Hugh Higgins travelled to Melbourne to compete in the Martial Arts National Titles over the weekend. Past student of Sandy Hollow Primary, Hugh won gold in point sparring for 13/14 year old boys.
Good News for Merriwa Healthy Environment Group

The Drip and Corner Gorges

“The Drip” on the Goulburn River near Ulan was declared a “Natural Icon” under threat by the NSW Nature Conservation Council.

This declaration was made by NCC because 700 hectares of land adjacent to the Moolarben open-cut coal mine, had been sold by the previous State Government to Yancoal, a Chinese owned mining company.

The 700 hectares which also included The Drip and Corner Gorges was sold for a mere $2084. The mining company had been planning to carry out underground mining in the vicinity of The Drip and apparently construct a tunnel under the Goulburn River.

The GOOD NEWS is that on Friday 13 March the Minister for the Environment, Rob Stokes, announced that the 50 hectare gorge area will be added to the Goulburn River National Park and that Yancoal has agreed to protect the water supply to the Gorge. This transfer was made without payment.

Congratulations to so many caring people who put their time and effort into saving The Drip and drawing the attention of the government to the risks involved.

Ted Finnie
For MHEG

Follow us on www.merriwa.nsw.au (Groups & Clubs)
Deputy Principal’s Report

YARN UP DAY

Thanks to those parents who gave up their time last Friday to discuss Aboriginal Education in our school. We had very productive discussions and have some clear goals that we aim to achieve. A part of that is providing an opportunity for our Aboriginal students to have a stronger voice in their education. As a result I will be meeting with those students in Week 10 to gather feedback on their ideas. Thanks also to Mr Creamer, Mrs Hegarty, Demmi Hilton and Bethany Edens-Rosa for coordinating such a wonderful morning tea.

MERRIWA CENTRAL HOSTING AECG MEETING

Next Wednesday we will be hosting the Term 1 meeting of the AECG (Aboriginal Education Consultative Group). This meeting is usually held in Muswellbrook so it is a wonderful opportunity for our parents to have the chance to attend. It is our honour to host the meeting and I would like to invite all of our Aboriginal parents to attend at 5:30pm next Wednesday March 25 in the secondary library. I look forward to seeing you there.

Adam Johnston
Deputy Principal

Primary News

Choir Assembly

At our Primary assembly last week the Choir presented their first performance for the year. They have only been rehearsing for 4 weeks but managed to perform with a great level of confidence for students, parents and guests. They sang the popular song ‘Do you want to build a snowman?’ from the movie ‘Frozen’ and used some props to accompany the song and tell some elements of the plot of the movie. I am very proud of the wonderful performance they gave and look forward to preparing our next performance!

Kindergarten Parent Session

Last Monday two Kindergarten parent information sessions were held on the primary campus. One in the afternoon and another in the evening. Both sessions had a great turnout and parents were able to engage in lots of discussion with our Instructional Leader, Miss Alison, as well as both our Kindergarten teachers, Miss Willis and Miss Sinderberry. We received lots of positive feedback from all who attended and have plans to run some more sessions later in the year. Thank you to all the parents who were able to come along and gain some valuable information about literacy skills. We look forward to the next session and meeting more parents.

Home Day

Tomorrow Friday 20 March Primary classes will be attending the Senior Citizens ‘Home Day’ to perform some items for them. We will be having an early recess at approximately 10.20am then walking to the RSL. We will return in time for the usual lunch break.

Coming Events

<table>
<thead>
<tr>
<th>MARCH</th>
<th>Thursday 19</th>
<th>Year 7 and 10 Geography excursion – Merriwa River</th>
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<tbody>
<tr>
<td></td>
<td>Friday 20</td>
<td>Senior Citizens Home Day Primary Performance</td>
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<td></td>
<td>Monday 23</td>
<td>Year 12 Half Yearly Exams – all week</td>
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<td>Tuesday 24</td>
<td>Parent Teacher Interviews – Primary 3.30-6.30pm and Secondary 5.00-7.30pm</td>
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<td></td>
<td>Friday 27</td>
<td>Primary assembly Primary Zone Cross Country</td>
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<td>Monday 30</td>
<td>Secondary formal assembly – Great Hall, 8.55am</td>
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<td>Tuesday 31</td>
<td>Secondary Zone Cross Country</td>
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<td>APRIL</td>
<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 SRC Out of Uniform Day - Wear something red or yellow - Gold Coin donation</td>
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Merriwa Ringer
Students of the Week

Congratulations to our students of the week. It was a very busy week and we were proud to see students continuing to work hard. Well done to the following book award recipients:

**Year Kindergarten:** Georgia Maben  
**Year K/1:** Rory Wallings  
**Year 2:** Logan Brazier  
**Year 3/4:** Ella Towell  
**Year 4/5:** Kyah Johnston  
**Year 5/6:** Kyarne Sampson

Workers of the Week

At last week’s assembly our workers of the week presented some wonderful work samples to share including mathematics, art, writing, and work on sounds. Thank you to these students for sharing your work with us:

**Year Kindergarten:** Georgia Maben and Mya Haataja  
**Year K/1:** Isaac Constable  
**Year 2:** Beau Skeffington and Brooke Sampson  
**Year 3/4:** Brooklyn Blackadder and Duncan Harrison  
**Year 4/5:** Jack Mobberley and Alethea Fawcett  
**Year 5/6:** Kyreece Fawcett and Jack Wallings

Cross Country

Last Friday March 13 the Primary campus held their Cross Country Carnival which also doubled as the school fun run fundraiser.

Students under 8 years of age ran an 800 metre course, students 8-10 years of age ran 2 kilometres and students 11 and 12 years of age ran 3 kilometres.

Luckily we had cool weather for the day and had an early start. With lots of parents and SRC members to help out we were able to have many people at marker points around the different tracks.

We would like to thank the SRC members Elizabeth Hagley, Courtney Gibbons, Janaya Austin, Leah Wright-Riley and Craig Walker for assisting us for the day.

A big thank you to the parents who volunteered their time to help out for the day Lib Gear, Pauline Skeffington, Belinda Keane, Sandy Wallings, Steve West, Hannah Walmsley, Katie Turner and Ainsley Maben.

Well done to Mrs Moore for all your organisation and coordination of the carnival and the fundraising. The students are very excited to hear the total amount raised!

Cross Country Results

**Under 8 years of age Boys**

1st - Toby Fairhall  
2nd – Zane Smith  
3rd – Tye Blackadder
Under 8 years Girls
1st – Zara Sampson
2nd – Rhianna Shadlow
3rd – Ella Olive

8/9 years Boys:
1st – Dylan Keane
2nd – Tyrell Heang
3rd – Andy Olive

8/9 years Girls:
1st – Brooklyn Blackadder
2nd – Alyssa Carrall
3rd – Ella Towell

10 years Boys:
1st – Jack Nairne
2nd – Aaron Hamson
3rd – Jack Fairhall

10 Years Girls:
1st – Kyah Johnston
2nd – Samantha Bristow
3rd – Kasey Jongerden

11 years Boys:
1st – Jake Williams
2nd – William Whitby
3rd – Kyreece Fawcett

11 Years Girls:
1st – Danielle Skeffington
2nd – Kyarne Sampson
3rd – Isabel Swan

12 Years Boys:
1st – Hassan Tashman
2nd – Harrison Amidy
3rd – Jayden Shadlow-Walls

12 Years Girls:
1st – Joanne Hamson
2nd – Mekayla Towell
3rd – Katie Kelly

P AND C REPORT
Trivia Night
The Trivia night made $512.70 which I think is a great result. So once again thanks to those who attended and organised the night.

CANTEEN TREASURER: POSITION VACANT
Position 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

Gaynor Blackadder
P&C Secretary

K-12 OUT OF UNIFORM DAY
Out of Uniform Day on 2 April, 2015 the last day of term. Red and Yellow theme to raise money for the Westpac Rescue Helicopter. Gold coin donation, normal out of uniform rules apply.

Rebecca Hopkins
SRC Coordinator

Rebecca West
Assistant Principal
Secondary News
AGRICULTURE REPORT

The year has been off to a busy start with the arrival of our new alpacas, our Mother’s Day flowers propagation project and the nurturing of our giant pumpkins.

The 7/8 Technology Mandatory rotation have been active in the gardens, preparing and sowing their garden beds with winter seedlings they have propagated.

The 9/10 Agriculture class have been studying pasture production and are focusing their research on designing a pasture mix for the Ag plot. They too have been in the gardens, with some experimental gardeners working on alternative methods of gardening such as aquaponics.

Year 11 Agriculture students have completed their introductory overview section of the preliminary course and are currently busy with their on a farm case studies.

Year 12 Agriculture students just completed their Product Study on milk and are preparing for their examinations, which we wish them the best of luck in.

Primary Industries students have been preparing the ground for sowing – we just now need the rain!

I would also like to take this opportunity to thank the Goodears for their donation of an alpaca and for supplying us with her mate. They have been a welcome addition to the Ag plot and have settled in well.

The SRC ran a naming competition throughout the term and the names decided upon were Rosie and Alfonso. We are hoping for a baby cria sometime in the near future.

Lastly, early next term we will be distributing order forms for our Mother’s Day flowers.

The flowers are propagated by the students and all proceeds go towards new projects in the Ag

Favourite Subject: Food Technology and English
Favourite sport: Steer Riding
Favourite team: Knights
Favourite player: Jarrod Mullen

Best personal sporting achievement: Making the Rodeo National Finals three years in a row.

Who inspires you and why: Cliff and Lachlan Richardson because they are great bull riders and Dad because he encourages me to ride steers better.

Advice to young players: Give 110% and never give up!

ROAR - Respect - Ownership - Awareness - Rewards

ROAR
Oliver Towell
Year 8
plot. So please look out for them and surprise Mum with some lovely potted colour to brighten her day and autumn.

Lois Harrison
Agriculture Teacher

NEW CAREER EVENTS


UN Youth Australia ACT Territory Conference 2015 20 to 22 March

Years 9-12 from ACT and regional NSW. Three days workshops on international and current affairs, model United Nations debates. $130 two nights of accommodation and meals. Contact: Laura Bryant on 0400 707 210 or laura.bryant@unyouth.org.au https://unyouth.org.au/event/act-territory-conference/

2015 UNSW Indigenous Winter School Program - Indigenous students in years 10, 11 and 12 who are considering tertiary studies at the University of New South Wales, Sydney. For your information http://www.nuragili.unsw.edu.au/winterschool.html Application forms are available from Mrs Hegarty. The Closing date for applications is 5pm, FRIDAY APRIL 24.

THINK Design - Day In The Life of a Designer Workshop - Sat 4th Jul 2015 (Ultimo) Find out what goes on at CATC Design School and Billy Blue College of Design and see what communication, graphic, digital media, interior, and branded fashion designers and photographers really do. With 2 x 3-hour sessions running on the day, you can choose to explore multiple disciplines or zoom in on your preferred area. Session from 9:30-12:30pm & 1pm-4pm. Register http://bit.ly/1Gl068F

WEP Student Exchange Scholarships World Education Program (WEP) Australia is awarding two $3000 scholarships towards semester and year-long student exchange programs to over 25 countries around the world commencing in 2016 (Jan/Feb or July/Aug departure). To request program information for your school visit: http://wep.org.au/info/teachers or email judithortmann@wep.org.au.

Please contact me if you require any further career information.

J E Hegarty
Careers Adviser

Favourite Subject: Agriculture, English, Chemistry
Mathematics

Extra-Curricular activities: Horse Riding for competition and fun

Best Personal Achievements: Nominated for show jumping at 2015 Sydney Royal Easter Show.

Year Advisor’s Comment: Robert has settled into his preliminary year well, demonstrating diligence and dedication. He was chosen as a peer support leader after training last year and accompanied the year 7’s on their peer support camp earlier in the term, where he was able to put his training into practise. Robert was an excellent co-leader, interacting with the younger students and capably leading them in their activities. Outside of school Robert is a keen and active competitor in Horse Sports and we wish him well as he competes at this year’s Royal Easter Show.

Lois Harrison - Year Adviser

Student of the Week
Robert Thorburn
Year 11
Catholic Schools Week (CSW) 2015 has been a wonderful celebration of quality teaching and quality learning at St Joseph’s Merriwa as well as the other 55 Catholic Schools in our Diocese which have seen record numbers of students enrolled and above average enrolment of students with disabilities and indigenous students.

The theme of the week is Educating Today and Tomorrow. CSW focuses on the continuing need for the Church to support parents in the education of their children so that they might be better equipped to participate professionally in the social, political and economic life of their communities. It has also witnessed the wonderful effort our whole school community is making to ensure that the education of our children is a priority today and well into the future. Thank you for your ongoing commitment to this great cause.

Commitment to Serve: On Sunday we celebrated Mass in St Anne’s Church and the staff and leaders made their commitment to serve the school community in 2015. The church was full and the atmosphere was very positive. Thank you to all who attended.

Monday’s CSW assembly was enjoyed by the children and the P&F meeting that followed was well attended and very positive. Thank you to Anne Marie for giving up her time to babysit during the meeting.

Open Day showcased the many learning experiences made available to the young people in our care and was extremely well supported and parents and friends were able to enter the classrooms and see how the classrooms are organised and how students learn. The students loved having parents join their learning groups at this time.

Shared lunch was a hit with children, parents and grandparents also and a big “Thank you” to Mr Richard Magner for providing the beautiful watermelon.
The Parish - School dinner was again a wonderful occasion where parents and parishioners were able to share a great social evening and some trivia thrown in. Heartfelt thanks to Mrs Marie Scott and Mrs Sam Kerr for organising the evening for us.

A Reading Helpers’ workshop was conducted at the school to emphasise the importance of literacy in all our lives and give parents a run down on how they can be effective reading helpers at school and in the home.

This is the last week to purchase any “surplus to needs” furniture from the school. We still have a number of infants chairs, low tables, a two-door cupboard, a couple of desks and computer tables. Please call the office for details.

WEEKLY AWARDS

Congratulations to this week’s award winners:

Kinder - Jack Patterson - for great effort in practising his writing skills

Caitlin Harrison - for great efforts in practising her writing skills

1/2 - Nate Brown - for a fantastic effort in homework with writing tasks and reading

Claudia Patterson - for making very grown up decisions and thinking about herself and others

3/4 - Mia Morgan - for always putting in a big effort into everything she does.

Will Henderson - for a great understanding of 3D objects

5/6 - John Magner - for his vast knowledge of and wanting to know more about bushfires

Charles Brazier - for a super effort in completing his homework

Principal’s Awards: Tilly Clark - for her enthusiasm for school and learning

Amy Redgate - for being such a positive person ready, willing and able to help teachers and students in any way she can

Helen Whale
Principal
STUDENT OF THE WEEK
Benjamin Bibby

Benjamin has earned the title of ‘Student of the Week’, this week for settling well into school routine and being a keen and enthusiastic learner. He has worked hard to follow teacher instructions and improve his reading strategies and pencil grip and already knows his numbers from 1-10. Last week at Cross Country Benjamin did his very best in his running and came third in his age group. Congratulations and keep up the terrific work, Benjamin!

Successful Cross Country Run

Cassilis School numbers grew dramatically last Friday by over one hundred students as we welcomed our neighbouring schools for our annual Cross Country Fun Run. Congratulations to all the children on their participation and behaviour. The school with the highest point score and handicap trophy went to Sacred Heart at Coolah.

Big congratulations to the following Cassilis Students- Benjamin Bibby third place in the 5years boys, Sophie Anderson second place in the 8 years girls, Tobias Bowler third place in the 12years boys.

Congratulations to everyone for the excellent sportsmanship displayed throughout the day.

The school ran the canteen this year as an excursion fundraiser and we are very excited to report we have added over $500.00 to our excursion fund. Thank you very much to the parents who were able to come along and show support in the canteen.

Students Enjoy School Disco!!

Thursday night Cassilis Public School held a school excursion fundraising disco. It was fabulous to see all our children in attendance and having a great night. We made an amazing $120.00 from our hotdog stall and juice stall. Thank you to all our school families for your fantastic support.

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Congratulations to everyone for the excellent sportsmanship displayed throughout the day.

Next Friday we are looking forward to an exciting day of learning as we celebrate Harmony Day and Seniors Week.

We have a number of interesting lessons planned. We welcome all parents and extend a special invitation to the seniors in our community to join us for a multicultural luncheon at 1.00pm.

We ask that everyone please bring along a multicultural dish to share on our buffet and after lunch share in our multicultural activities with the children.

Jeanette Grinham
Relieving Principal
Next week all students will participate in the Healthy Harold program. K-2 will do a program called Harold’s Mystery Tour and 3-6 will learn about taking and storing medication. Permission notes will need to be returned by Friday this week, along with the $3 fee. The cost of the program has been kept to a minimum due to funding by Mount Arthur Coal.

Easter Hat Parade
The SRC will be running their annual Easter Hat Parade on Thursday April 2. All students are encouraged to design/decorate a hat. We ask that students not put chocolate eggs on their hats. There will be prizes for best decorated hat in all grades as well as prizes for any pre-school entries.

Easter Egg Raffle
The SRC will also be running an Easter Egg raffle. We are asking all families to donate Easter eggs for prizes. They can be sent into school in sealed wrapping. Tickets will be sent home this week. The raffle will be drawn at the Easter Hat parade.

Zumba for Kids
In week 10, Christine Scott will be running a Zumba for Kids session at the school as part of Active Kids week. She will teach and then video a Zumba sequence which will be posted onto her Facebook page. Further information and permission notes will be sent home later this week. There will be no cost to the students for this activity.

SRC Elected
The new Student Representative Council was elected by their fellow students last week.

Congratulations to our new representatives.

Weekly Awards
- Jacob Marsh - working well in all areas.
- Reece McCandless - being settled and working well in Science.
- Bill Chambers - becoming a more independent worker.

Sports Persons of the Week
Hunter Marsh and Jake Pike - assisting an injured student during cross country.

Workers of the Week
K/1/2 - Riley Borradaile.
3/4/5/6 - Angus Higgins, Bella Wallace.

Cassilis Cross Country
On Friday March 6, K-6 travelled to Cassilis to participate in Cassilis Cross Country.

When we arrived the 11s, 12s and 13s walked their track. The track was the 3km one, with Killer Hill plus Heartbreak Hill. These hills are some of the obstacles on the track. In our group there was a mixture of students from Ulan, Wollar, Cassilis, Sacred Heart, Martindale and Sandy Hollow.

Next we had recess. For recess we had a muffin and a piece of fruit. We had a very long time to play before the race.

Afterwards we started the race. I was in the second group to run. After I passed Killer Hill, I walked most of the way. When I got near the school I started to run. When I got to the school I finished in third place.

Just after I had completed the race, we had lunch. For lunch we had a hotdog and a milk. Then I got 2 ice blocks and a muffin. Finally we had presentations and then went home.

Bella Wallace
Where has it gone?

We can’t believe that it is week 8 already. The beginning of the year has been wonderful and we are now working toward some craft and stories to celebrate Easter. Enrolments have been climbing throughout the term for both services and we are pleased to be meeting the needs of families with young children in the community.

In week 10 we will be conducting an Easter egg hunt on each day of the week and we look forward to these days as a special surprise and treat for the children.

This week you may have noticed some new additions to our notice board, a copy of our sustainability policy is on display and we have provided some additional copies for you to take and revise. This is a great opportunity to have input into policy development and have a direct impact on our practice.

I hope everybody has received the note welcoming your input into our School Readiness Evenings which are held at Pre-School each year. This is a great way to ensure that your needs are met and your questions are answered so you can feel confident and informed about your child’s next step into a Primary environment.

You will see that I have provided a list of possible topics for the evening and it would be helpful if you could indicate if these topics are of interest to you. There is also an area for you to indicate any specific areas that you would like addressed regarding Kindergarten.

In week 3 of term 2 between May 4 and 8, we are holding our annual playground stall, this is the week before Mother’s Day so it will be a great opportunity to purchase some baked goods from the students. We will be also baking with the children and we find this week a great opportunity for some hands on numeracy as we take turns handling money and working on the cash register and calculators.

The children will be using measurements to bake and packaging the goods dividing them equally. We love it and this year we are including a REUSING section which invites families to donate toys and clothing in good condition for resale or swap. It is not too soon to begin looking around for items to REUSE, REDUCE and RECYCLE with the Merriwa Pre-School.

On Saturday May 9 we are also thrilled to be offering Family Portraits by Jaspa. $20 secures you a framed family portrait and this money is then donated to the Pre-School.

You are of course offered your choice of prints and packages to purchase from. In the coming weeks we will be accepting bookings for the event. It is always very popular and the results speak for themselves.

Keep an eye out for some great information about colds and flus next week and please find the attached Temporary Withdrawal Form. From time to time if your child is unwell or you are going away on a family holiday you can apply for a temporary withdrawal from School. This is a great way to save 50% of your daily fee.

Please be advised that Pre-School breaks up on Thursday the April 2 for the Easter holidays and resumes on April 20 for term 2. I believe that the Central School commences on April 21 so please be sure to arrange for transport other than the bus unless you have pre-arranged this service with the bus company.

Merriwa Activity Centre is running an Easter Raffle with a giant basket of eggs on offer. Tickets are $2 each or 3 for $5. Mac is also running a 100’s club which is filling fast. Please see the notices at the Pre-School and look out at the Merriwa Markets for our stall this Saturday.

Leah Folpp
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

March 15 :- Parish AGM Results:-

Church Wardens : Jan Bahn & David Wightman
Rectors Warden: Rosalie Drew
Secretary: Jennie Finney
Treasurer: Allen Reed
Mission secretary: Lorna Parnell
Parish Council/Resource Team: Bob Bahn, Deirdre Peebles; Margaret Wright; Andrew Medway; Allen Reed.
Environment Officer: Ted Finney

We give thanks for the return of “The Drip” to the National Parks and for all the hard work of community and MHEG members.

A Place to Be...Place beckons us with memories buried deep in our souls. The Bible speaks frequently of place; We see an example in Nehemiah’s longing for a restored Jerusalem. It’s no surprise then, that Jesus would speak of place when He wants to comfort us. “Let not your heart be troubled,” He began. Then He added In My Father’s house are many mansions; if it were not so, I would have told you. I go to prepare a place for you.

John 14:2 May the memory of our earthly place point us with hope to our heavenly place.

Rosalie Drew

Merriwa Surgery

DR EMAD JASEM

For all your medical needs

OPENING HOURS

Monday to Friday 8.30am to 6.00pm

Dr Emad Jasem will be taking holidays to visit his family in England for the first two weeks of April. The surgery will remain open for the regular hours.

We are thankful to Dr Adrian Plaskitt for helping us out during this time.

Our practice nurse will also be available.

For appointments please call the surgery on 6548 2305.

Dr Emad Jasem

Merriwa Rotary

As this week’s Ringer goes to press, the Merriwa Rotary Club will already have celebrated St Patrick’s Day with a Wearin’ of the Green night at the Sports Club.

This event makes a connection with a century-ago Merriwa tradition, when St. Patrick’s Day was, prior to World War 1, a gazetted public holiday in the Shire of Merriwa.

Erin go Bragh!

Breanna Goodear is scheduled to speak to our club about her forthcoming trip to Gallipoli where she will be one of the students representing Australia at the Anzac Centenary commemorations. Teianna Taylor and Paige McConnell will talk about their forthcoming Rotary Exchange with NZ Rotary.

At this meeting we shall have great pleasure in welcoming another new member, Alison King.

Mark Smith
Rotary Merriwa.

Kaleidoscope Kids FUN RUN

Sunday March 29

ENTRY FORMS are available at the Merriwa Pharmacy and Newsagents. GET them now as there is only two weeks to go.

Remember that you can walk the course. This is mainly a fundraiser, raising funds for Kaleidoscope Kids, John Hunter Children’s Hospital while also being a great morning out in the beautiful fresh air and getting healthy with a run or a walk from the Merriwa Sports Oval to the Merriwa Sportsground – all fairly flat going and an easy relaxing Sunday.
morning stroll.

We need entries in all four categories and there is a great prize in each for one lucky entrant while those who come in 1st, 2nd or 3rd will receive a trophy for their efforts.

Mike Rabbitt, Television’s NBN presenter will be there at the Presentation and we may even have him in the FUN RUN. We’re working on it. As long as there is someone in the Golden Oldies category to walk with him he’ll give it a go.

So come on Merriwa, young and old, we need you to go get those entry forms, fill them out, then take them to Di’s Clothing with your money and I’ll be a happy lady if I see some entries coming in. There’s been a lot of work to get it going – hopefully not all for nothing.

Categories are: Kids (7 to 12’s) $10 with random lucky draw prize a bicycle; Junior (12 and under 18) $15 with random lucky draw prize a swag; Adults (over 18) $20 with random draw prize $120 gift voucher; Golden Oldies (over 50) $20 with random draw prize $120 gift voucher.

Any enquiries please ring Elaine 65488560.

GET DOWN TO THE PHARMACY or NEWSAGENTS and get your ENTRY FORMS NOW.

Elaine Sparrow  
(Fun Run Coordinator).

Merriwa Rotary and Kaleidoscope Kids POETS BREAKFAST.

Get your tickets from Di’s Clothing for the Poets Breakfast with Greg North on Saturday morning at 7.30am and order from the menu of Bacon, eggs & toast, Scrambled eggs, bacon & toast OR Pancakes. My mouth is watering already !!! Not to mention being entertained by Australian Award winning Poet Greg North. Don’t miss him. He is well worth the effort to get down to the School of Arts for his breakfast at 7.30am at $15 – kids welcome (priced accordingly).

Greg is taking no fee with all proceeds going to the Kaleidoscope Kids Health Network for country and Hunter kids. Get your tickets to give us numbers for catering however tickets will also be available at the door on Saturday morning. Not often that you can go to a Poets Breakfast in Merriwa so don’t miss out. Come and enjoy while raising money for a great cause.

Merriwa Rotary and Kaleidoscope Kids SPIT ROAST DINNER & AUCTION.

Get your tickets from Di’s Clothing for the Saturday night Spit Roast Dinner and Auction at the School of Arts at 7.30pm. Rotary will have the lamb slow roasting on the spit all afternoon and as usual will serve up a scrumptious dinner with dessert for all who attend.

Again it would be good to buy your tickets from Di’s Clothing to give us numbers for catering however tickets will also be available at the door. Children are welcome (priced accordingly).

Come and have a great evening of yummy food with some fantastic auction items up for grabs. Mike Rabbitt, television NBN presenter, will be there and will compere the night.

He is very excited to be able to meet up with


Notification of road closures for the Merriwa Rotary, Kaleidoscope FUN RUN will be as follows:

- Road Closure, using the gates, on Brisbane Street, between the ovals
- Traffic controllers will be at the following intersections, allowing traffic through when there are no runners. Intersections are: Brisbane St and Hackett’s Road; Marquet St and Roach St; Marquet St and McCartney St; Scone Rd and McCartney St; Vennacher St and McCartney St; Bow St and Blaxland St; Dutton St and Blaxland St.

These closures of road and intersections as above will occur for the FUN RUN during Sunday 29 March, 2015 between 7.45am and 9.45am or until the finish of the fun run categories.

Any enquiries please contact Elaine Sparrow 65488560 (Event coordinator).

Elaine Sparrow 65488560
Self-help in this article means to help ourselves to get a healthier life.

It is important to prevent having diseases as well as part of managing the illnesses that we get.

How can we help ourselves?

We should adopt a healthy life style that is eating, drinking, sleeping and doing exercise sensibly.

Although it says everything in “moderation”, we should know what “the limit of moderation” is.

The following are my recommendations for an average adult in normal circumstances

Diet and Fluid intake

For an average adult, the recommended food intake is about 6 serves of Cereals/Rice/Bread, 5 serves of vegetables, 4 serves of fruit, 2-3 serves of Meat/Poultry/Fish/Milk/Dairy products, and use as less as possible of sugar/oil/fat/butter. (further research - Food Pyramid & servings at eatforhealth.gov.au)

1 serve = 1 slice of bread, 1 apple, 1 cup of green leaf vegetables, 65 g of meat, 2 eggs, 250 mls of milk.

Drinking water (clean and fresh water), drink 8 glasses or 2-3 Litres a day.

Exercise

Physical Exercise (Exercise for the body)

In general, any kinds of exercise that is equivalent to 30 minutes of jogging or running a day,

(or alternative ways of exercises for those whom can’t run) for at least 5 days a week.

Mental exercise (Exercise for mind)

Practice daily - Relaxation of the muscles and mindful breathing exercises for about 15 minutes before going to sleep and 15 minutes before getting out of bed.

Sleep

Roughly saying, we should sleep about 7-9 hours in 24 hours.

If it is possible, go to bed at 10 pm and get out of bed at 5 or 6 am, would be a good idea.

Alcohol consumption

For general population, recommended limit of alcohol consumption is 1-2 standard drinks a day, 3 days alcohol free per week, but “0” Zero consumption for children and young people under 18 years, females planning a pregnancy, pregnant women, and breast feeding women.


1 standard drink = 10G of Alcohol = 30mls of Spirits, 60mls of Wine, 285mls of Beer

Limit Caffeine intake … do not drink more than 2 cups of Tea or Coffee or Coca-Cola per day.

Smoking – “0” Zero consumption of tobacco.

Substance Abuse – “0” Zero consumption of illicit or prescribed drugs used for recreational use.

If we believe in “Prevention is better than Cure”, that is … preventing the illness is better before it needs to be treated for cure; why not we should do it now by practicing “Self-help” to prevent illnesses before it knocks us down.

Further discussion … gandawinhein@gmail.com (or) come and chat with me.

Dr Cho Oo Maung
Orders sheets have been collected and orders closed but if you have forgotten to order and would like to order, call Barbara Campbell on 65485131 (best in the evening) or Mobile 0428485131 as we do order some extras and could put you on the list.

**Delivery Day:** Friday March 27  
**From:** St. David’s Uniting Church  
**Where:** Cnr Mackenzie and Vennacher Streets  
**Time:** 10.30am to 3.00pm

If these times are not suitable to anyone, please call me on the above numbers to make a suitable arrangement.

Barbara Campbell

**Red Cross**

**RED CROSS CALLING**

This year, Merriwa Red Cross will be selling raffle tickets for a basket of Easter goodies and having a 100 Club on Friday March 27 to raise money for Red Cross Calling. This money will be used to support vulnerable people in our communities who find themselves in a less than fortunate position due to unforeseen circumstances.

**ATTENTION MERRIWA SCHOOLS AND SPORTING GROUPS**

Are you aware of Red Cross Project Defib?  
This program will enable schools and clubs to receive a grant which will provide a comprehensive Defibrillator package at a subsidized cost to assist in reducing the number of fatalities resulting from cardiac Arrest. This program has been organized through Red Cross Training Services. For more information please go to the Red Cross Website or direct to http://projectdefib.com.au

Philomena Constable  
Liaison Officer Merriwa Red Cross

**Merriwa CWA**

INTERNATIONAL WOMEN’S DAY 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 65482456. 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 District Progress Association**

The March meeting of the Merriwa District Progress Association will be on Wednesday March 25 at the RSL commencing at 6:00pm.  
If you have any issues relating to the Merriwa district, this is where to raise them so come along and be heard.

Beron Arden-Wood

**Merriwa Community Portal AGM**

The Merriwa Community Portal Committee has been going for 12 months, and so we need to hold our AGM. The date set down is Monday March 23, 6pm in the Squatters Room at the RSL.

Kim Fenley

**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.**
Merriwa VIEW Club

Our next Dinner Meeting for the Ladies of VIEW will be on Thursday March 26, 2015 and will be held at the Merriwa Sports Club Chinese Restaurant, 7pm for 7.30pm dinner.

Our membership fees are due at $25. A few members forgot to pay last year so we ask that all pay as soon as possible while it is in everyone’s minds. Raffle and lucky door for March will be from Margaret Wright and Elaine Sparrow.

Our Annual General Meeting was held last month and there will be discussion on venues for the year, guest speakers for the year, our Learning for Life student who we sponsor each year and of course our Learning Locally Bags that are always such a delight when received by our Kindergarten children each year.

Denman VIEW have invited local VIEW clubs to attend their May meeting on Tuesday 12. The National Councillor Bev Giglio will be in attendance to meet all VIEW ladies in the area.

At our dinner meeting we will be asking for hands on those who would like to attend with a car pool leaving from the council chambers on that evening. Acceptances have to be given to Denman for catering purposes before our April meeting.

Acceptances and apologies for March at the Sports Club to Elaine 65488560 by Monday night March 23, 2015. See you at Dinner.

Elaine Sparrow
Secretary

Frederick Samuel John Martin
15/2/1919 - 2/3/2015

Fred and Margaret Martin and family, would like to extend their thanks and gratitude to staff at both Merriwa and Muswellbrook Hospitals on the recent passing of our beloved father, grandfather and great-grandfather.

Forever in our hearts.

Fred Martin

Elaine Sparrow

Merriwa Hospital Auxiliary

You are invited to join us for High Tea at ‘Brindley Park’ Tea Garden on Tuesday April 21, 2015 at 10.30am. All proceeds to Merriwa Hospital Auxiliary – cost $15 per head.

A decadent High Tea Sitting in the exquisite gardens of ‘Brindley Park’ – indulge in delicious sandwiches, divine chocolates, cakes, slices and scones plus unlimited tea and coffee. Crooking one’s pinkie finger and sipping fine tea is not an essential requirement for attending our High Tea but enjoying the company of wonderful friends over this revival of British tradition is. ‘Brindley Park’ is the perfect scenic country setting for a morning tea indulgence bringing a sense of flair and style to this High Tea experience.

The High Tea is not to be missed and will be a unique experience in Merriwa for the whole in-town community and our farming community alike. Sweet treats and savoury bites will be matched with teas sourced from all over the world for the ultimate in High Tea.

WHEN : Tuesday 21 April, 2015
TIME : 10.30am
Where : ‘Brindley Park’

WHY : To raise money for our local M.P.S. by the Merriwa Hospital Auxiliary.

An invitation is extended to all of the Merriwa Community to come along and enjoy a morning tea of super quality and scenery. Our fine china cups will be something to look at and marvel at, however if any of the men wish to have a ‘man size’ cup of tea we will bring out the ‘big old mug’ just to please you on the day.

The ladies can crook their pinkie finger and the men can grab their mug. Whichever way, it will be an enjoyable High Tea with money raised going to our very own MPS and much needed equipment.

Start getting your friends together to attend this fantastic event. For any enquiries ring Elaine Sparrow 65488560 or Kay Taylor 65482281. More in future Ringer’s.
Alexander Downs is proudly 100% Hunter Valley owned and operated.
From our paddock to your plate - Quality Guaranteed
Beef and Pork delivered to the Upper Hunter every second Friday

SPECIAL
WHOLE T’BONE (8KG STEAKS) $13.00/kg
T’BONE STEAKS $15.50/kg
LAMB SHANKS $8.50/kg
ROLLED PORK LOIN $15.00/kg
Delivery Friday 27.02.15

Please place orders by 5pm Mondays for Friday delivery. For Order Forms
Phone: 6548 5170 or 6548 5008. Fax: 6548 5170
alexanderdowns@bigpond.com

NSW State Election
Saturday March 28
Polling Place
Merriwa Central School
Primary Campus

Merriwa Ringer

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.

Email your photos to merriwa2-c.school@det.nsw.edu.au.
<table>
<thead>
<tr>
<th>Support the Merriwa Ringer regularly but can’t find your business? Contact Tina on 6548 2119.</th>
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<th>A quick reference guide to all that support the Merriwa Ringer</th>
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<td>Merriwa Pony Club</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 |
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 or calling in and picking up a catalogue.

SATECNY

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 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

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.
Helping Hunter grain producers increase profits.

Hunter Local Land Services (LLS) is offering Upper Hunter grain producers the opportunity to learn about maximising production and increasing profits, at a field day in Merriwa this month.

The Autumn Cropping and Tropical Grass Field Day, specifically designed to meet the needs of Upper Hunter landholders, will be held from 9am to 4pm on Friday, March 20, 2015.

Senior Land Services Officer Sarah Giblin said local agronomists would provide the latest advice on techniques to manage crop diseases such as crown rot and other cereal diseases, to improve crop production and increase profits.

“This field day is a great opportunity for grain producers to learn about working within local conditions and the latest cropping techniques,” Ms Giblin said.

Agronomist Greg Rummery (Dryland Agricultural Production Systems, Northwest NSW) will provide advice about maximise production outcomes in the local environment.

Tim Sawley, agronomist with Landmark Townsand, will brief participants about the latest techniques in crop management.

The field day will help producers learn how to use the CliMate App Tool in their farming system, chemical options for 2015, 2015 Cropping Trials, and summer opportunity crops and their management.

The event also includes visits to millet, mungbean and sorghum crops to see tropical grass grazing systems.

The free field day will be held at the Settlement Hall, 990 Ringwood Road, Merriwa.

Lunch and refreshments will be provided.

Native Wildlife & Native Flora
Photo Competition - now OPEN
Upper Hunter Shire

Get out your camera
Show us the natural world through your lens

Send us your favourite photos of local native wildlife and flora - animals, birds, insects, reptiles, trees, shrubs, flowers, fungi

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<td>3. Wildlife (Adult 18 and over)</td>
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Over $2,000 worth of prizes to be won

Closing date for entries Tuesday 28th of April 2015.

For Guidelines & Entry Form go to:
For further information contact sconelandcare@gmail.com or Ruth Hardy 0407 232 539

Sponsored by

Merriwa Ringer
5 Gooch Street Merriwa  $220,000
Situated on a large 1657sqm block this home has been fully renovated throughout. There are 3 big bedrooms, 2 with built ins, lounge with RC Air + combustion fire and a brand new kitchen and bathroom. The kitchen is spacious with plenty of cupboards and room for the dining table. Double carport and two garden sheds for storage. The home has been freshly painted and new carpet and lino installed.

Lot 8 McCartney Street Merriwa  $65,000.00
This 2023sqm block is ideal to build your new home. The block is flat for easy building. The vendors have had the soil tests conducted and engineering drawings will be supplied with the sale. Power, phone and town water are already connected to the block.

37 Muswellbrook Road Merriwa  $195,000.00
Situated on a huge 1943sqm block this home has been extensively renovated throughout. It has been freshly painted inside and out, re-carpeted, re-wired and re-plumbed. There are 4 bedrooms all with new built ins, an open plan lounge, dining and kitchen. The kitchen has been replaced and has all new appliances including a dishwasher, fridge, electric oven and hot plate. At the front of the home is a 2nd living area. The bathroom and laundry are new with a 2nd toilet. There is a single garage and garden shed with plenty of room for a big shed. The property can be subdivided subject to council approval.

ISABROWN PULLETS
Galilee Poultry Narromine will be delivering their Isabrown Laying Pullets to Merriwa on Thursday March 26
For details and to place orders please phone Jim on (02)6889 1942 or 0402 574 910

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.

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

Merriwa Ringer
Great Opportunity!
This 3 bedroom home sits on a large 1302m2 block in Merriwa’s main street. It is a rare find offering many development options including residential and / or commercial (STCA). The home features 3 large bedrooms and 2 bathrooms. The ornate 10 foot ceilings add character and charm to this home, and there are many period features throughout. For the growing family there are also 2 sun-rooms, one facing east and the other facing north so year round comfort is achievable.

A spacious and attractive lounge room with air conditioner, gas heater and ceiling fan. The kitchen is large and has loads of cupboard space including a pantry. This home has a real feeling of peace and space it would make a grand renovation.

The property is fenced and has a recent colourbond double garage with concrete floor, a garden shed, water tanks and lovely established gardens. The opportunities for this property are endless with multiple zoning, be it business or residential. This property is currently leased. Call Megan to arrange an inspection today 0400 653 446.

Select Horse & Working Dog Sale Challenge
Merriwa Showground, Saturday 11th April 2015

Quality horses will be auctioned featuring Campdrafting, Polocrosse, Team Penning, and Pony club lines.

Working Dogs will be on offer the day will kick off with our annual Working Dog Challenge.

All enquiries phone Roger Moore 0427 153 446
Entries still available but be quick!

Canteen facilities will be available run by our own Festival of the Fleeces Committee.
DEALING WITH

ON-SITE SEWAGE MANAGEMENT

Anyone with an interest in on-site sewage management is encouraged to view and provide feedback on the Upper Hunter Shire Council’s draft strategy which is on public exhibition for the next month.

The draft On-Site Sewage Management (OSSM) Strategy 2015 has been developed to ensure changes in legislation and technology are accounted for. The Strategy aims to sustain high levels of on-site sewage management system performance in the Upper Hunter Shire through sustainability, effective management control and education.

Since 2003, Council has conducted system audits to ensure that registered systems were installed and operated to an adequate standard.

There are 2,345 systems registered with the Council consisting of common effluent pump systems, pump-outs, aerated wastewater treatment systems, absorption trenches, reed beds and composting systems.

However as other systems were installed many years ago without formal Council approval, it is estimated that up to 3,500 systems may exist.

“Council has a responsibility to monitor not only individual system performance and take action in regard to defective systems where required, but also to manage the cumulative impact of small amounts of sewage from the many systems in the area,” Mr Crockett said.

“Council is committed to a process of continued improvement in on-site sewage management, sustainable development and better community awareness of on-site sewage management system issues within the Upper Hunter Shire,” he said.


Written submissions are invited from members of the public and should be addressed to the General Manager. The deadline for submissions is the 9 April 2015.

Waid Crockett
General Manager

CELEBRATE 25 YEARS

Celebrate 25 years of the Merriwa Festival of the Fleeces with Shelley Minson, Tamworth’s Rockabilly Sweetheart and 2014 Golden Medallion Winner Best New Talent NSW

WHEN: FRIDAY 5 JUNE 2015
WHERE: MERRIWA SPORTS CLUB
TIME: 7.00 PM
COST: $15.00 per person
       $120.00 per table of 8
FOOD: BYO BASKET SUPPER
DRINKS: TO BE PURCHASED AT VENUE
AGE LIMIT: MUST BE 18 YEARS - ID REQ.
TICKETS: LIMITED SEATS - BOOK EARLY

Be bedazzled by the world class fashion from the Australian Wool Industry as eight stunning models display the best Australian wool has to offer.

Kamilaroi - Welcome to Country. The Doonooch Dance Company is the world’s premier traditional Aboriginal dance company. Their presentation is electrifying and powerful. Tradition, culture and ceremony inspire and define their dance.

P: Liam Garment 6521 7046

MARCH COUNCIL MEETING SCHEDULE

ORDINARY COUNCIL MEETING
COUNCIL CHAMBERS, MERRIWA
5.00 PM MONDAY 23 MARCH

Finance Committee
Friday 20 March 2015, 1.00pm,
Council’s Administration Centre, Scone.
Interested in Sponsoring?  
Please contact Merriwa Central School on 6548 2119 for more information.  
Thank you!

Merriwa Ringer

Merriwa Auto Electrical  
(02) 6548 2114  
30 Bow St, Merriwa 2329

OFFERS PENSIONER DISCOUNTS, MENS AND LADIES CUTS, PERMS, COLOURS, FOILS, HAIR EXTENSIONS, SPRAY TANS, GIFT CERTIFICATES  
Phone: 6548 2499  
OPEN TUESDAY TO FRIDAY  
SATURDAY BY APPOINTMENT ONLY

Merriwa Ringer

newsXpress & OFFICESMART AGENT

Neville and Leanne Hook  
☎ 65 482 031  
✉ mwanews@bigpond.com  
www.merriwanewsagency.com.au

MERRIWA HEALTHY ENVIRONMENT GROUP INC

CARING FOR OUR LAND, OUR WATER AND THE AIR WE BREATHE  
Contact: Graham Brown 6547 6048  
Ted Finney 6548 5171  
Visit: www.merriwa.nsw.au

BUYING LOCAL  
SUPPORTING LOCAL  
EMPLOYING LOCAL

Ph/Fax: 6548 2375  
131 Bettington Street  
Merriwa

Merriwa District Education Foundation  
President - Ivan Gant  
6376 1044  
Secretary - Jane Hegarty  
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Merriwa Ringer
Interested in Sponsoring?

Please contact Merriwa Central School on 6548 2119 for more information.

Thank you!

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2015 ROSTO OLIVES
MERRIWA FESTIVAL OF THE FLEECES
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SATURDAY 6 JUNE 2015
A Family & Community focused event.
Phone: 6521 7046
email: lgarment@upperhunter.nsw.gov.au

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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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86 Bettington Street
MERRIWA NSW 2329

Muswellbrook 02 6543 2433
Merriwa 02 6548 2205
Merriwa Ringer

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 Central School

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

CWA

Meet 2nd Monday of the month
at 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: barbaraj911@gmail.com
Secretary: Robyn McAlister
Phone: 6548 3274
Email: robyncwa@bigpond.com

Catholic Parish
Merriwa & Cassilis

WEEKEND MASSES
St Anne’s Merriwa
1st, 3rd & 5th Sunday - Sat 6.00pm
2nd & 4th Sunday - Sun 8.30am
St Joseph’s Cassilis
2nd & 4th Sunday - 10.00am

Parish Priest - 6548 2086
St Vincent de Paul - 6548 3092

St Joseph’s
Primary School
Merriwa

A rich learning environment in a friendly Christian atmosphere
All enquiries welcome
Principal - Helen Whaley
Ph 6548 2035
P&F President - Dermot Shannon
Ph 6548 2996

Merriwa Ringer

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 Anglican Parish.
Services
Holy Trinity
Merriwa
St Columba
Cassilis
9.00am Sundays
11.00am every
10.00am Fridays
2nd and 4th
Study
Short Bible
Sunday

Contact: 0429 996 769

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

Merriwa Central School

Primary Campus:
6548 2101
Secondary Campus
6548 2119

SANDY HOLLOW
PUBLIC SCHOOL

Telephone: 6547 4521
Fax: 6547 4450

Email: sandyhollo-p.School@det.nsw.edu.au

St Davids
Unityng
Church

Meets each Tuesday at the Merriwa Sports Club
7.00pm for 7.30pm
4 x 4m Marquee for Hire
6548 2025

Cassilis Public School

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

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Merriwa Ringer

1st, 3rd & 5th Sunday
St Vincent de Paul
www.merriwashow.com.au
Cockroaches
Tel: 0498 378 500
Parish Priest
Monday to Friday 8.30am to
Merriwa Ringer

For appointments please call the surgery on
6548 2305

Catholic Parish
Merriwa & Cassilis

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Merriwa Ringer

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Parish Priest - 6548 2086
St Vincent de Paul - 6548 3092
MERRIWA JUNIOR LEAGUE AND NETBALL CLUB
President: Andrew
Vice President: Murray Wright
Secretary: Elaine Sparrow
Treasurer: John Sparrow
Junior Vice President: Andrew Webster

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

Merriwa Touch Football
Wednesday Nights
Junior and Senior Comp
President: Tina Taylor
Senior Vice President: Trent Cooper
Secretary: Barbara Eipper
Treasurer: Ainsley Mayben
Ph: Tash Taffe 6548 5002
e: tashholden@bigpond.com

Merriwa R.S.L Club Ltd
Bistro/Snack Bar
Take Away
Lunch & Dinner 7 days
Parties & Weddings a specialty

ATM, SKY CHANNEL
CLUB TAB, CLUB KENO
DARTS, SNOOKER, POOL
BBQ area and Kids Play area

Friday
Raffles and 3 Members Badge Draw

Sunday
Raffles
Members Badge Draw between 11.30am & 1.30pm

Club: 6548 2157
Bistro: 6548 2295
For the information of members and their guests.

Merriwa Touch Football
Wednesday Nights
Junior and Senior Comp
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Senior Vice President: Trent Cooper
Secretary: Barbara Eipper
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Ph: Tash Taffe 6548 5002
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Merriwa R.S.L Club Ltd
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Friday
Raffles and 3 Members Badge Draw

Sunday
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Members Badge Draw between 11.30am & 1.30pm

Club: 6548 2157
Bistro: 6548 2295
For the information of members and their guests.

MERRIWA TENNIS ASSOCIATION
President: Robert Smith
6548 2213
Secretary: Emily Hall
Treasurer: Krichelle Khan
Vice President: Hannah Walmsley
Day - Night Competitions
Junior Competitions
Court Hire

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

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

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 MARCH 29

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 March 14
Saturday Members Draw no 314 was not won - next week $120.00
Winners Jackpot not won - next week $140.00

Free Tickets: Rob Whaley
Dinner: Beris Macpherson
Bowls Raffle: Robert Whaley

Merriwa Ringer
Sunday Raffle March 15
Sunday Members draw - No 419, not won. Next week $1,150. 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.

Loretta Cooper

MENS BOWLS
Last Saturday we played Aberdeen RSL at home and came away with a two-nil win. This week we play Denman at Denman. In regards to the pennant sides for this weekend, a couple of changes with Bruce and Max back in for Allan and Bob Telfer and Scott in for Des. In championships, Father beat son in a very tight game, being Paul and Matt. District pairs last weekend the side of Greg and Phil were beaten in the morning whilst Ken and Max won in the morning and played in the afternoon, result not known. I would like to welcome Bob Telfer to our team, without doubt probably one of the best debuts I have seen for awhile. Don’t forget if you can spare some time we need help with the upkeep of the green, contact Des or Kevin.

Phil Rush

Merriwa RSL Club
The Members Lucky Badge for $850.00 was not won on Friday at 8.30pm the number was 174, this week it jackpots to $900.00. The 7pm draw for $560.00 was won the number was 179, this week it commences at $100.00. The 9pm draw for $460.00 was won the number was 176, this week it commences at $100.00. LTPS/14/04323

The Sunday Morning Badge Draw for $1100.00 was not won last week the number was 355, this week it jackpots to $1150.00 and will be drawn between 11.30am and 1.30pm and you must be present to win the money. LTPS/14/04323

Coming Events
Introducing ‘T-Bone Tuesday’
Every Tuesday you can now order a T-Bone, chips & salad or veg for just $15.00.
Also every Thursday have a chicken schnitzel, chips & salad or veg for just $12.50

What’s Happening in the Club
HAPPY HOUR IS BACK- Friday 6pm to 7pm and Sunday 11am to 12 noon. $3.00 schooners and $2.00 middies, and $5.00 Corona’s.
This Saturday the March 21, Merriwa Magpies v Trangie Magpies No 1 oval 6.00pm.

Cassilis Bowling Club
FRIDAY NIGHT SNACK BAR
Affordable family meals.
FRIDAY NIGHT RAFFLES
Members Draw, Joker Draw, Meat/Vegetable trays, Schooner Draw.

DRAW RESULTS – FEBRUARY 27
Members Draw - $75.00 – Natalie Haydon– unclaimed - $80.00 next week
Joker Draw – $1098.00 – Tony Upton – flipped an ace for $109 – $1026.00 next week.
Saturday afternoons are free pool and music afternoons from 2pm-5pm – ½ price drinks plus bar snacks.

Hilary Parker
Sporting News
Merriwa Little Athletics Club

The countdown is on for the State Track and Field Championships with only two sleeps to go before Ben Keane and family travel to Homebush, Sydney to compete in the 800 metres. Qualifying for State two years in a row is a magnificent achievement.

GOOD LUCK BEN from all of us at the club who have thoroughly enjoyed watching your progress this season.

Thanks also must go to John Cronin who has done a brilliant job of coaching Ben in the lead up to the States. Great to see two of Merriwa’s finest young athletes helping one another to achieve their goals on and off the track.

David McPhie burning down the track at training last week.

Part of the reason Claire has settled into Tiny Tots so well thanks to some fabulous coaching from our tots team - Sally and Elizabeth Hagley and Olivia Gear.

It’s great to see so many tots on the track thoroughly enjoying fitness through games and play. We also couldn’t do it without great parent help.

As our season draws to a close at the end of term, we are planning our end of year AGM and trophy night. For those of you with perpetual trophies from last season still at home, please bring them along to training. More details about our end of season shin dig to follow.

Tash Taaffe

Merriwa Junior Rugby League Football and Netball Club

The starting date for the junior league competition is Saturday April 18, 2015.

All registrations must be paid by this date for players to take the field for insurance purposes. I am still waiting on the new order of shorts and socks to arrive but as soon as they are in I will hand them out to all new players.

All past players may purchase shorts ($25) and socks ($15) from me at training. I also have club polo shirts ($30) if anyone wishes to purchase one – sizes through to adult XXL available.

Training days are Tuesday and Friday each week at the number one sports oval. If coaches cannot make these sessions could you please let me know (65488560).

New players are still invited to sign up or come along to training and see what you think. If parents have not filled in a Medical Sheet for your child could you please see Elaine at training.

Elaine Sparrow
65488560.

Newest recruit Claire Inder is pleased to have almost mastered throwing the discus.

David McPhie is one of our most enthusiastic young athletes. Always ready to try new techniques and get in and have a go, David has also really stepped up a gear with his running speed.

Well done David, I look forward to seeing you put the ‘pedal to the metal’ in sprints and relays next week!

A big welcome to our newest recruit, Claire Inder. Claire has made great progress, quickly familiarising herself with some ‘odd’ equipment like the discus and shot put. Great to have you on ‘Team Merriwa’ Claire.
Merriwa Pony Club

Last weekend was another busy weekend for pony club members with more than fifteen Merriwa riders cruising into Denman for the Denman President Cup on Sunday. Georgia Maben had a great day in the leds going home with a bag full of ribbons. Keira Gillis and Isla Murphy were all smiles on their tubby ponies as they cantered around in the u/7 age group while Ben Patterson ‘got serious’ kicking Ruby into first and second gear to take home the champion boy for the age group.

The Mobberly’s were on fire again with ‘Moo’ on ‘Blue’ cleaning up in the 7 and u/9 while brother Jack also had icing on top of his birthday cake with champion boy in his age group. Emily and Cameron Ninness also took home champion boy and girl for their respective age groups in fine style on the accomplished ‘Chrome’ and Camerons young horse ‘Black Out.’

Hannah Riley did a superb job jumping clear amongst the ‘serious’ show jumping fraternity in C grade to just miss out by two rails in the jump off. Hannah and Doc placed consistently through the day as did brother Ty Riley. Jorji and Darcy Taaffe had a fabulous first show on their new horses ‘Jim Jam’ and ‘Molly’ managing some consistent places throughout the day and no stacks! Will and Pia Henderson were another brother sister duo that showed fabulous progression across the board. Will and ‘Bonnet’ performed a near faultless utility class to take home the blue ribbon while Pia and ‘Max’ strutted their stuff in the rider class to take home 2nd, dodging witches hats along the way. Many of our riders stayed on Sunday night to ride in the inaugural St Anne’s Denman Horse Sports competition on Monday.

Don’t forget THIS WEEKEND is our Combined Training weekend with showjumping and dressage on Saturday and the Merriwa Presidents Cup on Sunday. Members of the public most welcome to come along to watch and make sure you grab some lunch or morning tea from the canteen on your way though!

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

<table>
<thead>
<tr>
<th>MARCH</th>
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<tbody>
<tr>
<td>Saturday 21                      • Mens Breakfast - Parish Hall - 7.30am</td>
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<tr>
<td>• Merriwa Markets - RSL Grounds - 9.00am-12.00noon</td>
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<tr>
<td>• Merriwa Sports Club Trivia Night - 6.30pm</td>
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<tr>
<td>Friday 27                        • The Merriwa Charity Muster</td>
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<td>• Merriwa Touch Football Grand Final - Sports Oval Number 1 - 6.30pm</td>
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<tr>
<td>• Messy Church - Parish Hall - 3.30pm</td>
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<tr>
<td>Saturday 28                      • The Merriwa Charity Muster</td>
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<td>• Merriwa Campdraft - Working Bee - 8.00am start</td>
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<tr>
<td>• NSW State Election</td>
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<tr>
<td>Sunday 29                        • The Merriwa Charity Muster - Sunday Fun Run -7.30am, Number 1 Oval</td>
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<tr>
<td>Thursday 2                   • CWA Annual Easter Street Stall</td>
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<tr>
<td>Saturday 11                  • Select Horse and Working Dog Sale/Challenge</td>
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The Merriwa Ringer - Merriwa’s only not-for-profit newsletter serving the community for 25 years.