busy, busy, busy at Merriwa Activity Centre last week as the children have started a project on gardening.

They discussed what they would like to plant in their gardens. Ellie thought she would like to plant some peas, broccoli, carrots and some pretty flowers, maybe tulips and sun flowers. Mia would also like to see flowers and vegetables. All children thought that a pool sounded like an awesome idea. Yvonne also suggested that we grow flowers for Mother’s Day that is coming up.

The children will continue to work on their projects this week and then next week we will start on our garden beds. The children will start planting and enjoying different experiences as the vegetables grow. We hope to taste test them and use them for our afternoon teas, and smell the special flowers that we grow.

This term we have welcomed some new enrolments to the centre which is great to see.

Don’t forget that the centre is open Monday-Friday from 3.00pm til 6.00pm. If your children attend Merriwa Central School we will pick them up from school and if they attend St Josephs we will collect them from the bus at the Central School.

We also supply a healthy afternoon tea for your child/children when they arrive at the centre. So give us a call or drop in and pick up an enrolment package today and take the stress out of afternoons knowing that your Child/Children are being well cared for in a safe environment.

The Pre-School welcomes you to join us for a performance by Gwenda Stanley from the Young Australian Workshop called Sharing Cultures on Friday February 27 at 10.00am. If your child doesn’t attend on a Friday that is ok too. Just ensure that your child is accompanied by an adult for the duration of the show.

I would allow at least an hour for the show and recommend that this experience is best for children over the age of 3.5 years.

Natalie Hourn

CRAFT ACTIVITIES TO TRY AT HOME

BUILD A SNAIL FARM

Get the kids outside and into the garden during the holidays and weekends with this fun kids activity. Building a snail farm is easy as you most likely already have everything you need sitting around the house. So get the kids ready for some slimy fun as you establish your farm today.

What you need:
- clear plastic bottle
- scissors
- clear tape
- soil
- lettuce or weeds

ACTIVITY
- Seal the bottle top onto the bottle.
- Carefully cut a 10cm long and 5cm wide opening in the side of the plastic bottle.
- Lie the bottle on its side with the opening at the top.
- Place moistened soil and some lettuce or weeds inside the bottle.
- Find some snails in your garden and place them in the bottle.
- Tape over the opening with tape, but make sure to punch holes in the tape to allow for air.
- Enjoy watching your snail farm for a few days before releasing your snails and replacing them with new ones.

Anglican News

Regular Church Services - page 30
Phone: 0429 996 769

DATE FOR YOUR DIARY
Women’s Guild Meeting - First Thursday Monthly:
March-November: 2.00pm
Messy Church - Parish Hall - Last Friday Monthly:
February-November: 3.30pm
Men’s breakfast - Parish Hall - Third Saturday
March-November: 7.30am

CALENDAR OF EVENTS
February 28: Messy Church 3.30pm
March 6: World day of Prayer 6.30pm Uniting Church
March 15: Parish AGM

The last extract from Rev’d Glen’s newsletter...

We finished last week with the following.. I don’t think it is a helpful practice to give something up for Lent - better to ask the question “How might I serve God better this Lent?” or perhaps “How might I become a more effective disciple this Lent?” and so we continue. This may involve giving something up, but more likely it will involve changing how you practice your faith. The traditional disciplines of this season are a good place to start-making more time for prayer and worship, for devotions, the study of the scriptures, fasting and good works. These things all help to make more time for God in this season, and help us to grow as disciples. The season of lent began a week ago with Ash Wednesday when we received the sign of the ashes at the Eucharist as a sign of repentance, a time to turn back to God and live a holy Lent, that it might be a time of renewal for your whole spiritual life.

Dr Noman Jawaad Medical Practice

WE ARE OPEN 5 FIVES DAYS A WEEK

Our hours currently are:
8.00am – 6.00pm
Monday to Friday
For all appointment please phone 6532 5013.

JUST A CHAT ... WITH DR CHO

Let’s have a chat about Prostate Cancer.

This condition is a reasonably common problem throughout the world today. Unfortunately, there is a lot of confusion and misinformation within our community, and the wider community.

The word “cancer” naturally causes fear in most people. There is the fear of the actual examination and what it involves. People also worry about what will happen if they are diagnosed with cancer - what will happen in the future? What are the treatment options?

As a full-time GP, and being part of the Merriwa community, I feel that there should be more education about prostate cancer, not only for the men of Merriwa, but also for their partners, children and parents - the entire community. I want to take the step towards ending this confusion and help people come to a better understanding of prostate cancer. How to check for it, how we test for it, how it is treated and, the benefits of being diagnosed as early as possible.

There was a big government-funded campaign called “Just a Prick” in recent years to boost the number of people getting tested for prostate cancer. The “Just a Prick” campaign referred to a finger-prick test to check man’s level of the cancer marker Prostate Specific Antigen (PSA) and takes only minutes. This form of testing is similar to the finger-prick test that diabetics use to assess their blood sugar levels. While we are not able to run this finger-prick test in Merriwa, we are able to do a check as part of a routine annual blood test.

I would ask that anyone who has ANY questions, fears or confusion in relation to prostate cancer to come in and see me (just for a chat!) It is always better to come in and realise that your fears are unfounded, than it is to leave it too long and be too late.

Meredith Llewelyn, our practice nurse is in our surgery every Thursday. Meredith is available for pathology, immunisations and Antenatal checks.

Kerry Collins, our practice nurse is in Merriwa on
Wednesday and Denman on Tuesday. Kerry is a registered nurse, a Diabetic Educator and a Clinical Nurse Consultant in Diabetes. Kerry is available for appointments on both these days.

We also have a Psychologist, Sharon Wells, from Scone attending Merriwa every second week. To see Sharon you do need a referral from Dr Jawaad or Dr Cho.

Dr Noman Jawaad

Merriwa Rotary

Merriwa Rotary Club will soon commence another involvement with the NZ SHORT TERM YOUTH EXCHANGE program. Our club will host a gathering of students this weekend, from throughout our Rotary district, held to prepare them for their exchange.

Merriwa club will continue its involvement in this scheme by having two local students take part. They are Paige McConnell and Teianna Taylor.

GUMMUN PLACE APPEAL

Another reminder that Rotary would welcome any support for the project to install a MEDICAL ALERT SYSTEM at our hostel.

Donations can be made by:

• Contacting any Rotarian
• Using the donation tins at various business locations in Merriwa
• Electronic transfer to Rotary Merriwa BSB 932 000, account 420352. Please include your name as a reference.

Attendance at Gummun Place Market Day on March 7 would also help this cause.

Merriwa Surgery

DR EMAD JASEM

For all your medical needs

OPENING HOURS

Monday to Friday 8.30am to 6.00pm
Saturday by arrangement.

For appointments please call the surgery on 6548 2305.

Dr Emad Jasem

Merriwa Trinity Markets

Trinity Markets held their Annual General Meeting on Friday February 20. The Management Team of Beatrice Voysey, Olive Hancock and Margaret Wright have been returned for another year. Vicki Gleeson will be responsible for the window displays again.

Thank you to our wonderful volunteers and to the community for their ongoing support. 2014 was another successful year.

End of season clearing sale started this week. Come in and look for a bargain.

Half price on all items - clothing for all the family, toys, crockery, books, linen and many other items.

The shop is open Tuesday to Friday from 9.00am to 12.30pm and Saturday 9.00am to 12.00 noon.

We have a Meat Raffle drawn monthly - buy a ticket for a chance to win. Thank you to Max’s Country Cuts for their ongoing support towards this raffle.

Don’t forget the sale - many treasures to be found.

Beatrice Voysey

Ringer Deadline!

Please remember to place your articles and advertisements into the Merriwa Ringer by 12.00 noon Mondays.

Find us on Facebook!

Look for Merriwa Central School’s official page!
**Community Notice Board**

**St David’s Pie/Lamington Drive**

If it is Pie Drive time again!

Time to stock up the freezer for the holidays!

Order sheets are out around town but if anyone is unable to access a sheet or have any queries, please contact Barbara.

**Orders Close:** Monday March 16
**Delivery Date:** Friday March 27
**Contact:** Barbara Campbell on 6548 5131 or 0428 485 131.

Barbara Campbell

**Missing**

Missing from “Worendaeai”, a black Angus Bull, full grown, medium in stature but well built. He seems to have wondered off in the past two weeks. The bull has a brand XN in both ears. NILS tag is NH40021.

A reward for his return will be offered and contact can be made by calling 0428 286 296.

John Nadar

**St Anne’s Parish**

**Merriwa - Cassilis**

**SACRAMENTS OF INITIATION 2015**

This is an invitation to families who would like to prepare their children for the Sacraments of Initiation: Confirmation and First Holy Communion as well as the Sacrament of Reconciliation in 2015. Children in Year 3 and upwards are eligible.

We invite you to a parent Information evening on Monday March 2 at 6.00pm in the Year 3/4 classroom at St Joseph’s School where an overview of the programme of preparation will be given.

For more information please contact Anne Marie Peebles on 6548 2035.

Fr John Tobin, Anne Marie Peebles and Paige Farrow

**Merriwa CWA**

**INTERNATIONAL WOMEN’S DAY LUNCHEON**

Friday March 6 at 10.30am for 11.00am at the CWA rooms in Bettington Street Merriwa. Confirmed speaker, Ms Lee Luckett talking on her work with Domestic Violence Victims.

Entry is a gold coin and an item of toiletry to be donated to Muswellbrook Women’s Refuge. Contact Jean Price 6548 2456 or Robyn McAlister 6548 3274.

**CWA ANNUAL EASTER STREET STALL**

Thursday April 2 for the CWA Annual Easter Street Stall. Great home cooking to stock up for the Easter holiday.

Next meeting for 2015 will be Monday March 9 at 10.00am at CWA Rooms, Bettington Street. New members are always welcome.

The rooms are available for bookings at very reasonable rates – contact Jean Price on 6548 2456.

Penelope Fenley

**Merriwa Squash Club**

Did you know that Merriwa has its own squash club? Ever thought of taking squash up? Wanting to get fit or meet new people? Haven’t played for a while and want to get back into it?

Well now is the time to follow those thoughts through and join the local squash club competition. It caters for all grades and the regulars enjoy teaching newbies how to play. With players from as young as 12 to over the 80 mark, no one has an excuse not to play!

The new competition starts Tuesday March 10. Sign up now and place your name at the Merriwa Sports Club.

Bruce Smith

**Gummun Place Hostel Market Day**

**When:** March 7
**Where:** Gummun Place Hostel gardens
**Time:** Commencing at 9.00am

Anyone wishing to assist with maning stalls, supplying crafts and cooking will be greatly appreciated.

**Contact:** 6521 7011

Sue Duggan

Merriwa Ringer
ANNUAL GENERAL MEETING

When: February 27
Time: 6.00pm

All members are kindly invited to attend and will be held at the Royal Hotel Cassilis. A dinner will be held afterwards.

More information contact Jane on 6376 1052.

Jane Hegarty

St David’s Uniting Church
WORLD DAY OF PRAYER

The World Day of Prayer this year will be held at St. David’s Uniting Church, Merriwa on Friday March 6, at 6.30pm, supper will be provided and we look forward to as many as possible being able to attend.

Betty Campbell

Merriwa Hospital Auxiliary

A street stall has been booked for our Auxiliary. The date is Friday March 6. We will be selling the usual cakes, slices, biscuits and fruit, vegetables and preserves. Also we will have a 100 club and a raffle with the prize being a $100.00 fuel voucher – tickets $2.00 or three for $5.00. We’d all love to win this one!

We would welcome any donations of saleable items from members of our community and we thank you all for your wonderful support each and every year. All money raised goes to the purchase of equipment for our Merriwa MPS – our very own local hospital.

See you all at the street stall with some yummy scrumptious cakes and slices.

Elaine Sparrow
Secretary

Anglican Women’s Guild

Anglican Women’s Guild Merriwa street stall competition results:

Raffle Winner: Ev Cronin
100 Club: First: Traveller passing thru.
                               Donation back to “Holy Trinity”
                                Second: Beatrice Voysey
                                Third: Ken Bevan.

Thank You to all who contributed to a wonderful successful stall.

ANNUAL GENERAL COMMITTEE FOR 2015

President: Joan Morgan
Secretary: Didi Alker
Treasurer: Margaret Wright
Vice presidents: Jill Inder and Beryl Llewelyn.

TRINITY MARKETS

Manager: Beatrice Voysey
Assistant Manager: Olive Hancock
Secretary: Margaret Wright
Treasurer: Beatrice Voysey.

Rosalie Drew
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<td>Upper Hunter Weeds</td>
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<tr>
<td>Welderup</td>
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**Emergency Services**

In case of emergency call 000 or 112 from mobile services

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<tr>
<td>Police Assistance</td>
<td>131 444</td>
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<tr>
<td>Fire (Admin only)</td>
<td>6548 2005</td>
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<tr>
<td>Hospital - MPS</td>
<td>6532 5000</td>
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<tr>
<td>Rural Fire Service</td>
<td>1800 081 166</td>
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<tr>
<td>SES Emergency</td>
<td>132 500</td>
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<tr>
<td>Merriwa Rescue Squad</td>
<td>6548 2538</td>
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<tr>
<td>Dr Noman Jawaad</td>
<td>6532 5013</td>
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<td>Merriwa Surgery - Dr Emad Jasem</td>
<td>6548 2305</td>
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**Support the Ringer regularly but can't find your business? Contact Tina on 6548 2119.**
PO BOX RENEWALS

Post Office box renewals will soon start arriving in boxes. If you decide that you no longer require a box please let Kellie or Kylie know as soon as possible. This year Australia Post is introducing electronic notifications for PO box customers to let you know when you have mail awaiting collection. AP is also offering PO box customers the chance to win one of 50 $200.00 prepaid visa cards when they renew and update their details by March 31. This can be done in store, by mail, via phone (1800 246 763) or online at www.auspost.com.au/pob-update

CARDS FOR ALL OCCASIONS

We have a range of greeting cards to suit your needs at only $2.00 per card. Boy and girl cards from ages 1 to 21, mum, dad, son, daughter, brother, sister, plus generic birthday cards for males and females and many more.

PRINTER CARTRIDGES

We carry a large range of printer cartridges from leading brands including Canon, HP, Lexmark, Brother and Epson. “Cheaper than BIG W”, I have been told on many occasions and what’s more no need to shop out of town. If I don’t have your cartridge let me know and I can order it in for you.

TECHNOLOGY

Merriwa LPO carries many technology items that you may require. Currently we stock several Telstra Prepaid phones from $79.00, USB sticks in 8, 16GB and 32GB, SD and Micro SD cards for camera and phones in 8GB and 16GB. For music lovers we have a portable Bluetooth speaker for $49.95 that can also be used as a handsfree speaker in your car (as long as your phone has Bluetooth). We also have a portable printer called Pringo for $169.00 which allows you to print wallet size photos directly from your phone.

AVON IN STORE

We have now entered Campaign 8 which offers some fantastic deals for all the family. Avon is a fundraiser for Breast Cancer and donates 100% of profits from the sale of selected products to helping fight this cause. Campaign 8 features a pink ribbon friendship pen and a Breast Cancer Crusade notebook for $3.99 each. Every Avon catalogue contains some great deals with freebies so come in a pick up a catalogue or go to my online shop – shop.avon.com.au/store/kelsw

GIFT CARDS

Not sure what to get your friends and family this year then a gift card is an option. We have prepaid visas in the amounts of $50, $100 & $200 (these have a $5.95 card activation fee) plus gift cards from Event Movie, BCF, Myer, Cotton on, smiggle and David Jones. We also have iTunes and Google Play gift cards. New giftcards added to stand include Cotton On and Typo. We have also been able to get back in the loadable Australia Post Giftcards which enables you to choose an amount between $50-$500 to load onto the card. There is still a $5.95 Activation fee with this card.

2015 DIARIES

All 2015 diaries in stock are now 10% off RRP.

SCENTSY

What is it? Scentsy is a company that sells high quality electric warmers, wax melts, Bath and Body products, Laundry and collectable Scentsy Buddies. There are over 80 fragrances to choose from and the smells are devine. There are many ways to purchase these products – by hosting a party at your home, collecting orders at your leisure with our basket party system, visiting the Merriwa Markets, shopping online at lusciousmelts.scentsy.com.au or calling in and picking up a catalogue.

SATURDAY TRADING DATES

February
Saturday 28 - Open 9.00-11.00am

March
Saturday 7 - March Closed
Saturday 14 - March Open 9.00-11.00am
Saturday 21- March Closed
Saturday 28 - March Open 9.00-11.00am.

FREE POCKET CALENDARS

Don’t forget to grab a free 2015 pocket calendar when in store. Handy to have in your wallet.

Merriwa Post Office Hours are Mon-Fri 9.00am – 5.00pm and every second Saturday 9.00-11.00am.

Kellie Walker and Kylie Austin
Overweight and obesity is a National Health Priority Area, currently affecting almost 63% of Australian adults and 25% of Australian children. The latest statistics show 37% men and women aged 25–50 years are overweight, and 27% are obese.

It has been predicted that by 2025, based on current figures, nearly 80% of Australians will be overweight or obese.

The causes of overweight and obesity are not easy to define.

Although diet and physical activity are central to maintaining a healthy weight, social, environmental, behavioural, genetic and physiological factors all play their part in contributing to weight gain. For many, weight gain is hard to avoid and very difficult to reverse.

The World Health Organisation (WHO) defines overweight and obesity as abnormal or excessive fat accumulation (build-up) that may impair health. We gain weight when we eat more energy (kilojoules) than we use up through exercise or activity. Energy is measured in kilojoules (kJ) and different foods provide different amounts of energy.

Gaining weight can increase your risk of health problems, like Type 2 diabetes, high blood pressure and heart disease. People with most of their body fat around their waist, which surrounds our vital organs, are at an increased risk. Risk factors for weight gain include living in inner regional, outer regional and remote areas of Australia, and living in a lower socioeconomic area.

Australia’s Healthy Weight Week (AHWW) is an initiative of the Dietitians Association of Australia, raising awareness of the importance of achieving and maintaining a healthy weight and lifestyle. This year, AHWW ran from 16–22 February 2015, with the theme of ‘Get inspired to achieve a healthier weight and lifestyle’. Events are held in February each year to help promote this message and encourage people to see an accredited practising dietitian to assist with food, nutrition and lifestyle management. More information is available at: www.healthyweightweek.com.au.

However, only one in 10 Australians who are trying to lose weight seek advice from a dietitian. Other allied health professionals such as doctors and pharmacists can also provide advice and materials to help people want to lose weight or manage their weight. Weight management is an important part of pharmacy practice, and measuring body mass index (BMI) and waist circumference (WC) is a way of identifying if a person is overweight or obese and may benefit from advice about weight management.

People also often have unrealistic expectations of how much weight loss is possible. Weight loss goals should be realistic (e.g. 1–2 kg per month), and even small amounts of weight loss improve health and wellbeing. Weight management must focus on health improvement and behavioural change rather than only on weight loss.

Weight management is a long-term strategy. It must be initiated by the individual and then maintained with the help of healthcare professionals, family, friends and carers. It involves setting realistic goals, self-monitoring behaviour and progress, understanding stimulus control (recognising and avoiding triggers that prompt unplanned eating), modifying thinking and problem solving.

Lifestyle interventions are the first approach in weight management, with an aim to reduce energy intake, increase physical activity and encourage behavioural change. Interventions that manage all three of these areas have been shown to be more effective than those that address only one or two. More intensive interventions of very low-energy diets (e.g. meal replacement products), weight loss medicines and even surgery may be required if no weight loss or reduction in waist circumference is seen after three months.

You can get more information on obesity from Merriwa Pharmacy. Self Care Fact Cards available from these pharmacies include topics such as Weight and health, Fat and cholesterol, and Fibre and bowel health.
You care about but don’t know what to give. They are easily posted and always appreciated.

READ IT AND SALIVATE!

My Kitchen Rules, River Cottage, Great British Bake Off, CWA street stalls, The Royal Easter Show.

What do all of these events have in common? Fantastic, hearty, classic dishes that are mouth-watering and scrumptious. Now you can be a part of this deliciousness with the AWW “The Country Collection” this is not just a cookbook - it is a coffee table book! The Photography is divine, the recipes are magnificent. I cannot wait to make my own mint slice biscuits! I will let you know how they turn out!

FLYING DISK AND GOLF SET

This is the perfect pre-schooler present. It is fun, teaches hand-eye coordination and can be played solo or with the whole family. It involves mini frisbees a free standing basket, bright colours and lots of fun. The best thing about it is that it costs less than $20.00.

INKJETS

We have the most affordable range of inkjets in Merriwa, our prices are also as good (if not better) than large retailers such as officeworks. Our products are genuine (not cheap versions) and we are able to get any inkjet you need in a short amount of time if we do not have it in stock already.

PHONECARDS; all cards are now available including Telstra, Optus and Vodaphone
Cash or Eftpos only

Neville and Leanne Hook

HALLMARK MOMENT

Chalk Writing is very hot right now, so get trendy when you next buy a card and get someone you love (or even like) a card from our new Inspirational Type Range. They are all blank inside, making them perfect for any occasion. The quote on the front are all inspirational without being clichéd or sappy. The artwork is deceptive in its simplicity - they look great.

“Be great in act as you have been in thought - William Shakespeare”

GIFT CARDS

We have a great range of gift cards, including iTunes, Visa, Google Play, Dotti, Myer, Just Jeans, Portmans, BCF, Red Balloon, Rebel Sports and more. These are the perfect little gift for someone you care about but don’t know what to give. They are easily posted and always appreciated.

Merriwa Ringer
With sheer grunt, reliability, safety and comfort, Outlander and Renegade ATV’s have been helping Aussie farmer’s battle droughts, flooding rains and plain old hard yakka. With industry leading levels of handling and strength the quads have won numerous awards from ATV of the year in the USA to three time winner of the punishing Dakar Rally.

The Can-Am outlander quads feature quick Visco-Lok engagement, and inboard disc brakes and unique chassis design, to name just a few of the features that make CAM-AM the industry leader.

Redesigned for quicker engagement, the Visco-Lok constantly monitors front wheel speed and, if it detects one wheel spinning faster than its mate, it progressively sends more power to the wheel with the better traction. And it does it all without the rider having to lift a finger.

The continuous-construction steel surrounding spar technology frame provides more strength than the traditional tubular construction frames. This technology also provides a lower centre of gravity, ultimately leading to better handling. There are fewer welds, less material, and less weight.

Outlander brakes are inboard to protect them from mud, rocks and other debris that can compromise braking. The result? Crisper stopping ability. Better responsiveness.

Now, BRP have announced the CAN-AM three year warranty program, which signifies confidence in the CAN-AM brand and a commitment to the Australian ATV industry.

Call into the store and find out about our

**MARCH SPECIAL on**

**CAN-AM OUTLANDER 500DPS**

**Also now in stock-**

**CAN-AM COMMANDER SIDE BY SIDE ATV’S**

With the Following features:

- Safety
- Larger Carrying Capacity
- Seating for Two
- Comfort
- Shade
- Powerful and fuel efficient

Drop in and test drive.

We have listed only a few of the features that are included in the CAM-AM ATV’s.

**EXPLORE. CLIMB. RACE OR WORK IN ANY CONDITIONS, CAM-AM WILL DELIVER ALL THE POWER AND PERFORMANCE YOU EXPECT AND MORE.**

**COME IN AND TRY ONE. YOU’LL EXPERIENCE THE ULTIMATE RIDE.**

Debbie, Glenn and Brad Hunt
GUMMUN PLACE HOSTEL MARKET DAY

Gumnun Place Hostel will be holding their annual market day on Saturday 7 March commencing at 9.00am.

There will be a variety of stalls such as cake, craft, preserves, furniture, lollies as well as a Devonshire morning tea and BBQ lunch.

All proceeds will be going towards the upgrade of the medical alert system.

Donations of goods to sell are gladly accepted.

P: Suzanne Duggan 6521 7010

SENIORS WEEK AT MERRIWA CTC/VIC

FREE COMPUTER COURSES

To celebrate Seniors Week, Merriwa CTC and Visitors Information Centre will be holding two FREE computer courses with morning tea provided.

Workshop 1 - Digital photography 10.00am to 2.00pm, Tuesday 17 March. Learn about features and modes on your camera, tips for taking better photos, uploading them to your computer, editing, printing and online photo projects. Class is non-product specific. Bring your digital camera, instruction book, all cords and extra batteries or charger

Workshop 2 - Introduction to the Internet 10.00am to 2.00pm Thursday 19 March. Topics include browser navigation, search engine techniques, terminology, many exciting Web sites for exploring, shopping and trip planning, security and saving sites to your favorites.

Bookings are essential for catering purposes.

For more information or to book for a workshop contact:

P: Liam Garment 6521 7046

ENVIRONMENTAL PLANNING AND ASSESSMENT ACT 1979

NOTICE OF PROPOSED DEVELOPMENT

Council has received the following development applications which may be inspected during office hours until 4.30pm Thursday 5 March 2015.

DA NO. DA15/2015
APPLICANT: SENTAN PTY LTD
LOCATION: LOT 2 DP 715916, 103 BETTINGTON STREET MERRIWA
PROPOSAL: STORAGE SHED

Comments or objections are invited from any affected person in regard to the proposals. All submissions must be submitted to the General Manager in writing within the inspection period above. Reasons for objection must be specified.

Note: Certain complying developments & those complying with Council’s Development Control Plan for Public Notification & Advertising are not advertised nor are adjoining/affected landowners notified.

‘MAKE IT HAPPEN’ FOR INTERNATIONAL WOMEN’S DAY

The Upper Hunter Shire will be celebrating International Women’s Day early with events being held in Scone and Merriwa in the week leading up to the international celebration on 8 March 2015. The theme for the 2015 event is ‘Make it Happen’ and the Upper Hunter Shire Council is encouraging residents to get involved in the events.

Merriwa Luncheon and Guest Speaker – Friday 6 March

In Merriwa there will be a luncheon on Friday 6 March with guest speaker Lee Luckett who will talk about her work with domestic violence victims. The event organised by the Merriwa CWA with support from Upper Hunter Shire Council will be held at the CWA Rooms, 159 Bettington Street from 10.30am for an 11.00am start. Entry is gold coin and a donation to a Pamper Pack for Upper Hunter Homelessness Support which includes a women’s refuge and short term housing for women and families.

RSVP for catering purposes to:

P: Jean Price on 6548 2456 or Robyn McAlister on 6548 3274
A Quality Rural Lifestyle - in a vibrant, caring and sustainable community

Upper Hunter Shire Council
Are you looking for a career with Children, Youth or Community Services?

Senior Youth Worker (Case Work)
Full Time, Scone
The Role: Provide direct provision of Early Intervention and Placement Prevention (EIPP) services and the management of the Scone Drop In Centre and Building.
What you will need: All applicants must possess appropriate tertiary qualifications in Youth Work or a related discipline with significant experience and formal training in undertaking casework.
Salary Range: $1010.50 - $1131.80 per 35 hour week.
Enquiries: Kim Hartmann, Children & Youth Services Co-ordinator, (02) 6540 1166

Community Services Officer
Permanent part time - 28hrs per week, Scone
The Role: Assist community initiatives to build the capacity of the community sector of the whole Shire, in particular the Merriwa area.
What you will need: Tertiary qualification relating to Community Development/ Community Services or relevant discipline or demonstrated minimum 4 years experience in community development and events management.
Salary Range: $1159.70 - $1298.90 per 35 hour week.
Enquiries: Kerri Cone, Manager Community Services, (02) 6540 1141

Children’s Services Officer
Full Time - Upper Hunter Early Learning Centre
The Role: To assist in the provision of high quality long day care services to the community.
What you will need: All applicants must have a strong understanding of appropriate developmental practices for children 0-6 years and completion or significant progression towards obtaining a Certificate III in Children’s Services or equivalent qualification.
Salary Range: $777.60 to $888.10 per 38 hour week.
Enquiries: Jodie Royston, ELC Co-ordinator, (02) 6540 1345

Children’s Services Officer
Temporary Full Time (up to 12 months) - Upper Hunter Early Learning Centre
The Role: To assist in the provision of high quality education and care services to the community.
What you will need: All applicants must possess as a minimum a Bachelor of teaching in Early Childhood or equivalent. Ability to obtain or current certified supervisor certificate.
Salary Range: $1060.20 - $1187.40 per 35 hour week.
Enquiries: Jodie Royston, ELC Co-ordinator, (02) 6540 1345

Children’s Services Officer
Room Leader
Full Time - Upper Hunter Early Learning Centre
The Role: To assist in the provision of high quality long day childcare services to the community.
What you will need: All applicants must have Diploma level or higher qualifications in Children’s services. Experience working in an early childhood setting (preferably long day care) including observing and recording children’s development is highly desirable.
Salary Range: $899.60 - $1070.60 per 38 hour week.
Enquiries: Jodie Royston, ELC Co-ordinator, (02) 6540 1345

How do I apply?
Potential applicants should visit Council’s website, www.upperhunter.nsw.gov.au to apply and obtain further information.
Upper Hunter Shire Council is a smoke free workplace and an EEO employer.
Drug and alcohol testing is a condition of employment.
Waid Crockett
General Manager

A Quality Rural Lifestyle in a vibrant, caring & sustainable community

Upper Hunter Shire Council

Children’s Services Officer
Assistant
Full Time - Upper Hunter Early Learning Centre
The Role: To assist in the provision of high quality long day care services to the community.
What you will need: All applicants must have a strong understanding of appropriate developmental practices for children 0-6 years and completion or significant progression towards obtaining a Certificate III in Children’s Services or equivalent qualification.
Salary Range: $899.60 to $1070.60 per 38 hour week.
Enquiries: Jodie Royston, ELC Co-ordinator, (02) 6540 1345

Administration Centre: 135 Liverpool Street, Scone: PO Box 208: 6540 1100
Merriwa Office: Vennacher Street, Merriwa: 6521 7000
Murrurundi Office: Mayne Street, Murrurundi: 6540 1350

www.upperhunter.nsw.gov.au

All positions close: 4.00pm on Friday, 6 March 2015

CLEAN UP AUSTRALIA DAY
COMMUNITY CLEAN UP AND FREE RUBBISH DISPOSAL

Council is partnering with Merriwa Progress Association to run the community clean up on Sunday 1 March at 10.00am. Everybody is welcome to volunteer. Meeting place will be Rotary Park.

Bags will be available but please bring along a pair of gloves. Remember to be sun smart - bring a water bottle, wear sunscreen, a hat and sunglasses.

Council is also offering each household one free rubbish drop off at Merriwa Waste Depot on 1 March 2015

There is a limit of one load which may be either a boot load, ute or box trailer and it must be household or yard rubbish not commercial or building waste.

The free Merriwa drop off will be between 9.00am and 2.00pm, please note the site closes for lunch between 12noon and 1.00pm.

P: Phoebe Richard 6521 7000
30 Bow Street Merriwa  $165,000.00
Situated in the heart of Merriwa this commercial premises is an excellent hassle free investment. The current tenants have been in place four years with the business being located in the premises since 1977. Returning $225.00 per week it is showing a 7% per annum return. The building is very solid and comprises a retail area, office, storeroom, workshop, toilet and hard stand area. Ideal for self-managed super funds.

26 Marquet Street Merriwa  $150,000.00
The home has two large bedrooms, a big combined lounge and dining area featuring a combustion fire and RC Air. A good size kitchen, bathroom and an enclosed verandah at the rear. At the front of the home is a wide verandah wrapping around the house. The back yard is fenced and flat with a single garage and attached workshop.

2968 Cullingral Road Merriwa  $125,000.00
Located 30 km’s from Merriwa on the Merriwa River it is a very pretty spot. 40 Acres in total, approximately 15 acres is cleared around the river with the remaining being natural bush land. Wide life abounds with natives as well as pigs and rabbits. A 4WD is needed to access the block.

EMERGENCY CONTACTS
If you need assistance from Ambulance - Police - Fire including Hazardous Incidents
DIAL 000
Merriwa Phone Numbers
Police (Administration Only)  6548 2437
Police Mobile  0408 293 423
Police Assistance Line  131 444
When reporting an incident to the Police, always request and record your Incident Reference Number
Fire Brigade (Administration only)  6548 2005
Hospital  6532 5000
Rural Fire Service (Administration and Duty Officer)  1800 081 166
SES Emergency Number  132 500
Merriwa Rescue Squad  6548 2538

Have unwanted items? Looking for something in particular or an event the public needs to know about? Why not place an advert with the Merriwa Ringer?
Interested? Contact us on 6548 2119
MERRIWA TOURIST WELCOMING CENTRE & MEN’S SHED
Arts, Crafts, Farm Produce!
Clean toilets!
CENTRE:
Open every day
9.30am-2.30pm
MEN’S SHED:
Every Thursday
10.00am onwards
President: J Alker
Secretary: E Shipway
Telephone: 6548 3201

MERRIWA Auto Electrical
Michael & Sally
All Types of Auto Electrical & Air Conditioning Repairs
(02) 6548 2114
30 Bow St, Merriwa 2329
merriwaautoelectrical@bigpond.com

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Digitised Embroidery Service
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School Items and Work Place Uniforms
Quality Clothing Friendly Service Affordable Prices
Phone: 6548 3023

MERRIWA HEALTHY ENVIRONMENT GROUP INC

Merriwa District Education Foundation
President - Ivan Gant
6376 1044
Secretary - Jane Hegarty
6376 1052
Treasurer - Lesley Nixon
0407 627 846
Education changes lives. And families. And communities.
Our work is an investment in the future of rural and regional Australia.
Electrical Contractors
Air Conditioning ~ Home Installations
Refrigeration ~ Electrical Accessories
Service Dealers (Daikin, Teco, Fisher Paykel, Electrolux) ~ White Goods ~ Appliances

C.J & J.M Vero & Sons
Phone: 6548 2303
Fax: 6548 2053 After Hours: 6548 2045 (Emergencies Only)
102a Bettington Street, Merriwa
ABN: 65 810 824 869 Lic#: 243746C Au: 29030

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Ph: 6548 2500 – Fax: 6548 3049 – Mob: 0407 488 560
29 Blaxland Street, Merriwa 2329
Email sales: Justin@welderup.com.au
Email accounts: accounts@welderup.com.au
Web: www.welderup.com.au

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Proud to have serviced the people of the Upper Hunter since 1890
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Family Law
General Legal Work

86 Betlington Street
MERRIWA NSW 2329

Muswellbrook 02 6543 2433
Merriwa 02 6548 2205
**Merriwa Ringer**

**Merriwa Anglican Parish**

- **Services**
  - Holy Trinity: St Columbia
  - Merriwa: Cassilis

- **Service Times**
  - 9.00am Sundays
  - 11.00am every 10.00am
  - Frnds and 4th Short Bible Study: Sunday

- **Contact**
  - 0429 996 769

- **Pastor**
  - Rev’d Glen Hughes - Supervising Priest & Rev’d Pat Kirkby - Local Priest

**Merriwa District Progress Association Inc**

**Support the Organisation Which Supports Your Community**

Meets every 4th Wednesday at Merriwa RSL at 6:00 pm

Phone Kim on 6548 3060
Or Beron on 6548 2245

**Merriwa Central School P & C Association**

- **President:** Jayne Cronin
- **Senior Vice:** Christine Riley
- **Junior Vice:** Yvonne McNaught
- **Secretary:** Gaynor Blackadder
- **Treasurer:** Anna Whaley

Meets the first Wednesday of each Month at 7pm, Merriwa RSL Club

**Merriwa Pharmacy**

- **Opening Hours**
  - Monday 9am – 5:30pm
  - Tuesday 9am – 5:30pm
  - Wednesday 9am – 5:30pm
  - Thursday 9am – 5:30pm
  - Friday 9am – 5:30pm
  - Saturday 9am – 12 noon

**Ph:** 6548 2213

**Saturday by Appointment Only**

**Merriwa Races**

**Race Day for 2015 is April 18**

Race Club President - David Alker

Contact: 0427 482 095

Vice Presidents - Peter Bishop and Paul Frampton

**CWA**

Meets 2nd Monday of the month

- 10.00am in the CWA Rooms, 159 Bettington Street
- Visitors and new members are always welcome.

Enquiries to:

- President: Barbara Campbell
- Phone: 6548 5131
- Email: barbaraj11@gmail.com
- Secretary: Robyn McAllister
- Phone: 6548 3274
- Email: robyn@cwa@bigpond.com

**St Davids Uniting Church**

- **Venneracher Street**
- **Merriwa**
- **Service Times**
  - 1st, 2nd, 4th and 5th Sundays at 11.00am
  - 3rd Sunday at 6.00pm

- **Contact**
  - Pastor Ross Neville - 6545 1396
  - Pastor Richard Moors - 6543 1168
  - Peter Campbell - 6548 5126

**Merriwa Races**

**Race Day - Second Sunday of each month**

- President: Clare Martin - 6548 2201
- Secretary: Christine Sparrow - 0427 412 128
- Treasurer: Yvonne McNaught - 6548 2842

**Merriwa, the birth place of Pony Club....**

**Gummun Place Hostel**

- 14-16 Marquet Street
- Merriwa

A place for ageing community members to enjoy life and receive the care that they need.

A rural relaxing lifestyle provided with care.

16 Room Low-Care Aged Facility

**Contact**

- PHONE: 6521 7011

**Merriwa SSAA & APA**

Range facilities and Fire arm testing available

- President: Nathan Telfer
- Secretary: Phil Martyn

Contact 6547 6031 for information

Shooting weekends 2nd and 4th weekend of the month

**Merriwa Pony Club**

Established in 1946

**Rally Day - Second Sunday of each month**

- President: Clare Martin - 6548 2201
- Secretary: Christine Sparrow - 0427 412 128
- Treasurer: Yvonne McNaught - 6548 2842

**Merriwa, the birth place of Pony Club....**
**Merriwa Central School**

Primary Campus: 6548 2101
Secondary Campus: 6548 2119

**Merriwa Rugby League Football Club**

President – Mark Kirkland
Snr Vice President – Seth Morgan
Jnr Vice President – Justine Wilney

**Merriwa Pre-School & Activity Centre**

Pre-School is for 2 – 5 year olds
Open Monday – Friday 9am – 3pm
Ph: 02 65 482 083
Email: merrispreschool@tpg.com.au

MAC is open for 5 – 12 year olds.
Open Monday – Friday 3pm – 6pm & 9am – 5pm School Holiday time.
Ph: 02 65 482 082
Email: merrimac@tpg.com.au

**Merriwa Sports Club Ltd 6548 2028**

*Opening Times:*
*Monday & Tuesday - 4pm * Wednesday - Sunday - 12pm*

**Merriwa Touch Football**

Wednesday Nights
Junior and Senior Comp
President: Tina Taylor
Senior Vice President: Trent Cooper
Secretary: Barbara Epper
Treasurer: Ainsley Mayben

For more information contact 6548 2124 after hours.

**MERRIWA JUNIOR LEAGUE AND NETBALL CLUB**

President: Andrew Murray Wright
Vice President: Elaine Sparrow
Secretary: Treasurer:
Andrew Webster

**Merriwa Ringer**

**SANDY HOLLOW PUBLIC SCHOOL**

Telephone: 02 6547 4521 02 6547 4450
Fax: 6548 2157
Email: sandyhollop.s.school@det.nsw.edu.au

**Cassilis Public School**

Relieving Principal: Jeanette Grinham
Coolah Road  Ph: 63761009
Cassilis NSW  2329 Fax: 63761005
cassilis-p.school@det.nsw.edu.au
www.cassilis-p.school.nsw.edu.au

**Cassilis Bowling Club**

PH: 6376 1002
Open every day 5pm

**Clubs**

**Merriwa Sports Club**

The Sports Club provides a wide range of benefits for members and guests.

**Mondays** - Happy Two Hour - 4.00pm to 6.00pm - Social Darts 7.00pm - Draw for partners

**Tuesdays** - Rotary meets - 7.00pm for 7.30pm

**Thursdays** - 6.00pm Bingo - Prizes of club and meat vouchers. Raffle and Super 39 special prize

**Fridays** - Happy Two Hour - 5.00pm to 7.00pm, free raffles and Merriwa Old Boys Football Club “Chook Wheel”

**Saturdays** - Monster Raffle drawn from 7.45pm, winners jackpot, dinner draw and Saturday badge draw

**Sundays** - Members badge draw plus three raffles choice of $25.00 meat or fuel vouchers

**Last Sunday each month** - Smorgasbord all you can eat Chinese entree, mains and desserts.

Casual Bowls and Golf also available. Donations in honesty box.

**DON’T FORGET CHINESE SMORGASBORD SUNDAY FEBRUARY 22**

Chinese/Australian restaurant open for lunch Wednesday to Sunday, 12 noon to 2.00pm. Dinner Tuesday to Sunday 5.30pm to 9.00pm. Closed Mondays, reopen 5.00pm Tuesday.

For bookings and take away - telephone 6548 3228.
**WEEKEND RESULTS**

**Saturday Raffle February 21**
Saturday Members Draw no 244 was won - next week $100.00  
Winners Jackpot not won - next week $440.00

**Free Tickets:** Eva Towler  
**Dinner:** Jan Baihn  
**Bowls Raffle:** Adele Fear

**Sunday Raffle February 22**
Sunday Members draw - No 200, not won. Next week $1000.00.

Don't forget!

**MUFTI BOWLS AT THE CLUB**
Come along and enjoy an evening of social bowls, each Friday at 5.00pm and Saturday afternoons commencing at 1.00pm. ALL WELCOME. No experience necessary.

**NEXT TRIVIA NIGHT**
When: Saturday March 21 at 6.30pm  
$10.00 per head, tables of eight. Come along and enjoy a fun night of trivia. Great prizes, great fun. Basket supper or purchase your snacks at the restaurant. Part of the proceeds will be donated to Gummun Place to assist in the purchase of a Medical Alert System.

**NRL FOOTING TIPPING COMPETITION**
Starts March 5, names to Club by 6.00pm.

**MENS BOWLS NEWS**
On the Saturday February 28 we will be starting our District Pennants which will be played at Aberdeen Town Bowling Club. The teams to play that day are as follows:

- P Rush, G Watson, K Barry
- J Edens, K Bevan, P Heuston
- A Hancock, J Cronin, D Snelgrove
- M Barwick, P Cottom, M Cottom

If anyone can not make it that day, please contact Ken Bevan.

It was very pleasing to see a roll up of 16 bowlers last Friday afternoon. Hope to see you back next Friday.

Also anyone not playing pennants you might be able to organise a game of bowls Saturday afternoon at 1.00pm.

Greg Watson

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**Merriwa RSL Club**

The Members Lucky Badge for $700.00 was not won on Friday at 8.30pm, the number was 422. This week it jackpots to $750.00. The 7.00pm draw for $500.00 was not won. The number was 487. This week it jackpots to $520.00. The 9.00pm draw for $400.00 was not won and the number was 182. This week it jackpots to $420.00. LTPS/13/04473

The Sunday Morning Badge Draw for $950.00 was not won last week. The number was 387 and this week it jackpots to $1000.00. It will be drawn between 11.30am and 1.30pm and you must be present to win the money. LTPS/13/04473

**COMING EVENTS**

**INTRODUCING ‘T-BONE TUESDAY’**- Every Tuesday you can now order a T-Bone, chips and salad for just $15.00.

Also every Thursday have a chicken schnitzel, chips and salad for just $12.50.

**WHAT’S HAPPENING IN THE CLUB**

**HAPPY HOUR IS BACK** - Friday 6.00pm to 7.00pm and Sunday 11.00am to 12 noon, $3.00 schooners and $2.00 middies, and starting this week $5.00 Corona’s.

**FOOTY TIPPING**
Names and money can be left at the bar for the 2015 footy tipping competition.

**Cost:** $20.00 entry fee

Competition kicks off on Thursday March 5, Broncos v Rabbits.

Matt Morgan

---

**Cassilis Bowling Club**

**FRIDAY NIGHT SNACK BAR**
Affordable family meals.

**FRIDAY NIGHT RAFFLES**
Meat trays, vegetable trays, schooner draw, joker jaw, members draw and vegetable trays.

**DRAW RESULTS – FEBRUARY 20**

**Members Draw** - $60.00 – Shane Rawlinson – unclaimed - $65.00 next week

**Joker Draw** – $1003.00 – Sophie Argyropoulos – unsuccessful - $1026.00 next week.

Commencing Sunday March 1 – Pool and Jukebox arvo – half price drinks and nibblies from 2.30pm.

Hilary Parker

---

Merriwa Ringer
Sporting News
Merriwa Tennis Club
AUTUMN NIGHT COMPETITION

Nominations for the Autumn Night Competition close Thursday February 26 (today).

Tennis is played on Monday evenings from 6.30 - approximately 8.30pm.

Nominate as a team of four (two ladies and two gentlemen), as a pair or as an individual.

Nominations may be left at Merriwa Pharmacy or by e-mailing merriwatennis@gmail.com.

HOTSHOTS

The Hotshots junior tennis program is gathering momentum - The Tennis Club, Merriwa Central School and St Josephs have all received equipment from Tennis Australia. The club is looking for helpers to help get this program off the ground. Please contact Alyssa Moore at Merriwa Central School if you can assist.

Boris Becker - Robert Smith

Merriwa Little Athletics Club

Jack Patterson is our brilliant athlete of the week. Jack was extraordinary at training, quickly picking up the tricky technique of hurdles. Brilliant work Jack. Not only are you a spectacularly great first time hurdler, your smile while doing it makes coaching you a joy. With all the parents and athletes cheering you on, you could have hurdled your way around the entire track twice and still have energy to burn!

Other stand out performers included Jayden McPhee for his enthusiasm and great listening skills while learning how to throw the shot put and Claudia Patterson for showing a ‘killer’ right throwing arm! Nice work Claudia and Jayden.

It was also great to see some of the senior athletes stepping up to the plate to help the juniors last week. Jackson Keane did a marvellous job demonstrating the shot put, measuring throws, retrieving shots and helping with technique correction.

This week we have our track back thanks kindly to Merriwa Central School for lending us their line marker as well as their fabulous ‘line marker operator’ Mr Peter Stone. Mel Bates was also on hand to help mark the track and show off some of her fencing experience lining up the markers for us. Thanks Mel.

There will be extra training sessions on Wednesday nights from 4.30pm to 5.30ish (unless otherwise advised) over the next few weeks for our four athletes travelling to Sydney in March for the State Multi Event – Cody Bates, Grace Booth, Jorji and Darcy Taaffe. Other athletes wanting to get some extra training in are welcome to attend.

Tash Taaffe
Merriwa Rugby League Football Club

It is not long until the Group 21 comp starts therefore any person wishing to play should either have started training or going to turn up at the next training session. We have some games coming up before the comp starts on April 11 and 12.

Ladies League Tag will play in the Knockout Comp in Muswellbrook on March 14 and 15.

The guys Rugby League side will play a trial game on Saturday 21 March at 6.00pm in Merriwa against Trangie. Free entry to this game, so come along and watch our 2015 team.

PLAYERS REGISTRATION COSTS

- League Tag over 18 - $35.00
- League Tag under 18 - $5.00
- Rugby League over 18 - $100.00
- Rugby League under 18 - $60.00

TRAINING TIMES

Women’s league tag
Tuesday – No.1 Oval 6.30pm to 8.00pm
Thursday - No.2 Oval 6.30pm to 8.00pm

Men’s Rugby League
Tuesdays and Fridays - No.1 oval 6.30pm to 8.00pm

We would like to acknowledge our sponsors so far and thank them:

Major Sponsor
Merriwa RSL Club

Jersey Sponsors
Morgan’s Maintenance
JTS Realty
Pembroke Beef
Scott Witton Building
Glandore Warmbloods
Rockwell Livestock and Property
LTB Fencing

Shorts sponsorship
Max’s Country Cuts

Minor sponsors
Merriwa Pharmacy

Craig MacPherson Haulage
Merriwa Petroleum and Ag
Hunter Mutual
J and A Maben
Go the Mighty Magpies 2015!

Merriwa Junior Rugby League Football and Netball Club

MERRIWA NETBALL NEWS

If you are interested in joining a Merriwa netball team please contact Heidi Inder asap. Netball registration forms are now available. There is no need to go across to Scone to register if you would like to get your forms and payment to Heidi by Friday February 27 (at the latest). Cheques to ‘Scone and District Netball Association’.

There will be a number of Merriwa teams between the ages of:

- NetSetGo 5-10 years - $80.00
- Intermediate 11-17 years - $100.00
- Seniors 18 years and up - $145.00

DATES TO REMEMBER

Final registration date in Merriwa will be:

When: Friday February 27
From: 4.30pm - 5.00pm at Merriwa Oval

NETBALL COACHES AND TEAM MANAGERS

To anyone interested in a netball coaching or team manager role this season please contact me or the Merriwa JRL and Netball Club Committee. We are always appreciative of any help.

First training will actually be on Thursday March 5 at 4.30pm.

Competition starts at Scone Saturday March 14.

Please spread the word to anyone else you think may like to join and train with a Merriwa team. For more information go to Scone Netball website (http://sconena.nsw.netball.com.au/) or their facebook page. Any queries please ring me.

Contact: Heidi Inder on 0427 485 009.

Heidi Inder

Gaynor Blackadder

Go the Mighty Magpies 2015!
MERRIWA JRLF CLUB

Registrations are now due. If you haven’t already registered, now is the time. Head on down to training on Tuesdays or Fridays to fill in the forms. The fee is $60.00 per league player. Training has now commenced and our young footy girls and boys are hard at it with their coaches. If you are turning five this year, you can play rugby league. This is for boys and girls up to twelve years of age. Our Merriwa club needs all the players we can get to play this great game. If you are not sure about the rules come on down to training and try it out before you sign up. We are very happy to see new faces coming along. See Elaine or Kellie for forms. Heidi is at training most times and can also give out netball forms for those girls wanting to play netball in the Scone Competition each Saturday.

League games are played at Scone, Aberdeen, Muswellbrook, Singleton, Denman and Merriwa with alternate towns as per the draw depending on the number of teams registered per town as to how many home games each year. Merriwa will get two home games this year in our mini/mod competition.

The club has footy shorts for $25.00 and footy socks for $15.00 for sale each week. I will be placing an order for club polo shirts very soon. Sizes are from 6 through to XXXL (mens) 18 (ladies). If you would like a club shirt please let Elaine know with your size. It looks great when we all turn up in our club shirts with our Merriwa Magpie logo - mums, dads, coaches and players. So let Elaine know if you would like a club shirt. Go the MAGPIES.

See you all at training and remember - REGISTER NOW so we can send our team age nominations through to Group 21.

Elaine Sparrow
What's happening?

Send your calendar information in before 12 noon
Mondays to merriwa2-c.school@det.nsw.edu.au

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<th>FEBRUARY</th>
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<tr>
<td>Friday 27</td>
<td>Messy Church, first one for 2015 - Parish Hall - 3.30pm</td>
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<tr>
<td>Saturday 28</td>
<td>P and C Trivia Night - Merriwa RSL Club, 6.00pm</td>
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<th>MARCH</th>
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<tr>
<td>Friday 6</td>
<td>CWA International Women’s Day - 10.30am for 11.00am</td>
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<tr>
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<td>Uniting Church - World Day of Prayer - 6.30pm</td>
</tr>
<tr>
<td>Saturday 7</td>
<td>Gummun Place Hostel Market Day - 9.00am</td>
</tr>
<tr>
<td>Sunday 15</td>
<td>Holy Trinity Parish Annual General Meeting</td>
</tr>
<tr>
<td>Saturday 21</td>
<td>Merriwa Sports Club Trivia Night - 6.30pm</td>
</tr>
<tr>
<td>Friday 27</td>
<td>The Merriwa Charity Muster</td>
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<tr>
<td></td>
<td>Merriwa Touch Football Grand Final - Sports Oval Number 1 - 6.30pm</td>
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<tr>
<td>Saturday 28</td>
<td>The Merriwa Charity Muster</td>
</tr>
<tr>
<td></td>
<td>Merriwa Campdraft - Working Bee - 8.00am start</td>
</tr>
<tr>
<td>Sunday 29</td>
<td>The Merriwa Charity Muster - Sunday Fun Run -7.30am, Number 1 Oval</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>APRIL</th>
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</tr>
</thead>
<tbody>
<tr>
<td>Thursday 2</td>
<td>CWA Annual Easter Street Stall</td>
</tr>
<tr>
<td>Saturday 11</td>
<td>Select Horse and Working Dog Sale/Challenge</td>
</tr>
</tbody>
</table>

If you would like your event included in the community calendar or wish to claim a date, please call Tina at the Ringer so that your event is not missed!

The Merriwa Ringer - Merriwa’s only Not-for-profit newsletter serving the community for 25 years.