Merriwa Little Athletic’s represent at the State Multi Event at the Olympic Stadium at Homebush with four team members, Darcy Taaffe, Cody Bates, Grace Booth and Jorji Taaffe taking the field in a number of events.
Solid State Circus visits Merriwa Central School

SOLID STATE CIRCUS

Last Wednesday the Primary Campus were visited by the performance group ‘Solid State Circus’. The tightly packed, high energy show featured circus skills, including juggling, acrobatics and a death-defying mini-tramp! We learnt the difference between a backflip and a backsault with lots of jokes throughout the show. The dynamic, inspirational trio reinforce the healthy mind and a healthy body. It was a wonderful show and all the students and teachers enjoyed it.

Rebecca West
Assistant Principal
Thrills and spills galore on the primary campus last week as the visiting circus troop performed for students. Money raised from the school Fun Run events was used to provide this performance to students free of charge. The regular cost of the performance would have been six dollars per student- well done to those students who gained sponsors for the Fun Run.

CROSS COUNTRY
The K-6 cross country will be held this Friday morning. Students will walk down to the sportsground with their teachers and the event will take place on the Golf Course. Parents are welcome to attend and support the event. The Primary Zone Cross Country will take place on March 27. The 7-12 cross country will take place next Wednesday from 1pm at the same venue. The Secondary Zone Cross Country will take place on 31 March.

SCHOOL FEES
All parents and carers would have received information about school contributions in the post. We have kept the primary contribution to the same low rate for the past seven years. Some secondary elective fees have changes due to the increasing cost of some consumable items. Payment was due by Friday 6 March, thank you to those parents and carers who have already made their payment. Payments can still be made at the Office or online via the school website. If families are experiencing financial difficulty and are unable to pay the fees please do not hesitate to contact me. All enquiries are dealt with in confidence.

PARENT TEACHER INTERVIEWS
Parent teacher interviews are a great opportunity to meet your child’s teacher and discuss their progress. K-12 interviews are held at the end of Term 1, and in the second week of Term 3 after Semester 1 (Half Yearly) reports are issued. However teachers are happy to meet with parents at any time during the year, feel free to contact the Office to make an appointment.

Parent teacher interviews K-12 will be held on Tuesday 24 March, please contact the Office to make an appointment.

The schools Facebook page is a great way to keep in touch.

Did you know!

NSW STATE ELECTION
The State election will be held on Saturday 28 March. This year the polling place has been moved from the School of Arts to Merriwa Central School primary campus. Voting will take place in the library which has disabled access. Remember voting is compulsory.

Darren Noonan
Principal

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<th>MARCH</th>
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<td>Friday 13</td>
<td>Primary Cross Country</td>
<td>Primary assembly, 2.15pm</td>
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<td>Yarn Up Day - Parents of Aboriginal Students - Great Hall, 9.00am</td>
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<td>Tuesday 17</td>
<td>Year 11 and 12 Careers and Trades day</td>
<td>Muswellbrook High School</td>
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<td>Wednesday 18</td>
<td>Secondary Cross Country</td>
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<td>Thursday 19</td>
<td>Year 7 and 10 Geography excursion</td>
<td>Merriwa River</td>
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<td>Monday 23</td>
<td>Year 12 Half Yearly Exams</td>
<td>all week</td>
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<td>Tuesday 24</td>
<td>Parent Teacher Interviews</td>
<td>Primary 3.30-6.30pm and Secondary 5.00-7.30pm</td>
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<td>Friday 27</td>
<td>Primary assembly</td>
<td>Primary Zone Cross Country</td>
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<td>Monday 30</td>
<td>Secondary formal assembly</td>
<td>Great Hall, 8.55am</td>
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<td>Tuesday 31</td>
<td>Secondary Zone Cross Country</td>
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<th>APRIL</th>
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<tr>
<td>Wednesday 1</td>
<td>P and C meeting – Merriwa RSL Club, 7.00-8.30pm</td>
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<td>Thursday 2</td>
<td>Last day for Term 1</td>
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<td>Monday 20</td>
<td>Staff return for Term 2</td>
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STUDENTS OF THE WEEK

Well done to our Students of the Week for Week 6. Thank you to our fantastic P and C for the latest donation of book awards. Last week students were very proud to receive them. Congratulations to the following students:

Year Kindergarten:  Alexander Osmond
Year K/1:  Matthew Grady
Year 2:  Jackson Whitby
Year 3/4:  Mia Jacobs
Year 4/5:  Jack Mobberley
Year 5/6:  Kyle-Jacen Edens-Rosa

Primary News

Students of the Week

CROSS COUNTRY

Tomorrow is the Primary Cross Country which will be held at the Sports Ground in the morning. Students will need to wear their sports uniform or house colours for the event. The cross country also doubles as our school fun run fundraiser for which students have already been seeking sponsors. Students will need to return their sponsor booklets along with their donations to the primary office. Parents and friends are all welcome to attend the event and any volunteer helpers would be greatly appreciated. Students will need to remember their school hats and an extra bottle of water for the day.

Merriwa Central School wish to advise that the gates between number 1 and number 2 ovals will be locked during this period.

Secondary News

On Wednesday February 18, six Year 11 students and twenty Year 7 students travelled by bus to Omadale Orchard Lodge near Scone. Accompanying them were myself as the Year 7 Adviser, and Mrs Harrison, the Year 11 Adviser. We spent three days at the Lodge and in that time got up to a lot of fun, mischief and even learnt more about ourselves and each other.

The day’s events consisted of challenges, like boat racing and newspaper fashion shows; workshops, where students learnt about resilience and empathy with their Peer Support Leaders from Year 11; games including no-arm drama shows, cricket, volleyball and of course every student had their turn at housekeeping, where students

Merriwa Ringer
cooked and cleaned for twenty-eight people.

The Year 11 Peer Support Leaders; John Cronin, Craig Walker, Robert Thorburn, Jodie Mulholland, Tiesha Keogh and Miranda Boland, guided the Year 7’s through ups and downs, they supported them, taught them and laughed with them. Mrs Harrison and I were very impressed with the level of maturity shown by the Year 11 Leaders and their level of personal responsibility. They will make fantastic role models for the Year 7 students in our school community.

By the Friday afternoon, upon our return, everyone was happy, if all be it, a little exhausted. I would like to acknowledge the Year 11 Leaders and thank them for their hard work, Mrs Harrison for all of her help running the show and of course all those who donated delicious food for the trip. It was loads of fun!

Patrick Lomax
Year 7 Year Adviser

VOCATIONAL EDUCATION AND TECHNOLOGY
(VET) NEWS

As per usual the VET faculty has very busy organising a range of extra curricula activities for students as well as preparing for the teaching and learning that happens during class time.

We have a Year 11 and 12 Career and Trades excursion to Muswellbrook High School on March 17. This is a wonderful opportunity to hear from a range of speakers and then visit a number of career stalls that will be attending the day. The Upper Hunter Council has kindly supported Merriwa Central Students attending the day by providing their community bus for transport.

On March 18 we have the Secondary Campus Cross Country Event. This will be held at the Merriwa Golf course and students will be representing their sport houses and trialling to see who will represent Merriwa Central School at the regional Cross Country. It is expected that the first race will begin at 1.30 pm. Any community members who would like to come along and watch are most welcome.

On March 20 Year 10 students will have their mock interviews with local industry representatives. Students have been busy applying for an advertised position and will then attend a practice interview. In careers they have been working on their resumes to take along as supporting evidence. This has been an interesting exercise as we have many very talented students who participate in a range of activities in our community. This has also prompted some students to think about how they can increase their skill level and what opportunities might be available in Merriwa for them to participate in.

Year 12 students are now in the countdown to their half yearly exams and should be busy studying and revising...
their course content to maximise their results. Their exams will be in week 9. Teachers are only too happy to help and support students who want to book in some extra time to clarify information or go over concepts they are not sure of.

Hospitality students have been learning the finer art coffee making and practising their skills by providing some very appreciative staff with a range of different coffees. Industrial technology students are getting to that stage where their major work plans are finalised and they are beginning to cut timber and put their wood skills to work. Sport coaching students have been completing their first two competencies and helping to organise and run a lunch time tennis competition for other students. Business Services students have been learning the finer points of business correspondence by designing letterheads, understanding what fully blocked open punctuation means and how to interpret proof reading symbols.

All in all a very busy three weeks since our last news report.

Jane Hegarty

CROSS COUNTRY UPDATE

The Secondary Merriwa Central School Cross Country carnival is being held on March 18. Your student’s normal Wednesday afternoon classes will now switch to the morning. The Sport sessions will operate in the afternoon.

Like last year, the course will be 3km, 4km, 6km and 8km tracks around the No 1 Sports Oval and the Merriwa Golf Course.

All students will be required to participate by either walking or running the course. Students should wear their sports uniform and with appropriate running footwear. Students are responsible for bringing their hats, sunscreen and water bottles on the day.

Student will be given time to eat lunch at school before we walk our students down to the No 1 Sports oval. Students walk the course and races will start at 1.30pm. Bus students will be picked up from the No 1 Sports Oval and town students will be dismissed from this area, at the end of the school day.

CROSS COUNTRY COMPETITION DISTANCES

- 3 kilometres - 12 years and 13 years boys and 12 years, 13 years and 14 years girls
- 4 kilometres - 14 years and 15 years boys and 15 years and 16 years
- 6 kilometres - 16 years boys and 17+ years girls
- 8 kilometres - 17+ years boys

Parents are welcome to attend and support their children during the event.

Alison King
Sports coordinator

NEW CAREER EVENTS

Defence Force - Army Reserve Movie Night on Friday March 27 at 6:00pm at Muswellbrook Cinema, 12-15 Sydney Street Muswellbrook NSW. The night will consist of an information session at the theatre presented by current serving military members in the Australian Army Reserve about the types of jobs within Reserve, the lifestyle, benefits and the recruiting process. We will then watch they newly released movie Insurgent and there will be time on conclusion of the movie to mingle with various ADF about their experiences.
and ask any questions you may have. This is a FREE event. Please be advised, those wishing to attend must be over the age of 15. Places are limited so get your RSVP in now to attend this great night! If more than one person wishes to come, please let us know when you RSVP. Please send your RSVP to cptnewcastle@dfr.com.au or call (02) 4974 5427.

**P AND C REPORT**

Thank you to all the 2014 Committee, we’d like to make special mention to Maria Cameron who has decided not to take on the position of Canteen Treasurer which Maria has done a brilliant job with over the past three years. This position was the only position that wasn’t filled at our AGM therefore if you are interested in taking on this role please contact one the executive members on our committee. Maria has offered to give you some guidance.

The 2015 P and C committee members are:

- President: Jayne Cronin
- Snr Vice President: Yvonne McNaught
- Jnr Vice President: Cassie Constable
- Secretary: Gaynor Blackadder
- Treasurer: Anna Whaley
- Canteen Treasurer: VACANT – to be filled

Job involves:

- Paying accounts and wages
- Quarterly BAS and Super payments
- Filing all invoices, deposit details and Wage sheets
- Monthly bank reconciliation
- Recording three bank accounts
- Printing reports in MYOB

- Publicity Officer: Bec West
- Fundraising Officer: Krichelle Khan
- General Committee: M Sinderberry, D Noonan, A Johnston, E Russell, T Simmons and M Cameron.

**Student of the Week**

Sarah Nairne
Year 7

**Open Days**

**Charles Sturt University MyDay Program 2015 - Bathurst**

Information Technology and Computing - May 12
Psychology - May 21
Accounting and Business - May 28
Teaching and Education - June 4
Policing and Criminal Justice - June 29

**Wagga Wagga**

Teaching and Education - June 9
Agriculture - June 12
Communication and Creative Industries (Years 11 and 12) - June 23
Communication and Creative Industries (Year 10) - August 25-26

Please contact me if you require any further career information.

Jane Hegarty
Careers Adviser

**Hairdressing Hunter TAFE Information Sessions**


**Favourite Subject:** English

**Extra-Curricular activities:** SRC, Horse Sports, Tennis Competition.

**Best Personal Achievements:** Being elected as School Captain at Cassilis Public School.

**Year Advisor’s Comment:** Sarah has made a fantastic transition into Secondary school this year. Sarah has proved herself to be a hardworking, diligent and friendly student and she is excelling in all of her subjects. Staff at Merriwa Central have commented on Sarah’s friendly nature and her ability to work well with her peer group, she proved during Peer Support Camp that she is team player and sociable young lady. Congratulations on making Student of the Week, Sarah. Keep up the great work.

Patrick Lomax - Year Adviser

**Student of the Week**

Sarah Nairne
Year 7

Merriwa Ringer
What an exciting start to the year we are having in Year 3/4.

This year we are very excited to continue our focus on collaborative learning where students are given the opportunity to learn from each other.

Our main focus during our English time has been to look at and write a variety of narratives. We have enjoyed learning about the various language features that make narratives interesting and are looking forward to applying these to our writing. During our English block we are also very busy, practicing and developing our reading and comprehension skills, spelling strategies, handwriting skills. In our literacy groups we get to see students using different comprehension skills to gain a better understanding of the text they are reading. Some students have been able to make connections to the text and one group is particularly excited to continue exploring their book on science experiments.

In Religion we have been learning about the story of Moses and the Ten Commandments. The students have been really engaged and excited to discuss the message of Jesus’ love and ways we can live like Jesus.

Over the past few weeks we have covered a variety of maths strands. Our main focus has been addition and subtraction as well as multiplication and division. We have used a variety of mental strategies to help solve problems such as the split and jump strategy. We have also learnt about arrays and the different vocabulary for our mathematical skills. We will continue to use concrete materials and hands on activities to assist us to finding the answers to real life problems.

In Science and Technology we are challenging students to consider what makes something living or non-living. Students will describe how changes in the environment caused by humans may affect the survival of living things. They will develop their knowledge and understanding of the life cycles of living things and the ways that changes in the environment can affect life cycles. Students will then use this knowledge to design an information product to raise awareness of the need to protect local places and spaces, so that plants and animals can survive and reproduce.

In HSIE, we have been exploring ways in which environments and social systems and structures in local areas meet people’s needs, influence the lifestyles of people and contribute to community identity. Students have identified their community and described what it is like and will move towards looking at our rights and responsibilities as members of the community and those of our council.
The students have enjoyed linking their science knowledge to our creative arts lessons this term. The students have been given opportunities to explore real and imaginary creatures in their art making. Students also explore the presence of mythical creatures in artworks from different times and cultures and appreciate their meaning and purpose within these cultures.

This term in PDHPE we have been discussing ways to deal with unsafe situations including abuse, bullying and harassment. The students have also identified characteristics that make them unique. They are beginning to explore body changes that occur during life, including puberty. In PDH we have also been discussing cyber safety and what it means to be safe online. Last week during our Life Education visit, we were fortunate to meet with Healthy Harold and discuss ways of being safe and respectful online. We really enjoyed the presentation and activities and the students walked away with a lot of knowledge that they can apply to their daily interactions with technology.

WEEKLY AWARDS

Congratulations to the following award winners.

**WEEK 6**

**Kinder** - Archie Constable – for great work comparing the length of many objects and ordering them

**Jeremy Hopkins** – for recognising rhyming words in our story

**Year 1/2** - Ellie Holland – for displaying confidence in the classroom

**Fiona Tomy** – for showing a comprehensive understanding of length

**Year 3/4** - Madelaine Thrift for collaborating well and sharing her opinions

**Patrick McLaren** - for being ready to learn at all times

**Year 5/6** - Lauren Redgate – for always working to her full potential

**Jorji Taaffe** – for putting in a huge effort with homework each week

**Playground Champion** - Braeden Halse – for making great choices in the playground

**Principal’s Awards** - Jeremy Hopkins - for displaying beautiful manners

**Archie Constable** - For his increasing school confidence.

**Paige Farrow**
Year 3/4 teacher

Anne Marie Peebles
Cassilis Public School

STUDENT OF THE WEEK
BANJO HEYCOX

Banjo has been awarded Student of the Week, this week for settling beautifully into school routine. He works hard to improve his learning and follows each of the school rules of Be respectful, Be Safe and Do your Best. Banjo has been working on improving his reading and counting skills and has already shown some fantastic improvement. Congratulations and keep up the wonderful work, Banjo!

THIS WEEK
THE TELL THEM FROM ME STUDENT FEEDBACK SURVEY

I am delighted that this term, our school, like many others in the state, will participate in a Department of Education and Communities initiative: the Tell Them From Me student feedback survey. The survey aims to help improve student learning outcomes and measures factors that are known to affect academic achievement and other student outcomes. The focus of the NSW-wide survey is on student wellbeing, engagement and effective teaching practices.


The survey is a great opportunity for our students to provide our school with valuable and quick feedback on what they think about school life, how engaged they are with school and the different ways that teachers interact with them. Schools in Australia and around the world have used the Tell Them From Me survey to help improve how they do things at school.

I want to assure you that the survey is confidential and school staff will not be able to identify individual students from their responses. The survey is conducted online and will typically take less than 30 minutes to complete. It will be administered during school hours between March 9 and April 2. Participating in the survey is entirely voluntary.

A consent form and FAQs for parents/carers about the survey is being sent home with students. If you do not want your child or children to participate, please return the form to school by Friday 13 March. Copies of the form and FAQs are available from the website above.

AFTER SCHOOL LEARNING CENTRE
Wednesday 3.15-4.00pm

Keep Wednesday afternoon free for learning centre!

RULES

• Your parent must be here or send a note saying you can stay
• It’s not a play time
• If you misbehave you go home – remember it’s voluntary and you don’t have to be here!
• Have fun, be happy!

Any parents or community members who would like to offer an activity please see a staff member or contact the school on 6376 1009. All welcome!

FACEBOOK

Search Cassilis Public School in your face book account – like and share. Be sure to read the about section for guidelines.

APOLOGIES TO BANJO HEYCOX

Apologies to Banjo Heycox for this week’s Ringer as some of the Ringers printed this week contained a photo of last week’s Student of the Week. We also extend our apologies to his family and the Cassilis community for the incorrect publication.

Tina Taylor

Merriwa Ringer
CASSILIS CROSS COUNTRY

Last Friday we travelled to Cassilis to participate in their Cross Country. It was a fantastic day and students are to be commended for their wonderful behaviour. A big thank you to the staff of Cassilis for all your organisation. We appreciate the amount of work that goes on leading up to such an event. I would also like to thank the Cassilis P&C for the yummy morning tea and lunch that was provided. Thank you also to staff and parents of the other schools who assisted on the day. Without your help, these events are not possible.

Congratulations to the following students who placed in their age groups:

- **12 year boys** - first Angus Higgins
- **12 year girls** - first Amy Thompson
- **11 year girls** - third Bella Wallace
- **10 year boys** - first Dustynn Turner
- **9 year boys** - first Andrew Harris
- **8 year boys** - second Riley Borradaile
- **7 year boys** - first Declan Adams, second Noah Adams, third Kayden Adams
- **5 year boys** - first Tyson Marsh, second Austin Adams.

RESULTS FROM PSSA REGIONAL SWIMMING CARNIVAL HELD AT MAITLAND POOL

Andrew Harris - second 9 years Boys 50m Freestyle (qualified for State)
Amy Thompson - fifth 12 years Girls 50m Butterfly - tenth 12 years 50m Freestyle
PPS Relay Team - Andrew Harris, Angus Higgins, Sam and Amy Thompson - second (qualified for State)

2/3 CLASS NEWS

This term Years 2/3 have been very busy. In writing we have focused on persuasive writing. We have looked at different types of advertising and the language used to persuade the reader. We are now starting to look at the structure and grammatical features of a persuasive text.

In Accelerated Literacy we are reading “Big Rain Coming” by Katrina Germein. During these sessions we will be exploring how the author uses adjectives and verbs to help provide information. The class has identified speech marks, written sentences using speech marks, identified and used pronouns and time connectives in sentences.

In mathematics both classes are working towards their first investigation. In Year 2 we are focusing on the investigation Gone Fishing. During this time students will work on whole numbers, numbers beyond 100, addition facts, subtraction facts, mental strategies for addition and subtraction, division, measurement, months and seasons. In Year 3 we are focusing on the investigation “what is in a 1000 words”. During this topic our focus is on odd and even numbers, place value to the thousands, expanded notation, rounding numbers, estimation strategies and area.

WEEKLY AWARDS

Angus Higgins - completing tasks to the best of his ability in literacy
Isabella Wallace - consistent application
Matthew Allen - excellent effort in literacy
Harry Thompson - excellent contributions to discussions
Austin Adams - great word work.

Tammy Parker
Class Teacher
WORKERS OF THE WEEK
Kinder/Years 1/2 - Justin Alley and Archie Johnson.
Years 3/4/5/6 - Kristy Walker, Dustynn Turner and Cambell Hinze.

Student of the Week
Cody Parkinson - for being a wonderful friend.

Sports Person of the Week
Abby Cooper

Christina Darlington
Principal

IT IS GARDENING TIME!
Last week our gorgeous garden beds arrived and on Monday the soil arrived. Everyone used their muscles to move the dirt into the gardens. We had Damian, Toby, Axul, Levi, Camdyn, Mikayla and Alana all helping with the wheelbarrows and shovels. Good job kids!

Also this week we have had a lot of talk about what we will be putting in the gardens. The children made a display in the window called “our garden”. They cut out and laminated vegetables and flowers. They also added chickens, rain drops and a sun.

We have had a variety of plants kindly donated to the centre, so soon you will be seeing a greener and shadier environment at the Activity Centre.

Merriwa Activity Centre will be running a raffle and 100 clubs for Easter so watch out for tickets for sale.

St Josephs Primary are having a pupil free day on Tuesday March 17. We will be open this day from 9.00am to 6.00pm, so be quick to book in as places are filling fast.

Only four weeks until school holidays. The centre will be open Tuesday, Wednesday and Thursdays 9.00am to 5.00pm. During this time, don’t forget to book in to avoid disappointment.
DATE FOR YOUR DIARY
Women’s Guild Meeting - First Thursday Monthly:
April-November: 2.00pm
Messy Church - Parish Hall - Last Friday Monthly:
March-November: 3.30pm
Men’s breakfast - Parish Hall - Third Saturday
March-November: 7.30am

CALENDAR OF EVENTS
March 15: Parish AGM

We are now coming to the fourth Sunday in Lent...as we walk this special journey we experience all kinds of moments in our prayerfulness. Last Sunday the Year 6 leaders at St Josephs were commissioned. Darcy, Nicole, Jonathon, Jemma, Emily, Lauren, Rhys, Gaby and John asked that as students, the parents, parish and community help them to learn about God, the world and themselves. They asked that they could be shown how to live as Jesus would like them to, and to care for others and the world that they live in. There was no greater reading for that day than Exodus 20:1-17 which listed all of the Ten Commandments. Then the first verse of Psalm 18 reiterated all of the commandments by saying: “The law of the Lord is perfect, it revives the soul. The rule of the Lord is to trusted, it gives wisdom to the simple. If we along with these nine year 6 leaders follow these teachings then we can truly pray...give your people grace to hear and receive your word, and to bring forth the fruit of the Spirit. Hear us good Lord.

Rosalie Drew

Merriwa Rotary
MERRIWA ROTARY AND MUSTER - A WEEKEND OF ENTERTAINMENT - MARCH 28 AND 29
The Merriwa Muster Weekend is almost here and you will have two days of entertainment at the Merriwa Showground and the Merriwa School of Arts. You will see market stalls, food stalls, Highland Pipe Bands, Rock and Roll and Country Bands, Heavy Horse and Merriwa Pony Club Displays, a Poets Breakfast, Spit Roast Dinner and Auction and the 3km Fun Run/Walk. All we need now is some people to attend and all the Merriwa community are encouraged to support. This weekend is for all of Merriwa as well as those who come from Newcastle and surrounding places in their vans who camp for the weekend at the Showground. The whole weekend is a fundraiser for Kaleidoscope Kids, Hunter Children’s Health Network at the John Hunter Hospital – a child health service that brings together a range of primary, secondary and tertiary in-patient and community based services for children and young people providing health care between the home, the community and hospital. The Rotary Club of Merriwa is proud to sponsor this event, raising money for the children of the whole Hunter and Upper Hunter region. Merriwa families have been the beneficiaries of this group and have been very appreciative of the support in times of need.

POETS BREAKFAST
Come and have breakfast and see the most amusing and entertaining poet Greg North who has won many big awards in the poetry sections throughout Australia. Last year he had everyone enthralled with his many personalities as he “does his stuff”. The breakfast will be $7.50 with a choice of bacon, eggs and toast; scrambled eggs, bacon...
and toast or pancakes. Now is our chance to attend a Poets Breakfast – but we need people to attend – so get your friends together and hop on down on Saturday morning for the BEST POETS BREAKFAST ever seen in Merriwa.

**Saturday Morning – 7.30am at the School of Arts**

**SPIT ROAST DINNER AND AUCTION**

Rotary will be slowly cooking the lamb on the spit and then preparing the vegetables and dessert for the Spit Roast Dinner on Saturday night. During the dinner there will be an auction of some great items and memorabilia that have been donated by several businesses in the Hunter Newcastle area for the Kaleidoscope Kids Auction. All Merriwa community are invited to attend, children are very welcome and as you know the Rotary dinners are very scrumptious and well worth the effort to attend.

**Saturday Night - 7.00pm at the School of Arts.**

**FUN RUN/WALK**

3km Fun Run/Walk will commence at the Sports Oval – a very gentle 3km (all flat ground, no hills) could be negotiated by anybody 7 years to 87 years of age, a slow gentle Sunday morning walk or run while raising money for our Kaleidoscope Kids. Categories are 7-12 years ($10.00); 12 to under 18 ($15.00); Adults ($20.00) and Over 50’s ($20.00). Surprise draw from each category after the presentation at the Showground will receive 7-12’s a bicycle; 12 to under 18’s a swag and the two senior categories a $120.00 gift card. Support the Fun Run. Get healthy, get your entry form and Enter Now.

Entry Forms and info on the fun run can be obtained from the Merriwa Pharmacy and Newsagents and returned with money to Di’s Clothing and TICKETS for the Poets Breakfast and Spit Roast dinner can be obtained from Di’s Clothing.

**Sunday Morning – 8.00am start Number one Sports Oval.**

Other enquiries contact Elaine Sparrow 6548 8560.

**GUMMUN PLACE MEDICAL ALERT SYSTEM**

Merriwa Rotary Club’s effort to help raise funds for this important addition to the hostel’s service continues. We are grateful for the substantial donations which are being received. More funds are needed for this vital project.

Anyone who would like to help can do so by using the donation fins at various locations in the town, or through BSB 932 000 Account 420352. Please include your name as a reference.

Mark Smith

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**Festival of the Fleeces**

**FESTIVAL PARADE**

**IMPORTANT!**

**PLEASE READ**

**NEW PROCEDURE WITH ENTRY FORMS**

The Festival parade is the main attraction on the day of the Festival. With Ray Hadley and the 2GB Continuous Call Team attending and promoting the Festival in 2015, it is very important that all parade participants have lodged their entry forms two weeks prior to the Festival.

It is also a requirement for insurance purposes that all participating floats have been registered prior to the day. Floats that have not been registered prior to the day will not be permitted to enter the parade.

The committee are requesting all parade participants to write a short paragraph on their float, as all floats will be numbered to a set entry order. This will enable both Ray Hadley and 2GB, and Jake McIntyre on the Festival audio to accurately describe and promote each float to the visitors of Merriwa and the wider Australian community.

Parade Entry Forms are available from the Merriwa Visitor Information Centre, or by email request.

All parade entry forms must be in by Friday May 22. No late entries will be accepted. Community groups with many participants are still able to submit individual entrant parade waivers on the day of the festival, but all Floats must be entered by May 22, to participate.

More information contact Liam Garment 6521 7046 or email lgarment@upperhunter.nsw.gov.au

Liam Garment

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**NSW State Election**

**Saturday March 28**

**Polling Place**

**Merriwa Central School**

**Primary Campus**
Dr Noman Jawaad Medical Practice

WE ARE OPEN FIVE 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
FREE
MEDITATION AND MINDFULNESS

Meditation is a kind of Mind exercise. There are 40 kinds of meditation according to Buddhism literature.

Mindfulness is a kind of meditation. The majority of people think that meditation is only part of the Buddhist culture. Actually, Meditation exists in all major religions in different forms. Counting beads, praying for someone, reading the Bible or Quran, mindfulness breathing, focusing on a Glass ball - these all are under the category of Meditation. Even when we are painting something, our entire conscious mind is focusing on our painting only without thinking anything; we should say “mindfulness in painting” since it fulfils the components of meditation.

What are the Components of Meditation?
1. Motivation to do
2. determination to do over a certain regular period
3. Determined Focus Object = it could be outside your body, or on your part of body or part of your mind
4. Bring the mind and put it on the focus Object; do not to think past or future, but think only of what you are focusing on now
5. Maintain the mind at that focus object as long as you can
6. Ignore everything except thinking repeatedly on that focus object until the determined period is completed.

WHY PEOPLE DO MEDITATION?

People practice meditation to achieve peacefulness of mind.

If you know how to use meditation, you can treat your own physical pain as well as emotional pain (anxiety and depression). Traditionally, people do meditation to get something that they want.

Buddhists believe that without doing meditation they will never reach Heaven.

For our body, we go to the gym to build stronger muscles and beautiful body shapes.

For our mind, we should do meditation to have stronger will-power and beautiful minds.

HOW TO DO “MINDFULNESS IN BREATHING”?
1. Decide a time and duration to do Mindfulness e.g. Meditate for 10 minutes before going to sleep or 10 minutes before getting out of bed
2. Decide a suitable position, that you might feel comfortable and safe during this period e.g. Sitting on a chair, lying in bed or Standing - any comfortable position that you like
3. Decide an object on which you want to focus on e.g. The feeling of touching by the air while you are breathing in, breathing out and count
4. Bring your conscious mind and focus only at the determined focus object e.g. Try not think anything, except your breath in, breath out and count. Ignore all sensations, except your thinking on “breathe in, breathe out and count”
5. During the determined period, maintain your conscious mind on your decided focus point as long as you can.

WHAT ARE THE BENEFITS OF MINDFULNESS?

It helps to improve your memory, your will-power and your attention in what you are doing.

It can also help to avoid accidents, improve work performance and help you to achieve a successful life.

FURTHER INFORMATION

Google search … Meditation Wikipedia; Samatha Wikipedia; Vipassana Wikipedia.

Further chat e-mail: gandawinhein@gmail.com

Dr Cho
International Women’s Day Luncheon

Approximately 30 people attended the International Women’s Day luncheon on Friday 6th March.

Thank you to everyone for their support, including Upper Hunter Shire Council and the Speaker Ms Lee Luckett who gave a most interesting talk, generating a number of questions. Thank you too to everyone who attended and those who brought items for the Muswellbrook Refuge. CWA Merriwa Branch was able to present a representative from the Refuge with a cheque and a box of items at the end of the luncheon.

Next meeting for 2015 will be Monday April 13 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.

Please put Thursday April 2 in your calendars for the CWA street stall, when a wide variety of Easter produce and goodies will be available.

Penelope Fenley

Merriwa CWA

Registration for Scone Soccer

To all boys and girls, ages 5 to 16, interested in playing soccer this season, registration this year needs to be made online. Go to www.myfootballclub.com.au and locate the player registration page. Follow the prompts to complete your registration.

Any problems phone Lesley Whitehead on 0413 958 478.

Merle Coluccio

Congratulations

Congratulations to Daniel and Blade Constable on the birth of Charlotte Olive, born on Tuesday March 10 at 4.53am, weighing 7lb 11oz and 50cm in length. All of the family are over the moon with excitement.

Natalie Hourn and family

The Merriwa Community News is available to charity groups or non-funded, not for profit organisations and anyone wishing to advise of a special event (birthday/anniversary/etc). If you would like to make use of this free service, please contact us prior to 12.00pm Mondays.
Seniors Week in NSW falls on March 14-22 and this is Merriwa’s itinerary.

**March 17** - Special Holiday in the Squatters room of the RSL Club

**March 18** - Travel with Cowans to Buttai Barn for environment and lunch, departing Merriwa at 8.00am

**Cost** - Lunch and entertainment - $41.00

**Travel** - $30.00

Total cost is $71.00 which can be paid in two installments prior to travel

**March 19** - Car travel to Singleton for entertainment and lunch, departing at 8.00am

**March 20** - Home day in the RSL club’s auditorium from 10.00am, Scone and Denman seniors will be attending. Students from Merriwa Primary and St Josephs will be attending approximately 11.00am

**Lunch** - 12.30pm

**Cost** - $14.00

Hoi after lunch with many prizes, raffles and lucky door prizes. Members are to bring a gift for Hoi prizes.

Come and enjoy these days during Seniors Week and let me know if you are attending so that we have numbers.

**GAMES DAYS**

May 12 - Singleton invited
August 12 - Muswellbrook invited.

Mary O’Neill

**Merriwa Markets**

**When:** March 21

**Where:** RSL Club Footpath and building

**Time:** 9.00am till 12.00 noon

We have over 25 Stalls and new stall holders are always welcome.

**Contact:** 0428 496 630

We operate the third Saturday of every month except January.

Julie Russell

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**Photography Competition**

**Entries close:**

**CLOSING DATE - 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.

The butterflies are out and about everywhere. 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.**

Mary O’Neill

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**Merriwa Ringer**
Sleep glorious sleep! Most of us want more of it. Sleep determines how well we function during the day, as well as our emotional, developmental and physiological wellbeing. The body and brain will not function if deprived of sleep, or if sleep is lacking in quality. Sleep is as essential as food, water and oxygen.

According to the National Sleep Foundation (www.sleepfoundation.org) the amount of sleep you need varies across ages, and is impacted by lifestyle and health. The diagram outlines the current recommendations. The best habit for healthy sleep is to make sure you get enough of it. Follow the guidelines and experiment to work out the exact amount of sleep that suits you.

A 2013 study of Australian sleep habits found that up to 35% of us experience sleep difficulties including lack of sleep, fatigue, and problems initiating or maintaining sleep.

Many factors can reduce the quality and quantity of sleep and these include:
- sleep environment
- diet
- medicines
- medical conditions
- sleep disorders (e.g. sleep apnoea).

Females tend to be affected more prevalently by sleep difficulties, with the exception of snoring.

Sleep disorders and medical conditions account for some sleep difficulties however, most stem from environmental and lifestyle choices including:
- electronic devices, such as mobile phones and tablets in the bedroom.

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Recommended Hours of Sleep</th>
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</thead>
<tbody>
<tr>
<td>Newborn</td>
<td>14-17 hours</td>
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<tr>
<td>Infant</td>
<td>13-15 hours</td>
</tr>
<tr>
<td>Toddler</td>
<td>11-14 hours</td>
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<tr>
<td>School Age</td>
<td>10-13 hours</td>
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<tr>
<td>Teenager</td>
<td>9-11 hours</td>
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<tr>
<td>Adult</td>
<td>7-9 hours</td>
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<tr>
<td>Older Adult</td>
<td>7-9 hours</td>
</tr>
<tr>
<td>Elderly</td>
<td>6-8 hours</td>
</tr>
</tbody>
</table>

These can affect the body’s ability to wind down before sleep
- being overweight or obese
- excessive alcohol consumption
- stress.

To improve your sleep health you can lose weight, practice relaxation techniques (eg meditation), engage in regular exercise, and consume less alcohol and caffeine. It’s also important to make sure your environment is supportive of healthy sleep. Most people sleep best in darkened, quiet rooms with fresh air, and on comfortable and supportive mattresses and pillows. Adults and children can also benefit from a calming bedtime routine that avoids the use of electronic devices.

Signs of a sleep problem may include:
- finding it hard to go to sleep
- restless sleep
- waking up during the night or very early in the morning, and not being able to get back to sleep
- not feeling refreshed from sleep
- feeling tired, irritable, anxious or depressed
- finding it difficult to concentrate, remember things and make decisions.

Your local pharmacy is your health destination and can provide a range of products, medicines, services and advice to support healthy sleep habits. These include:
- sleeping aids, such as those to relieve snoring
- prescription and over-the-counter (OTC) medicines
- medicine advice, including how medicines affect sleep
- healthy lifestyle tips advice to improve the quality and quantity of sleep
- services to help you lose weight.

Pharmacists and pharmacy assistants can help manage sleeping problems. If you think you may have a sleep problem, visit your local pharmacy to find out what is available.

In addition, you can get more information on healthy sleeping habits from Merriwa Pharmacy Self Care Fact Cards available from these pharmacies include topics such as Sleeping problems.

Robert Smith
Merriwa Ringer
We had a fantastic week at the NewsXpress Conference. We also went to the Toy Fair while we were there, and saw many new and exciting products at the Suppliers Fair. We will be receiving some wonderful new ranges soon, so watch this space for information on these ranges as they arrive.

READ IT AND WEEP (OR LAUGH, WONDER, GASP, SWOON, WHATEVER!)

We have a new shipment of paperback novels. They are very affordable, and as the days get shorter and the nights get longer it is great to snuggle in and read a good book. We have many different genres included - from sci-fi, historical, modern chick-lit, thrillers, war, mystery, romance and more. There are plenty to choose from, and as the weather turns slightly chillier each evening, it is the perfect weather to lose yourself in a story, whether it is action packed, emotionally charged, frightening or funny.

WOTSIT

Wotsit is one of our Charlie Bears. He was designed by Isabelle Lee and is a marvellous addition to any family. He has a fantastic mixture of warm brown and charcoal grey plush fur, with a beautiful chestnut brown, hand stitched nose. His paws feature the irresistible Charlie Bears sculpted pads, tickle toes and stitched claws. His limbs and head are all fully jointed. Wotsit wears a hand-made cord necklace with a big bell and big green chequed ribbon, tied into a gorgeous bow. He is a completely unique individual with a quiet charm.

HALLMARK

I am pleased to tell you all that our card ranges are now all in stock, we have a great variety of cards to offer. We also have some new designs in our rolls of wrap, a great range of ribbon and bows, as well as gift bags and boxes. Our gift boxes are great as they fit a ladies wallet, a book, a bowl and so many more things. They make wrapping your gift easy, with a little bit of panache.

BEFTER HOMES AND GARDENS

The latest issue is now available and is packed full of great things to keep your weekends occupied with the yard, the man-shed, the house and the kitchen, there are loads of great ideas to inspire and intrigue you over the next few weeks.

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

Neville and Leanne Hook

Brodies Cutting Edge

Brodies Cutting Edge will be closed from Wednesday March 25 and will open again on Tuesday April 7. Sorry for any inconvenience this may cause.

Brodie Jones

Australia Post Merriwa

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, 2015. This can be done in store, by mail, via phone (1800 246 763) or online at www.auspost.com.au/pob-update.

TECHNOLOGY

In stock we have a 7” and 9” portable DVD Player which is great to have in the car for those long trips or even on hand at home when the TV is out of action. The 7” is on special in the current catalogue (expires March 15, 2015) for $49.99 whilst the 9” with USB and 2in1 card reader is still great value at $99.99.

STYLISH LUNCH BAGS

We have new insulated lunch bags in stock for $19.99. Featuring two different designs these bags are great for lunches or even to carry drinks and snacks in the car.

2015 DIARIES

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

We have now entered Campaign 8 which offers some fantastic deals for all the family. Pages 2-27 advertise a great special where you can purchase two items and receive a free beauty gift valued at $38.97. Choose from lipsticks, eyeshadow, nail polish and more. 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 $50.00, $100.00 and $200.00 (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 $50.00-$500.00 to load onto the card. There is still a $5.95 Activation fee with this card.

SCENTSY

For those wondering what fragrance is wafting from the Post Office when you walk by or come in. It is Black Raspberry and Vanilla which is one of the many fragrances Scentsy offer. When you walk in you will notice it burning in one of our electric warmers which is part of the Silhouette Collection with an etched core warmer and butterfly wrap. This could be burning in your home or workplace for $69.75. 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

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

April
- Saturday April 4 - Closed
- Saturday April 11 - Open 9.00am -11.00am

As of April 11 Merriwa Post Office will no longer be trading on Saturdays. Sorry for the inconvenience this may cause however it is no longer viable for the business to trade on Saturdays.

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 Monday-Friday 9.00am – 5.00pm.

Kellie Walker and Kylie Austin

Photography Competition

OUR MOTHER

As we come closer to the end of the term and a new photography competition just around the corner, we thought what better way to celebrate Mother’s Day that to select a topic just on “our Mother’s”. So in preparation for this topic, here are just a few simple hints to get your on you way.

1. Consider the lighting - It is very important to have great lighting to capture the one that is most important. This doesn’t mean you need to have lighting set up but consider the whole image and aim for your mums face to have adequate lighting (camera flash or sunlight). If you are taking the photograph outside, make sure that your subject is in full light or in full shadow (shadow can be harder to work with). If you have to shoot in direct sunlight, have your mums face away from the sun (at their back) and use your flash to “fill light”

2. Show who she is - Try getting a “real smile” from mum but if that is not possible, why not try taking one when she is giving you “that look” we all get from our mums

3. Avoid the pose - The pose can have its advantages but is it really showing who your mum is? Try taking a photo of her while she is doing something she loves. This could be gardening, playing a sport, reading a book or cooking up a storm

4. Edit thoughtfully - A good picture can be enhanced with creative editing but be careful not to take it too far. Try using edit to remove the distracting images in the back ground or to sharpen up mums eyes but do so without making mums wrinkles stand out (or disappear), as I am sure she would be less than impressed. But make sure that the image you finish with is a true shot of your mum.

This topic will be sponsored by ZanneArt Photography and a bonus prize for mum will be supplied by Stay-n-Play Photography. Closing date is May 25.
<table>
<thead>
<tr>
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<tr>
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<td>Curtis Gant and Irving</td>
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<td>Custom Made Kitchens</td>
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<td>Merriwa Junior Rugby League and Netball Club</td>
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<td>Merriwa Little Athletics</td>
<td>6548 5002</td>
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<td>Merriwa Newsagency</td>
<td>6548 2031</td>
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<td>Merriwa Central School P and C</td>
<td>6548 2246</td>
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<td>Merriwa PAH and I Show</td>
<td>0498 378 500</td>
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<td>Merriwa Painting and Decorating</td>
<td>0409 015 678</td>
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<td>Merriwa Pharmacy</td>
<td>6548 2213</td>
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<td>Merriwa Pony Club</td>
<td>0427 412 128</td>
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<td>Merriwa Pre-School and Kindergarten</td>
<td>6548 2083</td>
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<td>Merriwa Race Club</td>
<td>0427 482 095</td>
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<td>Merriwa RLFC</td>
<td>6548 2844</td>
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<td>Merriwa RSL Club</td>
<td>6548 2157</td>
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<td>Merriwa Sports Club</td>
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<td>Merriwa Squash Club</td>
<td>0429 588 582</td>
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<td>Merriwa Tennis Club</td>
<td>6548 2910</td>
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<td>Merriwa Touch Football</td>
<td>0447 219 193</td>
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<td>Merriwa Tourist Welcoming Centre and Mens Shed</td>
<td>6548 3201</td>
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<tr>
<td>Merriwa Tyre and Service Centre</td>
<td>6548 2078</td>
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<td>Merriwa VIEW Club</td>
<td>6548 8560</td>
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<td>Mortgage Choice</td>
<td>0408 480 562</td>
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<td>Non Emergency Medical Transport</td>
<td>6548 2653</td>
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<td>NSW Farmers Association</td>
<td>0455 455 760</td>
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<td>PT Pest Control</td>
<td>0428 482 332</td>
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<td>Tash Holden Communications</td>
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<td>Trinity Markets</td>
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<tr>
<td>Welderup</td>
<td>0407 488 560</td>
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**Emergency Services**

In case of emergency call 000 or 112 from mobile services

- Police (Admin only) 6548 2437
- Police Mobile 0408 293 423
- Police Assistance 131 444
- Fire (Admin only) 6548 2005
- Hospital -MPS 6532 5000
- Rural Fire Service 1800 081 166
- SES Emergency 132 500
- Merriwa Rescue Squad 6548 2538
- Dr Noman Jawaad 6532 5013
- Merriwa Surgery - Dr Emad Jasem 6548 2305

Support the Ringer regularly but can’t find your business? Contact Tina on 6548 2119.

*Merriwa Ringer*
35 Vennacher Street Merriwa $195,000.00
Situated on a 1227sqm block this four bedroom home is ideal for further development. The property did have DA approval to put two more homes on the site which has lapsed. The home is in good condition with four large bedrooms, a laminex kitchen and a lounge. The property is let to long term tenants at $300.00 per week who are keen to stay. The yard is flat, fully fenced and has a single garage.

39 Vennacher Street Merriwa $225,000.00
Situated on a 971sqm corner block this is an ideal development opportunity to do a dual occupancy. The home has three big bedrooms, two with built ins, a huge open plan living area featuring polished floor boards, r/c air and a near new kitchen. The bathroom has also been renovated and the house painted throughout. At the rear of the home is a covered entertainment area which is very private.

780 Worondi Creek Road Gungal $160,000.00
This 40 acre bush block with an open plan cabin. Inside is a big lounge/sleeping area, a laminex kitchen with a gas stove, fridge and a bathroom. At the front of the cabin is a covered deck to sit and take in the beautiful views. There is a lockable shed, solar power, water tanks and a pressure pump all set up. The land has a cleared paddock for a horse with the remaining being natural bush. Power runs through the property but is not connected. This bush hideaway is ideal for bike riding, bush walking, horse riding or just sitting and relaxing.

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
Fire Brigade (Administration and Duty Officer) 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

Hooked on Fresh Seafood
SEAFOOD FOR EASTER 2015
“Outside the Royal Hotel”
Vennacher Street
Tuesday Afternoon
March 31
2.00pm till 5.30pm
Phone: 0413 724 232
Eftpos Facilities Available
Kent and Family Wish you all a Happy Easter.

Find us on Facebook!
Look for Merriwa Central School’s official page!
FOR SALE
REDUCED 1197 Cullingral Road, Merriwa
$425,000

50 ACRES WITH RIVER FRONTAGE!
A short 12-kilometre drive from Merriwa you will find this lovely family friendly besa brick home with 4 large bedrooms and 2 bathrooms. This home features an open plan kitchen with both electric and wood stoves and a dining room. A roomy lounge room with slow combustion fireplace and a reverse cycle air conditioner. Your year round comfort is ensured with two spacious north-facing sunrooms, providing plenty of space for everyone. The property also features an attached huge garage and storeroom; the owners currently use this area as a kid’s entertainment room. The main bedroom has built in robe, ensuite and air conditioning. The home also has a solar hot water system. The home has satellite TV and internet connections and mobile phone reception. Outside the property has a huge 4 bay machinery shed complete with a lock up bay and frontage to the Merriwa River. Water is well supplied to the house with 2 x 5000 gallon water tanks and a 900 litre water tank. The garden is watered via a 4000-gallon water tank that is fed by a bore with working windmill and a petrol pump from the river. Phone Roger to inspect on 0427 153 446.

FOR LEASE
42 William Street, Merriwa
$290 Per Week

Spacious 4 Bedroom home!
This is a very comfortable 4 bedroom home with all you could need. The bedroom’s have built in wardrobes, the main bedroom has an ensuite. Featuring a modern kitchen, formal dining, lounge room and family room this is a spacious family sized home. The home also has air conditioning, and a combustion fire, a rear deck, large shed and a carport. A good quality property located in a quiet street. Phone Megan to arrange an inspection and rental application today, this one won’t last 0400 653 446.

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193 Vinegaroy Road, Cassilis
$200 Per Week

‘Rangeview’ is a very attractive modern house, featuring 2 bedrooms, spacious living area and light well equipped kitchen. There is a lovely courtyard entertaining area and a shed. The home comes with room for your horses and dogs, by negotiation. Phone Megan to arrange an inspection and rental application today on 0400 653 446.
SENIORS WEEK AT MERRIWA CTC/VIC

FREE COMPUTER COURSES

To celebrate Seniors Week, Merriwa CTC and Visitors Information Centre will be holding four FREE computer workshops.

**Workshop 1** - Introduction to the Internet 10.00am to 12.00pm **Tuesday March 17**. 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.

**Workshop 2** - Digital photography 1.00pm to 3.00pm, **Tuesday March 17**. 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 3** - Introduction to the Internet 10.00am to 12.00pm **Thursday March 19**. 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.

**Workshop 4** - Digital photography 1.00pm to 3.00pm, **Thursday March 19**. 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.

**Bookings are essential for catering purposes.**

Phone Liam Garment on 6521 7046 or email lgarment@upperhunter.nsw.gov.au for further information or to book.

**P:** Liam Garment 6521 4076

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STREET CLOSURE

Council would like to notify all residents that due to an activities being conducted at Merriwa Sporting Ovals, Brisbane Street (section between No.1 and 2 Ovals) will be closed Friday March 13 from 9.00am until 12noon.

**MOTHERS DAY RAFFLE**

The Festival of the Fleeces Committee would like to help you celebrate Mother’s Day with an amazing fundraising raffle. At just $2.00 per ticket with over $600.00 worth of prizes, there is sure to be something that mum will enjoy.

**First Prize:**
- One Half of a prepared Lamb donated by Kemp Rural Partnership Merriwa.
- 1/2 hour Swedish Message Donated by Lisa’s Massage Therapy Merriwa
- Ladies Hair Care Pack Donated by Brodie’s Cutting Edge Merriwa
- One Bottle of Rosto Olives Extra Oomph Gold Medal Winning Australian Extra Virgin Olive Oil

**Second Prize:**
- One Half of a prepared Lamb donated by Kemp Rural Partnership Merriwa
- Ladies Elite Dress Watch donated by Prouds Muswellbrook
- One Bottle of Rosto Olives Mellow Gold Medal Winning Australian Extra Virgin Olive Oil

**Third Prize:**
- $50 Voucher to Scratchley’s Newcastle donated by Bob & Jan Baihn
- Mum’s Soap Box Gift Box Donated by Mum’s Soap Box Merriwa
- One Bottle of Rosto Olives Mellow Gold Medal Winning Australian Extra Virgin Olive Oil

Raffle drawn Friday 8 May 2015

**P:** Liam Garment 6521 7046

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BUS ZONE VENNACHER STREET

A reminder to all drivers that the bus zone outside of the Visitor Information Centre will be changing enforcement times as coaches now stop three days per week.

**P:** Liam Garment 6521 7046
Interested in Sponsoring?
Please contact Merriwa Central School on 6548 2119 for more information.
Thank you!

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MERRIWA HEALTHY ENVIRONMENT GROUP INC
Caring For Our Land, Our Water and the Air We Breathe
Contact: Graham Brown 6547 6048
Ted Finne 6548 5171
Visit: www.merriwa.nsw.au

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Web: www.welderup.com.au

Interested in Sponsoring?
Please contact Merriwa Central School on 6548 2119 for more information.
Thank you!

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AND
DR CHO OO MAUNG
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Also consulting in Denman
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For appointments please phone 6532 5013

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C.J & J.M Vero & Sons
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Fax: 6548 2053 After Hours: 6548 2045 (Emergencies Only)
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Merriwa 02 6548 2205

Merriwa Ringer
MERRIWA BUSHMAN’S CAMPRAFT EST. 1947
President: Roger Moore 0427 153 446
Secretary: Megan Richards 0427 437 743
19.20.21 June 2015
Treasurer: Judee Molbery 0444 216 741
merriwacampdraft@gmail.com

MERRIWA JUNIOR LEAGUE AND NETBALL CLUB
President: Andrew Jamieson
Vice President: Murray Wright
Junior Vice President: Andrew Webster
Secretary: Elaine Sparrow
Treasurer: John Sparrow

Merriwa Rugby League Football Club
President – Mark Kirkland
Snr Vice President – Seth Morgan
Jnr Vice President – Justine Wilney

MERRIWA TENNIS ASSOCIATION
President: Robert Smith 6548 2213
Secretary: Emily Hall
Treasurer: Krichelle Khan

Merriwa Touch Football
Wednesday Nights
Junior and Senior Comp
President: Tina Taylor
Senior Vice President: Trent Cooper
Secretary: Barbara Eipper
Treasurer: Ainsley Mayben
For more information contact 6548 2124 after hours.

Merriwa Sports Club Ltd 6548 2028
Opening Times:
* Monday & Tuesday - 4pm * Wednesday - Sunday - 12pm
Thursday Night 7:00pm Bingo
Friday - 5:00pm - 7:00pm Happy Two Hours and Free Raffles
Saturday - 7.45pm Monster raffles and members’ badge draw
Sunday: 5:00pm to 7:00pm meat voucher raffle and members’ badge draw.

The Sports Chinese/Australian Restaurant 6548 3228
Dine in or Take Away. Banquets and Function catering available.
Lunch Specials
Lunch: Wednesday to Sunday. Dinner: Tuesday to Sunday

MERRIWA RALLY DAY - Second Sunday of each month
President: Clare Martin - 6548 2201
Secretary: Christine Sparrow - 0427 412 128
Treasurer: Yvonne McNaught - 6548 2842
merriwacampdraft@gmail.com

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

PH: 6376 1002
Open every day 5pm
WEEKEND RESULTS

Saturday Raffle March 6
Saturday Members Draw no 108 was won - next week $110.00
Winners Jackpot won - next week $110.00
Free Tickets: John Richards
Dinner: Nerida Bailey
Bowls Raffle: Nancy Coulton

Sunday Raffle March 8
Sunday Members draw - No 30, not won. Next week $1100.00. Come along and enjoy a friendly drink and chat, buy a raffle ticket and if you are a member you could walk away with the prize. Good luck everyone. Don’t forget!

MUFTI BOWLS AT THE CLUB

MUFTI BOWLS - Enjoy an evening of social bowls, each Friday night 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

Make sure your picks are to the Club by 6.00pm on first game night of each round. First Prize of $300.00, second prize $200.00, third prize $100.00, last prize $50.00. Weekly spondula of $10.00 for picking the round. Good luck.

WOMENS BOWLS NEWS

Merriwa Friendship Day of Bowls is Wednesday March 25 with Coolah and Dunedoo morning tea at 9.30am. Play begins at 10.00am. Casual dress with flat shoes are to be worn. Merriwa Bowls have bowls available for use. Everyone is welcome to come along and join in a great fun day of bowls, non bowlers are welcome.

Names are to be on the board at the Sports Club or to Loretta on 6548 2679 by March 20. Cost for the day is $10.00 (including lunch).

District Association Day at Denman. Vivian, Merle, Beatrice and Joy came home with third prize. Vivian won the raffle and Beatrice came home with the “Spider”. Congratulations girls.

MENS BOWLS

First round we had a good win over Aberdeen Bowling Club. This weekend we played Scone Bowling Club and they had a win over us.

The points for pennant games has changed as everything is now decided by the master board, win the board - two points, draw - 1 point, and nil for no result (Loss). In club games Des beat Ken, in a close game, also Mat, beat Kev.

On the weekend a game of pairs was played between Scott and Des versus Robert and Kevin, an easy win for the favourites. We play Muswellbrook this weekend at home. Thanks again Ken for all your work it is much appreciated.

Phil Rush

Merriwa RSL Club

The Members Lucky Badge for $800.00 was not won on Friday at 8.30pm, the number was 27. This week it jackpots to $850.00. The 7.00pm draw for $540.00 was not won. The number was 942. This week it jackpots to $560.00. The 9.00pm draw for $440.00 was not won and the number was 154. This week it jackpots to $440.00. LTPS/13/04473

The Sunday Morning Badge Draw for $1050.00 was not won last week. The number was 643 and this week it jackpots to $1050.00. It will be drawn between 11.30am and 1.30pm and you must be present to win the money. LTPS/13/04473

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.

Matt Morgan

Cassilis Bowling Club

FRIDAY NIGHT SNACK BAR
Affordable family meals.

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

DRAW RESULTS – FEBRUARY 27

Members Draw - $70.00 – Terry Cunningham – unclaimed - $75.00 next week
Joker Draw – $1068.00 – Celia Ellingford – unsuccessful - $1098.00 next week.

Hilary Parker

Loretta Cooper
Merriwa Little Athletics Club

It was a great pleasure to accompany Merriwa’s first State Multi Event team to the Olympic stadium at Homebush on the weekend and our little dynamos Grace Booth (U/7), Cody Bates (U/8), Darcy Taaffe (U/8) and Jorji Taaffe (U/10). Knowing this was where Australia’s finest athletes warmed up for the Olympic Games in 2000 – Cathy Freeman before winning her gold medal in the 400, silver medallists Tatiana Grigorieva in pole vault and Jai Taurima in the long jump – gave our young performers a lift in their step and a big grin on their faces from start to finish.

The competition was fierce with more than 1200 competitors and up to 60 athletes in each age group with many athletes there using the event as last minute training for the State Championships on March 21 and 22.

Our first competitor on the track was Grace Booth who was completely focussed in all of her events and determined not to foul in the throws! Grace did a brilliant job in the shot put throwing 2.59m and 4.91m in the discus. She took off like a rocket in the 50m thundering down the track in 11.59sec and took the pack start in her stride, surviving the hustle and bustle at the start of the race to run ALL the way home in 2.34min. We have to do a bit more work on long jump, with the sand board and officials throwing Grace off a bit, but she managed to get a couple of clear jumps in. Grace was a very popular little athlete off the track, gathering a cute little possie of buddies from all over NSW that I am sure she will be looking out for at her next competition.

For Cody Bates, this was also his very first time competing in a major interclub event. He did a fantastic job to throw 3.19in shot and 8.38in discus as the officials were all ‘on the prowl’ calling lots of fouls. Top job Cody! Cody also had a marvellous run in the 70m and 200m to come middle of the field (out of more than 60 kids) in both events.
Community

in highlight

Jorji Taaffe put in a top effort, coming third in her heat of her favourite event, the hurdles and finishing in the top 20 for her 200 metres. Slightly terrified of getting a red flag in the shot and discus, she threw under her usual distances, but had clear throws so that was a good result. Jorji also managed a good 800m and a sprint home down the straight to finish mid field on 3.4 minutes.

The State Multi Event is definitely an event to put into the calendar for next year athletes, as not only do you not have to qualify to compete, it will be ‘just down the road’ this time in Dubbo at the new track. Not only were the athletes well looked after, so were the siblings with plenty of free activities on offer (face painting, bouncy castle, basketball games and slides) throughout the weekend.

Thank you to the Bates and Booth families for being such great support crew in Sydney. Hats off also to ‘chef’ Mel Bates who took over the BBQ tongs last Monday night. If anyone has perpetual trophies at home, please bring them in to training as it is nearly that time of year again!

Tash Taaffe

Darcy Taaffe had a superb meet, suprising herself and her coach showing just what little legs can do. With sprinting her strong suit, Darcy capitalised on her speed in the 70m and 200m placing second and third in her heats and in the top ten overall out of 55 contenders. A solid performance in the shot and discus had her slip back down the overall ranks to 25th ... that was until the last event, the 800m when Darcy decided to go for broke and blitz her competition, leading from the start to finish an almighty second and fourth overall. Nice work.

Darcy Taaffe running an impressive 12.93 seconds and 38.41 seconds. Cody really brought his A game to the last event of the meet, the 800metres. In the top five runners for the first lap, he just slipped back to seventh in the home straight – but oh what a great last 100m he ran!
## Community Calendar

**What's happening?**

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

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

### MARCH

<table>
<thead>
<tr>
<th>Date</th>
<th>Events</th>
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<tbody>
<tr>
<td>Sunday 15</td>
<td>Holy Trinity Parish Annual General Meeting</td>
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</tbody>
</table>
| Saturday 21| - Mens Breakfast - Parish Hall - 7.30am  
             - Merriwa Markets - RSL Grounds - 9.00am-12.00noon  
             - Merriwa Sports Club Trivia Night - 6.30pm         |
| Friday 27  | - The Merriwa Charity Muster  
             - Merriwa Touch Football Grand Final - Sports Oval Number 1 - 6.30pm  
             - Messy Church - Parish Hall - 3.30pm                  |
| Saturday 28| - The Merriwa Charity Muster  
             - Merriwa Campdraft - Working Bee - 8.00am start      |
| Sunday 29  | - The Merriwa Charity Muster - Sunday Fun Run - 7.30am, Number 1 Oval |

### APRIL

<table>
<thead>
<tr>
<th>Date</th>
<th>Events</th>
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<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>

The Merriwa Ringer - Merriwa's only not-for-profit newsletter serving the community for 25 years.