Success at North West Equestrian Expo
Merriwa Central School students April Lawler and Clancy Martin travelled to Coonabarabran on May 28 to compete in the North West Equestrian Expo, which is the largest School Horse Sports in NSW.

With numbers capped at 600 competitors and 850 horses, this state wide competition runs for five days and consists of 11 separate equine disciplines. The competition is for secondary school students only.

Having only two representatives from our school did not deter our kids or affect their results.

One of the highlights of the competition is the Team Barrel race. Consisting of teams of three riders. It is the single largest event held at the Expo with up to 500 riders competing for the coveted first place rugs.

Clancy and April teamed up with Sam Collette from Tamworth and blitzed the field to win the event. April had the added achievement of recording the second fastest individual time of the night. This win is a huge achievement that the kids will never forget.

Merriwa Central School has had great success in this event winning it two years ago with the team of Anastasia Martin and Georgia and Hamish Cameron.

Another team highlight at this Expo is the polocrosse competition. Some competitors travel to Coonabarabran just to compete in this event.

Teaming up once again with Sam Collette, our kids fought their way through to the B Grade final where they come up against Calrossy Anglican School, which happened to have Anastasia Martin in it. A great final ensured with sister against brother and cousin. Unfortunately for Merriwa they were beaten by one goal to be runners up.

Our two riders were consistent across all areas of the competition and with over 90 riders in each age group, competition was fierce. Clancy placed fourth and April placed 11th in the One Day Event, Clancy placed fourth and April placed 11th in the Working Horse Challenge. Clancy followed on with his success from last year winning the Warrumbungles Way competition for the second year in a row - receiving an embroidered rug. April placed third in the barrel race on the sporting day with Clancy placing fourth in the bending and fifth in the barrel race. Finishing with Team Penning on Tuesday, our kids remembered the great coaching they received from Kellie last year and achieved tenth place.

Clancy finished off the weekend by winning Highest Pointscore boy in his age group, for the second year running, and received an embroidered rug. A huge achievement at such a massive event.

Congratulations to both children on their results; they are a credit to themselves and their school.
Our school prides itself on catering to the educational, social, and wellbeing needs of all our students. In a recent “Tell Them From Me” survey our secondary students expressed levels of anxiety which are common in teenage years.

It is important that all students feel supported, and can identify key people to go to when they need help. Today there is a much greater understanding about mental wellbeing, depression and suicide prevention.

Same-sex attracted and transgender students are twice as likely to experience anxiety, and three times as likely to experience depression.

In recent weeks one of our students has identified as transgender. Imagine how difficult this decision must have been to the young person, and how confusing it can be to others in the peer group.

As a school we have a responsibility to support all our students through this process – one which will be challenging, confronting, confusing, emotional, yet liberating.

Our school values inclusion and equity, where all students are treated with dignity and respect. Behaviour which is disrespectful, discriminatory, homophobic or transphobic will not be tolerated.

To assist parents in understanding gender issues the following extract may assist.

If you would like further information please feel free to contact me, for concerns around your child’s mental wellbeing please feel free to contact Mr Warren Freeman our school counsellor. Mr Freeman visits the school each Tuesday.

Darren Noonan
Principal

WHAT’S GENDER ALL ABOUT?

Maybe it’s time for a reality check on what gender is really all about. It’s not exactly rare for guys to spend a ton of time making sure their hair is perfect, and it’s likely that a girl is into sport, or hates wearing dresses.

The idea that you’ve gotta act a certain way just because of what bits you have between your legs is pretty outdated.

SEX AND GENDER

The basics are that sex is your physical aspects (ie your wibbly wobbly bits) and gender is how you feel in your mind in terms of masculine and feminine. Sometimes, physical sex and gender don’t match up, so you could be born with lady bits, but feel quite masculine.

TRANSGENDER

Some people feel connected to the gender that doesn’t ‘match’ their physical sex. This is called being transgendered. Some people have a ‘fluid’ gender – it changes over time.

Expressing your gender is a personal thing, everyone does it, and everyone does it differently. Also, just because someone DOES fit a stereotype, like a girl acting girly, doesn’t mean they can’t be gender diverse.

LABELS

Think about it: one of the most common ways we express gender is through the way we label ourselves. For some, changing this label is an important part of expressing their true gender.

They might change their label from ‘female’ to ‘male’, ‘trans’, ‘other’ or something completely different that they feel expresses their gender properly.

Some people change their name, or ask to be referred to as different pronouns. Michael might ask you to call them ‘Mandy’, or refer to them as ‘she’ instead of ‘he’, or even ‘they’.

APPEARANCE

The way you look will usually determine how people see you, and clothes are probably the easiest way to change your appearance. What you wear and how you dress will usually depend on what you want to say about yourself, and what makes you comfortable. Your interests, style, income, culture - and yep, even gender – can all be expressed through how you look.

Sometimes people feel more comfortable in oversized jeans and t-shirts, and sometimes people like tight clothes. But clothes obviously aren’t the only way people change their appearance; hair products, piercings and make up are used by most people in different ways. The point is, they’re used to express how a person feels – and that’s something completely up to them.

Some people have surgery to alter how they express their gender, some people have hormone treatment. Some people legally change what’s written on their birth certificate.
But like all changes, when someone adjusts the way they express their gender, especially when you’ve known them for a while, it can take some time to get used to. Gender is different for everyone; some people might change the way they express their gender over their life. Some people won’t.

Basically, the rule of thumb is not to assume anything about someone’s gender – it’s theirs. If you want to find out more about gender diversity, keep in mind that it’s not your friend’s responsibility to give you all the answers.

This article has been taken a booklet OMG My Friends Queer published by MINUS18.

Source: www.safeschoolscoalition.org.au

Other useful websites www.beyondblue.org.au

Did you know?

California students are allowed to use mobile phones in class and in the playground and will be confiscated for five school days.

**Primary News**

**STUDENTS OF THE WEEK**

Congratulations to our students who received book awards for Student of the Week last Friday. We look forward to seeing what great efforts students put in for our last two weeks of the term! Well done to:

**Kindergarten:** Reide Blyton

**Year K/1:** Shania Patterson

**Year 2:** Christian Cropper

**Year 3/4:** Talisha Coles

**Year 4/5:** Jack Fairhall

**Year 5/6:** Jack Ponsford

**SCIENCE AND ENGINEERING CHALLENGE**

This Friday, June 19, students from Years 4-6 will participate in the Science and Engineering Challenge. Students will need to arrive at school by 8.40am for an early bus to Muswellbrook. Students will need to bring recess and water. Lunch will be provided on the day. Please note the bus for this excursion will not return until approximately 3.45pm.

**REWARDS ACTIVITIES**

Next week is the last week of the term and we will be finalising the term with the Primary Rewards Activities on Friday June 26. Students who have met the criteria for achieving rewards activities will be invited to attend a fun activity with either the infants or primary group. We will all be celebrating with a cosy ‘PJ’s, Popcorn and Movie’ experience in the Great Hall. Everyone is invited to come to school in their comfy PJ’s (and appropriate school footwear) and may bring a small pillow to sit or lay on (students need to be able to carry it themselves from the primary to the secondary campus). Popcorn will be supplied for students.

The infants (Years K-2) group will be watching the movie ‘Bedtime Stories’, rated G. The primary
(Years 3-6) group will be watching ‘Night at the Museum 3’ rated PG. Students will be eligible for rewards activities if they have four or more points, based on our updated behaviour system. If you have any questions about points or rewards day please contact your child’s classroom teacher.

**SCRIPTURE SHOW**

Next Wednesday June 24, we will be holding a Scripture Show for students, parents and community. It will be held in the Great Hall starting at 9.30am and finishing at approximately 10.30am. Our lovely scripture teachers will lead us in a show, presenting some things that our students have been working on during Scripture lessons this term. All are welcome to attend. Thank you to all our Scripture teachers for their hard work this term!

Rebecca West
Assistant Principal

**STAR STRUCK**

On Friday June 12, a group of students from Years 4 to 12 travelled to Newcastle to watch the performing arts extravaganza, Star Struck. The theme this year was ‘A-Maze-ing’ and it most certainly was. Students sat back and relaxed while the orchestra, choir, dancers and puppets delivered an astounding show that captivated the different mazes that are out there, as well as the journeys we take to discover ourselves. Students were extremely impressed with the costumes, particularly the ones that lit up the stage.

Thank you to the parent volunteers who were able to assist in the travel arrangements and Miss Hopkins for organising the excursion.

Talia Laurie
Excursion Teacher

Our Metal and Engineering students are progressing well on their Metals Events. They have prescribed tasks to do to demonstrate their skills and competencies in various areas. This picture is of Matthew Orton’s sliding bevel project which he recently completed. It shows MIG welding, filing, turning, knurling and tapping skills. Mathew McLennan, Clara Pitke, Clinton Rawlinson, Lachlan Healey and Travis Sutton have also completed this task to a high quality.

Mark Beiers
Head Teacher VET

**YEAR 11 WORK PLACEMENT**

During Week 9 Year 11 Merriwa Central School students undertaking a vocational course completed their mandatory thirty five hours of work in an industry related to their course. We
would like to thank the following employers for their support and the opportunity they have provided for our students.

- Welderup - Business Services
- Community Mutual - Business Services
- Scott Witton Building - Construction
- Brooks Bros Engineering - Metal and Engineering
- Kirkwood Produce Co P/L - Primary Industries
- D and M Cameron - Primary Industries
- AGL Energy - Electrotechnology
- Grays Café - Hospitality

The students learn many valuable lessons at work placement and it puts their theoretical work into perspective when they see what they have learnt operating in industry settings. Many thanks again for your continued support of our students.

Term Two has been a very busy term with lots of excursions and opportunities for our students. In Week 7, Miss Hopkins took five Year 10 students to Sydney for the Country Education Foundation University experience. Our students Brandon Forster, Emma-Lee Cooper, Alkira Tritton, Chloe Ponsford and Samantha Owen were included in the group of over 50 students from small schools like ours throughout rural NSW such as West Wyalong and Coonamble. It was an action packed four days and we visited Macquarie University and the Australian Catholic University, experiencing life on campus and in the colleges, attending science, nursing, business and law lectures as well as a hip hop class! We also enjoyed the city life for the week with activities such as sailing on Sydney Harbour and sitting in the X Factor audience. It was a fun and educational trip and we’d like to thank the Country Education Foundation for this amazing opportunity.

**Favourite Subject:** Agriculture and Science

**Extracurricular Activities:** ROAR, Football and SRC

**Best Personal Achievement:** Joining ROAR and playing for Merriwa for football for the second year in a row.

**Year Advisor’s Comment:** Ray is an extremely friendly and likeable young man who has represented our school for numerous events. He is a proud member of ROAR and acted as a strong role model for Primary during the ROAR excursion to Molong, as well as stationing himself at the ROAR Petting Zoo all day during the Festival of the Fleeces. Ray is an active member of the SRC, baking cupcakes for our Biggest Morning Tea and proudly participates in the school’s Quick Smart Program. There could not be a more deserving candidate for Merriwa Central School’s Student of the Week than this well rounded young gentleman, well done Ray

**Brianna Roberts - Year Adviser**

**Student of the Week**

Ray Murphy

Year 9

**ENGLISH/HSIE REPORT**

Hands on experience - students visit Australian Catholic University

Jane Hegarty

Merriwa Ringer
Last week students from Years 4-12 went to Newcastle to watch Star Struck 2015 ‘A-Maze-Ing’. The performance showcased singers, musicians and dancers from schools across the Hunter region, blowing us away with their talent! The excursion has made many of our dancers very keen for our involvement in Star Struck next year. We would like to thank our drivers and helpers for the day Kasey Neale, Margaret Large, Tina Taylor, Di Inder, Kim Clydsdale and especially Miss Laurie as without your support we would not have had such a fantastic day.

It was quite interesting to look at Hunter Belle and the cheese samples we were given after the tour were absolutely delicious.

After lunch we then headed out to Pukara Estate where we were given a thorough tour of the business. We were taken through the groves as well as the production and storage warehouse out the back. After the tour we were invited to sample some of their delicious oils and vinegars. All in all it was a very good day. Special thanks go to Miss Roe for organising the excursion as well as Mrs Harrison for being our driver for the day. We learnt a lot from this excursion and we will definitely make good use of the information gathered.

Rebecca Hopkins
Visual Arts Teacher

YEAR 11/12 HUNTER BELLE AND PUKARA EXCURSION

On Wednesday June 3, students from Year 11 and 12 Agriculture and Business Studies went on an excursion to the Hunter Belle Cheese Factory and Pukara Estate to supplement work completed in class. We first went to Hunter Belle where we were greeted by owner Geoff Chesworth, who gave us an insight into his business from the cheese factory out the back to the storefront and café.

It was quite interesting to look at Hunter Belle and the cheese samples we were given after the tour were absolutely delicious.

Liam Cronin

Why I want to be in ROAR: So I can improve on my skills
Favourite Subject: Wood/food
Favourite sport: Rugby League
Favourite team: West Tigers
Favourite player: Tim Simona
Best personal sporting achievement: Going to State
Who inspires you: Benji Marshall, Shaun Johnson
Advice to young players: Don’t give up.

ROAR
Mathew-Joel Haydon
Year 10
HSC BOOSTER DAY AT UNIVERSITY OF NEW ENGLAND

So with the HSC looming on the horizon, Year 12 students have been preparing for their upcoming examinations and what better way to do so than to actually speak with some of the markers and key researchers in the fields of science and maths. Three students from Merriwa Central School; myself, Courtney Gibbons and Elizabeth Hagley travelled to Armidale with Mrs Grant from May 31 to June 2 to visit Armidale’s University of New England ‘Science and Maths HSC Booster Days’.

During the two days, UNE and specialist lecturers presented various sessions in the Maths, Science, Economics, Business and Legal Studies disciplines. These sessions were jam packed with relevant information to assist Year 12 students reach their full potential and in many sessions students are able to undertake practicals that are not possible at school.

On the first day, Courtney and Elizabeth attended three Biology sessions that looked at the topics Genetics, a Search for Better Health and Blueprint of Life. Whilst I went to three Business Studies sessions on the topics Operations, Finance and Human Resources, I also attended Chemistry demonstration of an Atomic Absorption Spectroscopy, a machine used to detected trace elements.

On the second day Courtney took part in a PDHPE session, Elizabeth went to an Agriculture session where she viewed three dissections of various animals to further understand their reproductive and digestive systems, and I went to a Mathematics Extension 1 lecture. Finally, in the last session of our two day extravaganza, the girls went to a General Maths course and I went to the Mathematics lecture.

Special thanks go to the University of New England for hosting the Maths and Science HSC Booster Days and especially to Mrs Grant for organising the excursion. These sessions are invaluable for us in the lead up to the HSC exams and the notes we made will be very useful.

Liam Cronin
Year 12

CAREERS NEWS

RESUME WRITING WORKSHOP

Recently our students in Years 9, 10, 11 and 12 were fortunate to have a guest speaker in their careers classes. This was Penelope Fenley who has had extensive experience in the Human Resources sector. Penelope discussed various styles of resumes and job advertisements. She related how a well-rehearsed and put together response to a job advertisement will give the applicant the greatest chance of success. The students were very receptive and appreciative of Penelope’s expertise. Thank you Penelope from Merriwa Central School.
Unique Student Identifier – reminder – return your USI number and forms to school, they were due last week.

NEW CAREER EVENTS

Listed below are educational careers events, workshops and open days that will support students and parents to make informed decisions about careers choices. Last week in our careers classes several students expressed an interest in the real estate industry.


Train in real estate - TAFEnow Statement of Attainment in Property Services (course 17677) is a great way to learn foundation skills. On completion, you will have passed four modules from the higher Certificate IV in Property Services (Real Estate Agent’s Licence – course 17672). Full details http://tafenow.com.au/17677#description or call 1300 823 366.

What Sort of Doctor Do You Want To Be? - Pathways to medical schools and specialisations in medicine. https://www.myhealthcareer.com.au/medicine/medical-specialties


UN Youth Australia 2016 International Programs - educational tours giving year 10 11 and 12 students understanding of The Middle East Experience, Young Diplomats Tour, Aotearoa Leadership Tour, and Pacific Project. https://unyouth.org.au/

Western Sydney Post School Options Expos for Students with Disability

- June 16 - 12.00pm to 6.30pm, Blacktown Workers Club
- July 21 - 12.00pm to 6.30pm, Club Paceway, Penrith


Please contact Mark Beiers or Jane Hegarty if you require any further career information.

Mark Beiers
Careers Advisor

MERRIWA CENTRAL SCHOOL
MID YEAR ‘DISNEY THEME’ DISCO

Years 7-12

Thursday June 25
Merriwa RSL
6.30pm-9.30pm

Tickets $5.00 to be purchased at school that day only
What a term we have had in Year 5/6 and there is still so much to do.

Our Year Six leaders have been extremely busy this term raising money for various charities.

Firstly we hosted the Mother’s Day Breakfast that raised money for our Year Six present.

Secondly we held a fundraiser for the earthquake victims of Nepal. It was our role to organise this and educate the rest of the school about the severity of the quake and the destruction it caused. We raised about $380.00 for this cause.

Finally for this term we will organise Vinnies Day on the last day of term to raise money for the St Vincent de Paul Society.

In class we continue to be amazed with what we can learn.

The highlight of this term has definitely been Science. We have been learning about electricity and how it works. We have pulled apart old electrical equipment to see how it is wired up and how it operates. We have made electrical circuits and designed fair tests. It has been amazing to see what we can learn from the hands on learning experiences.

We have thoroughly enjoyed researching and learning about Antarctica. We have researched many aspects of the environment and current issues, and created fact sheets and timelines about the various expeditions to the region over the years.

In Religion we have learnt a lot about the Sacraments of Healing and the history of the Church. Year Six also sat for their Religion Test last week and we have spent time preparing for this.

In English we have been learning about the different contexts of writing. We have explored a range of contexts including news, time travel, diaries, historical and futuristic just to name a few.

Our sport this term has focused on athletics with some great results coming from the school Athletics Carnival. We then had fifteen members of our class represent St Joseph’s at the Regional Athletics Carnival.

Another highlight has been Creative Arts, making instruments and performing musical masterpieces with junk percussion. We used a whole range of junk that we found in lots of places. Our focus will now turn to the school performance in Term 3 with the fabulous Anna Kerrigan visiting the school this week.
This week we embarked on what Mr Morris calls his farewell tour. We attended Middle Schools Day on Tuesday in Aberdeen, the Science and Engineering Challenge on Thursday, then back to Aberdeen on Friday for a performance of Hairspray.

The debating team of Nicole Martin, Darcy Moore, John Magner and Emily Ninness are preparing for the Regional Debating Competition in Muswellbrook next week. We always perform well at this event and we are looking forward to making our opinions heard in this year’s competition.

We look forward to reporting what we are doing in Term 3.

THE POWER OF THE PIGGIES

We would like to congratulate Year 3 student Darcy Taaffe who represented St Joseph’s at Polding Cross Country in Sydney on Friday. Darcy earned a top ten finish in this event that had the top cross country runners from every Catholic diocese in NSW. We are all extremely proud of Darcy and those pigtails.

FROM THE TEACHER

This is my last Ringer article as a teacher at St Joseph’s Primary School. It will be a very sad day on the final day of this term as I say goodbye to the school as a full time teacher.

The St Joseph’s community is such a wonderful thing to be a part of. There are so many opportunities given to all students, not only academically but in so many other ways. Anybody who reads this article each week should be aware of that.

I would like to thank everybody for their support over the last three and a half years. The parents, the staff, a special mention must go to Mrs Helen Whale who has been incredibly supportive and understanding, and finally the students, especially the wonderful 5/6 class who I have shared many good times and success stories. I will miss you all dearly.

Thank you St Joseph’s.

Mark Morris
Year 5/6 Teacher

WEEKLY AWARDS

Congratulations to the following award winners.

WEEK 8

Kindergarten - Lula Peebles – for consistent effort in producing writing samples

Alana Telfer – for representing how the Holy Spirit guides her to care for others

Year 1/2 - Justin Alley – for actively participating in the Sacred Heart Mass

Fiona Tomy – for amazing reading skills shown at all times

William Collins – for demonstrating his understanding of position in Maths!

Year 3/4 - Riley Melmeth - for being able to identify and represent the emotions of the characters in Limpopo Lullaby

Mikayla Telfer - for her great understanding of angles

Year 5/6 - Patrick Magner – for always working collaboratively and respecting the opinions of others

Jonathan Keegan – for using his scientific knowledge to assist others

Playground Champion - Olivia Collins – for participating well and playing fairly in basketball

Principal’s Awards - Darcy Taaffe - for an outstanding result at Polding representing the school in Cross Country

Emily Barwick - for showing determination and persistence to improve in all aspects of her learning.

Samantha Kerr
PITTMAN CUP

What a proud moment it was when I had the pleasure of announcing that Sandy Hollow had won the Pittman Cup. As most of you are aware, it has been a very long time since we have held the Cup. All students should be very proud of their efforts.

A day such as this is not possible without all the organisation that goes on behind the scenes. I would like to take this opportunity to thank:

- Mrs Parker for all her organisation of the day
- Mrs Smith and Mrs Rose for assisting with administration
- Staff from all schools who helped on the day
- Mr Grant and students from Merriwa Central School who helped time races and run field events
- Sandy Hollow P and C for providing a wonderful selection of food and snacks through the canteen.

Sandy Hollow School leaders with Ball Games Trophy, Highest Point Score Trophy, David Mahoney Art Gallery Relay Trophy and the Pittman Cup.

PSSA SOCCER KNOCKOUT

The primary students followed up a successful Pittman Cup with a win in round one of the PSSA Soccer Knockout against Mount Pleasant. They will play round two before the end of term.

SUPERVISION

Just a quick reminder about supervision before school. The school day for a teacher begins at 8.45am. As most of you are aware, teachers are here well before 8.45. However, they are not required to take on supervision duties before this time. Students arriving before 8.45am are required to sit in the COLA area and wait for a teacher to come on duty.

Play starts at 8.50am.

We understand that sometimes parents have commitments and need to drop their children off at school before 8.45am. If this is the case, please make arrangements with a member of staff prior to this needing to be done.

Christina Darlington
Principal

WEEKLY AWARDS

- Nicholas Terrell  - improvement in writing
- Andrew Harris   - for having a go
- Rowdy Walters   - working hard to catch up in his maths investigation
- Harry Thompson  - thinking mathematically in his investigation
- John Ward       - great work in phonics.

WORKERS OF THE WEEK

Kinder/ Year 1/2  - Reagan Turner and Austin Adams

STUDENT OF THE WEEK

Amy Thompson  - displaying school values and assisting with younger students.

Christina Darlington
Principal
Holidays are fast approaching. Merriwa Pre-School will be on Holidays for two weeks starting on the Monday June 29 and we recommence July 13.

If you have School aged children don’t forget that the Merriwa Activity Centre is here for your convenience. Why rely on friends and family when you can have your children at the Merriwa Activity Centre enjoying a wide range of experiences as well as spending time with their friends new and old. If your child isn’t already enrolled at the centre, call in and grab an enrolment form today and have your children cared for by us during the holidays. The centre will be opened Tuesday, Wednesday and Thursday during the holidays from 9.00am until 5.00pm. Earlier by arrangement only. Call us today on 6548 2082.

Natalie Hourn

Holiday Program

Winter 2015

Tuesday June 30 – Craft @ Library

Morning craft at the Library followed by Lunch in the park and a play, bring a Picnic

Wednesday July 1 - EXCURSION DAY

Movie, play at Highbrook Park and Lunch out. Bring $5.00 for Lunch. Book early, limited seats

Thursday July 2 - Bushman’s Day

Come in your country clothes, boots and hats. We will have Snags on the BBQ, boil the Billy and tell a yarn around the fire while we toast some marshmallows

Tuesday July 7 - Craft @ Library and Science day

Enjoy craft at the Library in the morning then back to MAC for an afternoon of Science

Wednesday July 8 - Scavenger Hunt

Follow the clues around town and be excited by the end result

Thursday July 9 - Skate Park/Tennis and Chinese Lunch

Bring $5.00 for a Chinese Lunch and get dropped at the Skate Park from 9.00am

HOLIDAY OPENING HOURS are from 9.00am til 5.00pm UNLESS OTHER ARRANGEMENTS ARE MADE
All children must wear shirts with sleeves, covered in shoes, bring a hat and drink bottle
Call 6548 2082 to book in, book early to avoid disappointment.
DATE FOR YOUR DIARY

Women’s Guild Meeting - First Thursday Monthly:
July-November: 2.00pm

Messy Church - Parish Hall - Last Friday Monthly:
June-November: 3.30pm

Men’s Breakfast - Parish Hall - Third Saturday June-
November: 7.30am

July 26: National tree Sunday

August 14: Ladies Guild casserole Lunch.

On Sunday last Rev’d Pat asked us.. Do you
feel more like a tiny seed or a giant cedar tree? Wonder how anything can possibly grow from your paltry faith, your singular action, or from this small congregation? The lessons last Sunday had a hopeful word for us. This is a good time to grow disciples, a good season to be the church in a world where people still hunger for meaningful relationships.

Tell Me the Stories of Jesus: Growth That You Can’t See

Jesus teaches about growth we do not often see. Parable of the scattered seeds and the parable of the tiny mustard seed. Thank you God, for sunshine and warm rains, for growth in the world around us, and for growth in our hearts. May we help your realm to grow, with love and peace.

Amen.

If you would like to read more go to The Gospel of Mark 4: 26-34

Rosalie Drew

Merriwa Rotary
NEW ZEALAND STUDENT EXCHANGE

By the time this edition of The Ringer appears, our club will have said goodbye to our visiting New Zealand Exchange students, Jennifer Evans from Wanganui and Antonia Kayrouz from Devonport. Our guest students have enjoyed a term at Merriwa Central School and as they head home, will be accompanied by Merriwa girls Teianna Taylor and Paige McConnan who will be spending Term 3 in New Zealand. For their sakes, let us hope that the Wallabies can bring off something like another John Eales goal to regain the Bledisloe Cup!

Expressions of interest for the 2016 New Zealand Exchange are now being received. Any Merriwa Rotarian will be able to assist.

LONG TERM EXCHANGE

At our last dinner meeting, we were delighted to welcome Nadine Versell from Austria who is having a year in Australia hosted by the Nelson Bay Rotary Club.

GROUP STUDY EXCHANGE

Our District will be sending a team to Taiwan. Applications need to be received by June 30. If anyone would like to learn more about GSE, please contact any member of our club.

Mark Smith
Community Notice Board

St David’s Church
LAMINGTON DRIVE

Orders have closed for this drive. If anyone has forgotten to order, please call Barbara on 6548 5131 or 0428 485 131 – we may be able to help you out as we do order extras.

Delivery Date: Friday June 19
Time: From 10.30am
Place: St David’s Uniting Church, Cnr Vennacher and Mackenzie Streets.

This will be our last drive this year; the next one scheduled for Easter 2016.

Barbara Campbell

A TASTE OF TUSCANY

Merriwa CWA will be celebrating this year’s country of study ‘Italy’ at their International Day on Thursday June 25.

Join us at the CWA Rooms in Bettington Street, Merriwa from 11.00am for an 11.30am start. The menu includes:

- Rigatoni with cheese and sausage
- Canelloni with spinach and ricotta cheese
- Tuscan Beef Stew
- Tuscan beans in garlic
- Tiramisu

and of course, coffee and Italian wine will be served – all for the cost of $15.00. RSVP to Vicki Hanson on 0412 555 417 or email vicson42@gmail.com by June 22.

So set the date aside and join us to savour Tuscan dishes and enjoy good company.

The next meeting of the CWA Merriwa Branch will be on Monday July 13 starting at 10.00am in the CWA Rooms, 159 Bettington Street.

New members are always welcome. Enquiries to: Barbara Campbell on 6548 5131 or 0428 485 131 or Robyn McAlister on 6548 3274.

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

Penelope Fenley

CLAIMING THE DATE

The Anglican ladies Guild will be holding a Casserole Lunch in the Parish hall August 14. More details later.

Rosalie Drew

Merriwa Markets

When: June 20
Where: RSL Club footpath and building
Time: 9.00am till 12.00 noon

We have a variety of stalls and new stall holders are always welcome.

Contact: 0428 496 630

We operate the third Saturday of every month except January.

Julie Russell

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.

Merriwa Ringer
Merriwa Rescue Squad

Last week in training, we practiced an industrial accident scenario involving a heavy round beam from a trapped person. These kinds of scenarios allow us to organise ourselves quickly in case we have to attend a similar accident scene for real. It allows us to work together as a team, to familiarise ourselves with the equipment needed to carry out rescues such as this quickly and effectively. This scenario saw us using air compressors and air cushions to lift the heavy beam, with Tirfor winches anchored to vehicles to keep the appropriate tension on the beam to keep it from rolling and further injuring the victim or one of our team.

If you are interested in joining the Merriwa Volunteer Rescue Squad, do not hesitate to speak to any of our members, or come along to a training night (the second and third Wednesday of every month).

Stephanie Hook

Merriwa VIEW Club

The June Dinner meeting, Thursday June 25, for all our VIEW ladies will be held at the Royal Hotel 7.00pm for 7.30pm meal. Our raffle will be donated by Pam Amidy with the Lucky Door from Louise Gill. Please ring Elaine Sparrow for attendances or apologies on 6548 8560.

We invite anyone who would like to attend our VIEW Club Dinners to contact Elaine and come along. VIEW ladies enjoy a relaxed evening once a month on the fourth Thursday at various venues around town with the occasional out of town bus trip. Membership is $15.00 per year then dinner fees each month. We’d love to see some new faces attend so come along and enjoy some great fellowship with us.

Don’t forget to call Elaine for catering purposes.

Elaine Sparrow

Merriwa District Education Foundation

The Merriwa District Education Foundation would like to invite community members to a dinner to celebrate this year’s recipient’s achievements and hear from Sarah Taylor (Country Education Foundation representative) on Saturday June 27 at the Royal Hotel Cassilis (private area booked) at 6.30pm.

We would like to encourage any past recipients or potential students who are able to attend to come along with their families and hear about what the Country Education Foundation is and how it can support rural students with tertiary education costs.

The cost is $20.00. Please RSVP to Jane Hegarty for catering purposes by Monday June 22.

Jane Hegarty

LOST

WAR MEDALS WERE LOST DURING THE FESTIVAL OF THE FLEECES PARADE

Minature breast medals - Bar of 5 with K C Kelman inscribed around the edge of each circular button.

The buttons are the size of a 5 cent piece.

If these have been found, please contact June Houlahan on 6548 2365 or David Houlahan on 0429 485 119

LOST

Reward offered for the safe return of, or information which leads to the return of “Neko”.

Our Cream fluffy ragdoll cat who went missing from Langley street on Saturday afternoon. It is a much loved family pet.

Please call Leah - 0498 002 929 or Gary - 0400 772 156

Merriwa Ringer
It is that time of year again. It is always fun to get new stationery; it is crisp, clean and feels like starting fresh. There are some amazing specials in this year’s catalogue. Come in and get them before it is too late. Catalogues are available now - get one and stock up for the new Financial Year today.

Jackson USB Charger - this device allows you to recharge and power your USB powered devices without turning on your computer. It can charge two devices at the same time. A great addition to your home or office.

Sovereign Large Desktop Calculator - large, easy to see screen, large keys, tilt screen, solar and battery power, two memory functions. Great calculator for the home office.

Sovereign Magnetic Whiteboard - aluminium frame, 900 x 600 mm, includes accessory tray. So many great uses, including rosters, calendars, homework, memos, etc.

Shredders and Laminators - these are not in the catalogue, but are a great price and perfect for any office, at home or at work.

BUILD A 3D PRINTER
This new part-work, which has been heavily advertised on TV, is available here. It includes a complete course with software, exclusive designs, 3D tutorials, printer assembly instructions and a dedicated website. It works with both MAC and PC, and allows you to create not just a 3D printer, but whatever else you can think of.

DISNEY KIDS’ PARTY CAKES
What little girl doesn’t want a cake a cake inspired by Frozen? This book has an Elsa cake, and Anna cake, an Ice Palace cake and so many other Frozen cakes and cookies. There are also cakes and goodies based on Tinkerbell, Snow White, Cars, Buzz Lightyear, Aladdin, Tigger, and all of the main players of the Marvel Universe including Hulk, Spiderman, Iron Man, Captain America, Thor and more. Be the most amazing parent in the entire universe by making one of these cakes, and using one of these themes for your child’s birthday!

GIFT BOX CLEARANCE
We have a range of gift boxes in all shapes and sizes that we have to clear out today to make space for new stock - come in and stock up today and save yourself the hassle of trying to wrap all of your presents.

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

Merriwa Pharmacy
MEN’S HEALTH WEEK – MOMENTS IN TIME
This year, Men’s Health Week (MHW) explores ‘MoMENts In Time’, the idea that all those little and not-so-little moments in life can add up to make a huge difference. From June 15–21, Australia’s attention will be on the health and wellness of our men and boys.

Men and boys face different health and wellbeing concerns than women and girls, and Men’s Health Week is an opportunity to both acknowledge their differences and look for ways to improve the health and wellbeing of men and boys throughout Australia.

There is an ongoing, increasing and mostly silent crisis in the health and wellbeing of men and boys. Due to a lack of awareness, poor health education, and culturally conditioned behaviour patterns in their work and personal lives, the health and wellbeing of men and boys is an area of concern. In Australia and in several other countries, men and boys experience significantly higher rates of addiction, violence, crime, accident and premature death in comparison to their female counterparts.

As well, men show significantly higher rates of death from cancer, heart disease, homicide and suicide. Australia has taken a leading role in establishing MHW as a well-known and clearly-defined event that focuses attention on men’s health and wellbeing issues and stimulates health promoting activities at all levels.

The National Male Health Policy (May 2010) provides a framework for improving male health across Australia – with a focus on taking action on multiple fronts. It identified six priority areas for action.

These are to promote:
- optimal health outcomes for males
- health equity between population groups of males
- improved health for males at different life
A clear opportunity exists for health and other organisations – public, voluntary and private, national and local – to work together to focus attention on key men’s health issues and to develop practical initiatives that can make a difference to the health of Australian men.

Most men’s health problems are preventable. What is required is a new approach to health interventions and health promotion which delivers messages to men that their health and wellbeing is important and encourages men to access health services more regularly to set up a health maintenance plan with their doctor. Many men typically do not access medical, allied health or welfare services in a timely way when their health and wellbeing is at risk. Accordingly health services need to review their way of operating and be mindful of making their services more men friendly.

High Blood Pressure
Hypertension = HTN = High Blood Pressure; BP = Blood Pressure; mmHg = millimetres of mercury

- Normal BP range is between 90/60 and 140/90 mmHg
- Ideal BP is to maintain around 130/80 mm Hg.
- Mild HTN (between 140/90 to 160/100 mmHg)...practice a healthy life style + recheck BP in 2 months
- Moderate HTN (between 161/100-180/110 mmHg)...practice a healthy life style + recheck BP in 1 month
- Severe HTN (180/110 and above)... Recheck BP in 1 week...

If it shows multiple same high BP readings, hypertension can be diagnosed and needs to start BP tablets.
Hypertension is a silent killer. They may usually show no symptoms. But, the higher BP, the more likely to have heart attacks and brain attacks (stroke). The longer you leave it untreated or live with high blood pressure, the more burdening on the heart and the kidneys occurs causing quicker wearing out of heart and kidneys. That means living with hypertension leads to earlier heart failure, kidney failure and shorten life span.

So, we need to bring down our blood pressure to within normal range.

**HOW COULD WE DO THIS?**

Try to understand the causes and fix the causes. High blood pressure means the pressure in our arteries is high because the arteries are too narrow and rigid, so the heart has to pump so hard. The older our age, the narrower and the more rigid arteries we have. This is because of the bad fat we have eaten our whole life being deposited on the lining of the arteries causing less flexibility of the arteries. Smoking also aggravates this problem.

Sodium or salt in our food keeps more fluid in our body, so high sodium or salt intake could cause high BP. Anti-inflammatory medications (such as Ibuprofen = Nurofen), some nasal spray, and oral contraceptive pills can also aggravate BP. Stress can cause production of stress hormones from the glands above the kidneys, which cause high BP as well. Excessive drinking alcohol (>1-2 standard a day) could also increase blood pressure in different ways. A small percentage of hypertension cases are due to kidney problems and other rare diseases. 20 out of 100 cases of hypertension run in the family. So, people who have family history of hypertension should check their BP regularly and practice healthy life style.

Therefore, if we want to prevent getting hypertension or want to control BP to its normal range with less medications, we can help ourselves by having low fat, low salt diet, cut down smoking and drinking alcohol, maintaining our body weight in healthy range (BMI 20-25), daily regular exercise for 30 minutes such as walking, avoid stress and over work, practicing relaxation and meditation every day.

Prevention or treatment of hypertension is not only medication but also practicing a healthy life style. Otherwise, controlling your BP would be difficult and may end up requiring more medication to control the BP. Once we need to take medication, we should never stop taking it without sound medical advice since stopping BP tablets could lead to increased risk of having brain attack (stroke).

If you want to know more about hypertension, come and chat with us.

Dr Cho

**Australia Post Merriwa**

**PO BOXES**

For the first time in a long time we have two boxes available for rent. These two small boxes cost $120.00 each for the year plus a one off administration fee of $25.00. Anyone who lives in an area where there is no street delivery is entitled to a reduced rate which is $32.00 plus admin fee for the small box. If you are unsure of whether you have street delivery please speak to a staff member. Applications are available at the post office and there is a free six month redirection available to anyone taking up a box (unless you already have a box and are increasing the size of the box). Benefits of having a box include 24 hour a day access to your box, secure storage of mail as opposed to a box on your street and quick access to parcel collection should you receive notification of a parcel (9.00am-5.00pm Mon-Fri)

**TECHNOLOGY**

Currently in stock we have a range of Telstra Pre-paid phones for sale including a Telstra Tempo for $49.00. This phone has a camera, a 4" screen, a MP3 player and video player. Lots of features for a reasonably priced touch screen phone. We also have The Nokia Lumia 530 for $79.00 which comes with an extra backing cover. We have the Huawei Acsend Y530 for $79.00 which has dropped in price from $99.00. There is also the Samsung Galaxy Trend Plus for $99.00 which has 4GB internal memory and an expandable memory up to 64GB with a microSD card (sold separately). In stock now we have a range of phone chargers for most phones. We have multi chargers for car and home starting at $24.95 and charging cords starting at $6.95.

**SCENTSY**

For those wondering what fragrance is wafting from the Post Office when you walk by or come in it is one of over 80 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 Spokes wrap. This could be burning in your home or workplace for $69.75. There is also a range of Laundry products including Liquid, Dryer Disks and the popular Washer Whiffs. Not sure what Washer Whiffs are come in and pick up a free sample to try at home. There are many ways to purchase these products – by hosting a party at your home, collecting orders at your leisure with our
St Joseph's Primary Merriwa warmly invites you to our
OPEN DAY
on 13th July 2015
commencing at 12 noon

The format for the afternoon is as follows:

12.00 noon ✦ Welcome and Whole School Assembly
12.20pm ✦ Open classrooms for all current parents and friends.
✦ Information meeting with Principal and guided tours for new families.
1.30pm ✦ Afternoon Tea provided

SENDING PARCELS IN JUNE IS CHEAPER...

From June 1 - June 30 a special offer for domestic and international parcels will be available. Domestic offer 501 grams to 1kg anywhere in Australia is $10.00 Parcel Post and $13.50 for Express Post.

Merriwa Post Office opening hours are Monday to Friday 9.00am – 5.00pm.

Kellie Orton and Kylie Austin

FOR SALE - LAYER PULLETS
Red and White Isa Browns
12 week olds
Vaccinated and not de-beaked
$16.00 each
From Merriwa Petroleum and Ag
Wednesday July 8
Phone 6548 2071
PUBLIC EXHIBITION OF APPROVED DEVELOPMENT APPLICATIONS

The following development applications have been approved by Council between 01 April 2015 and 30 April 2015. The development consents are available for public inspection, free of charge, during ordinary office hours at the Administration Office, 135 Liverpool Street Scone. For further information please contact Council’s Environmental Services Department on 6540 1136.

<table>
<thead>
<tr>
<th>REFERENCE</th>
<th>LOCATION</th>
<th>PROPOSAL</th>
</tr>
</thead>
<tbody>
<tr>
<td>DA 1/2015</td>
<td>1627 Ringwood - Wollar Road MERRIWA NSW 2329</td>
<td>New Dwelling &amp; Change of Use of Existing Dwelling to Secondary</td>
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<tr>
<td>DA 16/2015-2</td>
<td>160 Little Street MURRURUNDI NSW 2338</td>
<td>S96 Modification - Move Location of Shed</td>
</tr>
<tr>
<td>DA 27/2015</td>
<td>19 Main Street SCONE NSW 2337</td>
<td>Multidwelling Housing - 3 Attached Dwellings &amp; Retaining Wall</td>
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<tr>
<td>DA 28/2015</td>
<td>5 Bow Street MERRIWA NSW 2329</td>
<td>Demolish Existing Dwelling &amp; Construct Dual Occupancy</td>
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<tr>
<td>DA 30/2015</td>
<td>5 Gunsynd Close SATUR NSW 2337</td>
<td>Convert garage to granny flat &amp; attach new single garage</td>
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<tr>
<td>DA 35/2015</td>
<td>41 High Street BUNNAN NSW 2337</td>
<td>Garage and Awning</td>
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<tr>
<td>DA 37/2015</td>
<td>33 Golden Highway MERRIWA NSW 2329</td>
<td>Deck extension and 2 X 22000 L water tanks</td>
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<tr>
<td>DA 59/2014-2</td>
<td>45 Bow Street MERRIWA NSW 2329</td>
<td>S96 Modification - Change of House Design</td>
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<tr>
<td>DA 82/2014-2</td>
<td>1 Macartney Street MERRIWA NSW 2329</td>
<td>S96 Modification change of floor plan</td>
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<td>DA 85/2014-2</td>
<td>28 Gundy Road SCONE NSW 2337</td>
<td>S96 Modification to Floor Plan and Carpark</td>
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<tr>
<td>DA 178/2014</td>
<td>50-52 Bow Street MERRIWA NSW 2329</td>
<td>Residential Accomodation, Additions, Garage &amp; Removal of Shed</td>
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<td>DA 196/2014-2</td>
<td>44-46 Kelly Street SCONE NSW 2337</td>
<td>S96 Modification – Block size changed &amp; duplex repositioned</td>
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<tr>
<td>DA 200/2011-2</td>
<td>14 Kilgallin Close SCONE NSW 2337</td>
<td>S96 Modification - Modify layout to include toilet</td>
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<tr>
<td>DA 205/2014</td>
<td>2852 New England Highway SCONE 2337</td>
<td>Boundary Adjustment</td>
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<tr>
<td>DA 214/2014-2</td>
<td>118 Moobi Road SCONE NSW 2337</td>
<td>S96 Modification – Delete a condition</td>
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<tr>
<td>DA 217/2014</td>
<td>693 Timor Creek Road MURRURUNDI NSW 2338</td>
<td>Relocation of existing shed and conversion to dwelling</td>
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<tr>
<td>DA 255/2011-3</td>
<td>Lot 1 DP 1169320, Gundy Road SCONE</td>
<td>S96 Modification - Modify Conditions</td>
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</table>

ATTENTION! ALL PRIMARY SCHOOL STUDENTS!

Merriwa CTC and Visitor Information Centre is pleased to announce that the Centre will now be holding a CTC Techno Club during the school holidays for any interested Primary school students from Year 3 to Year 6. The Techno Club will be run during normal business hours, where participants will have many challenges and tasks regarding technology, with prizes to be awarded for the participants who best utilise technology. There will be a one off payment of $12.00 for a holiday Techno Pass, which will enable the participant to utilise the Centre at any time during business hours throughout the school holidays. For more information, and to register, parents are asked to contact the Merriwa CTC and Visitor Information Centre.

P: Liam Garment 6521 7046
<table>
<thead>
<tr>
<th>Company Name</th>
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<tr>
<td>Alexander Downs</td>
<td>6548 5170</td>
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<tr>
<td>Australia Post Merriwa</td>
<td>6548 2042</td>
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<tr>
<td>Brodie’s Cutting Edge</td>
<td>6548 2499</td>
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<tr>
<td>Cassilis Bowling Club</td>
<td>6376 1002</td>
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<td>Cassilis Public School</td>
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<td>CJ and JM Vero and Sons</td>
<td>6548 2303</td>
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<tr>
<td>Community Mutual - Merriwa</td>
<td>6548 2651</td>
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<tr>
<td>Country Womens Association</td>
<td>6548 3274</td>
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<td>Craig MacPherson Haulage</td>
<td>6548 2663</td>
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<tr>
<td>Cross Country Merriwa</td>
<td>6548 2106</td>
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<tr>
<td>Curtis Gant and Irving</td>
<td>6543 2433</td>
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<tr>
<td>Custom Made Kitchens</td>
<td>6548 2025</td>
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<tr>
<td>Di’s Clothing Patch</td>
<td>6548 3023</td>
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<td>Festival of the Fleeces</td>
<td>6548 2109</td>
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<tr>
<td>Fire and Rescue NSW</td>
<td>6548 2005</td>
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<td>Gummun Place Merriwa</td>
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<tr>
<td>JTS Realty</td>
<td>6541 5331</td>
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<td>La Scaletta</td>
<td>6548 3005</td>
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<td>M Nutt Contracting</td>
<td>6548 2004</td>
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<tr>
<td>Max’s Country Cuts</td>
<td>65482375</td>
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<tr>
<td>Merriwa Activity Centre</td>
<td>6548 2082</td>
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<tr>
<td>Merriwa Anglican Parish</td>
<td>0429 996 796</td>
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<tr>
<td>Merriwa Auto Electrical</td>
<td>6548 2114</td>
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<tr>
<td>Merriwa Bushmans Campdraft</td>
<td>0427 437 743</td>
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<td>Merriwa Catholic Parish</td>
<td>6548 2086</td>
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<td>Merriwa District Education Foundation</td>
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<td>Merriwa District Progress Association</td>
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<td>Merriwa Engineering</td>
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<td>Merriwa Healthy Environment Group</td>
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<tr>
<td>Merriwa Junior Rugby League and Netball Club</td>
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<td>Merriwa Little Athletics</td>
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<td>Merriwa Newsagency</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 Pony Club</td>
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<td>Merriwa Pre-School and Kindergarten</td>
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<td>Merriwa Race Club</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>
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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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<td>Merriwa Tyre and Service Centre</td>
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<td>Merriwa VIEW Club</td>
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<tr>
<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>R and M Moore Property and Livestock</td>
<td>0427 153 446</td>
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<td>Rockwell Livestock</td>
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<td>Rotary Club of Merriwa</td>
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<td>Sandy Hollow Public School</td>
<td>6547 4521</td>
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<tr>
<td>Scott Witten Building</td>
<td>6376 1168</td>
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<td>Sporting Shooters Association</td>
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<td>St Davids Uniting Church</td>
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<td>St Josephs Primary</td>
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<tr>
<td>Tash Holden Communications</td>
<td>6548 5059</td>
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<td>Trinity Markets</td>
<td>6548 2323</td>
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<tr>
<td>Upper Hunter Shire Council</td>
<td>6521 7000</td>
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<td>Upper Hunter Weeds</td>
<td>6549 3802</td>
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<tr>
<td>Welderup</td>
<td>6548 2500</td>
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</tbody>
</table>

**Emergency Services**

In case of emergency call 000
or 112 from mobile services

- Police (Admin only) 6548 2203
- 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.
Situated just 5 minutes from Denman and fronting the Goulburn River this 603 acre property is being offered for sale for the first time in over 40 years. The property is currently run as a successful dairy operation but offers endless opportunities.

The dairy is a 14 side swing over with milk storage totaling 9300 litres. The dairy is milking 300 cows at present utilising some lease country on a neighbouring property and would comfortably milk up to 100 cows with no additional land. There is approximately 140 acres of rich cultivation country sown down to lucerne, oats and rye with the remaining land made up of good quality grazing country and about 100 acres of timbered ridge.

Water is a major feature of the property with 4 licenses totaling 502 megalitres. The water is supplied via 2 pumps on the Goulburn River, a fully equipped well and an equipped bore. The mains are 6 and 4 inch and water all the cultivation land with 35 acres watered from a pivot irrigator and the remaining by travelling irrigators. There are 11 paddocks plus smaller holding yards all with water available. The majority of the fencing is very good with most of the fencing being electrified. 7 Dams provide stock water to most of the farm. Additional improvements include a hay shed, machinery shed, workshop, cattle yards, water troughs and tanks.

There are 3 homes on the property with the main homestead being in excellent condition throughout. It has 3 large bedrooms, 2 living areas a near new kitchen and bathroom and features ducted air conditioning throughout. There is a double garage and a single garage with an inground pool in the fully fenced yard. The other 2 homes are both 3 bedrooms and are currently let out to long term tenants but with a bit of TLC would make very nice homes for an extended family.

DYSLEXIA OR LEARNING DIFFICULTIES?
Some children experience reading and learning difficulties as a result of visual perception problems caused by Irlen Syndrome/Scotopic Sensitivity
Irlen Syndrome can cause Dyslexia and difficulties with:
- Reading
- Comprehension
- Writing
- Spelling
- Concentration
- Ball Sports
- Fatigue
- Eye Strain
- Headaches

IRLEN DIAGNOSTIC CLINIC NEWCASTLE
Regional Clinics
- Singleton: 49556904
- Taree: 0409 653 700
- Coffs Harbour: 0437698559
- www.irlandyslexia.com

NON EMERGENCY MEDICAL TRANSPORT SERVICE
We will get you to your appointments on time with special care.
Office hours are:
9.30 to 2.30 weekdays
Bottle Museum building or leave a message on the answering service for a call back.
Te/Fax 6548 2653

EMERGENCY CONTACTS
If you need assistance from Ambulance - Police - Fire including Hazardous Incidents DIAL 000

Merriwa Phone Numbers
Police (Administration Only) 6548 2203
Police Mobile 0408 293 423
Police Assistance Line 131 444
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 TOURIST WELCOMING CENTRE & MEN’S SHED
Arts, Crafts, Farm Produce!
Clean toilets!
CENTRE:
Open every day 9.30am-2.30pm
MEN’S SHED:
Every Thursday 10.00am onwards
President: J Alker
Secretary: E Shipway
Telephone: 6548 3201
**Di’s Clothing Patch**

Clothing and Footwear for all the family
- Mens and Ladies clothing
- Children and Babywear
- Shoes and joggers
- Fashion Jewellery and Accessories
- Handbags and Luggage
- Bed Linen, Quilts and Towels
- Hi Vis Work Wear, Boots and Hats
- Digitised Embroidery Service
- Names and Logos
- For clothing, Caps, Towels
- School Items and Work Place Uniforms

Quality Clothing Friendly Service Affordable Prices

Phone: 6548 3023

**Merriwa Healthy Environment Group Inc**

Caring for our land, our water and the air we breathe

Contact: Graham Brown 6547 6048
Ted Finnie 6548 5171
Visit: www.merriwa.nsw.au

**Merrawa Pre-School & Activity Centre**

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

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

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Merriwa Races
Race Day for 2015 is April 18

Race Club President - David Allker
Contact - 0427 482 095
Vice Presidents - Peter Bishop and Paul Frampton

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

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Cockroaches
Ants
Silverfish
Rodents
General

Pests

Merriwa Anglican Parish Services
Holy Trinity St Columbia
Merriwa Cassilis
9.00am Sundays 11.00am every 10.00am Fridays 2nd and 4th
11.00am every 2nd and 4th Short Bible Study Contact: 0429 996 769
3.30pm Mon, Wed, Fri Morning Prayer
Rev’d Glen Hughes - Supervising Priest & Rev’d Pat Kirkby - Local Priest

Merriwa District
Progress Association Inc
SUPPORT THE ORGANISATION
WHICH SUPPORTS YOUR COMMUNITY
Meets every 4th Wednesday at Merriwa RSL at 6:00 pm
Phone Kim on 6548 3060
Or Beron on 6548 2245

Merriwa Anglican Parish
St Davids Uniting Church
Vernacher Street
Merriwa

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

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

Sandy Hollow Public School
Telephone 02 6547 4521
Fax 02 6547 4450

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

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

The Members Lucky Badge for $700.00 was not won on Friday at 8.30pm the number was 434, this week it jackpots to $750.00. The 7.00pm draw for $200.00 was not won the number was 971, this week it jackpots to $220.00. The 9.00pm draw for $120.00 was won the number was 131, this week it jackpots to $140.00. LTPS/14/04323

The Sunday Morning Badge Draw for $700.00 was not won last week the number was 885, this week it jackpots to $750.00 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 and salad or veg for just $15.00.

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

New to our Menu - Wagyu burger and Matt’s Meatball with pasta or on a roll.

WHAT’S HAPPENING IN THE CLUB

HAPPY HOUR IS BACK - Friday 6.00pm to 7.00pm and Sunday 11.00am to 12.00 noon, $3.00 schooners and $2.00 middies, and $5.00 Corona’s.

Bistro hours of an evening change this Friday to 5.30pm to 8.30pm, and 5.30pm to 8.00pm Saturday to Thursday.

Sunday night music in the games room 7.00pm to 11.00pm.

Matt Morgan
**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

**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 Chook Wheel.

**Saturdays** - Monster Raffle. Tickets on sale at 6.00pm drawn 7.00pm, 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.

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.

**DON’T FORGET CHINESE SMORGASBORD SUNDAY JUNE 28**

**WEEKEND RESULTS**

**Saturday Raffle June 13**
Saturday members draw no 291, not won – next week $250.00

Winners Jackpot not won - next week $400.00

**Free Tickets:** Dahlia Denning

**Dinner:** Rebecca Beeney

**Bowls Raffle:** Peter Lawler

**Sunday Raffle June 14**
Sunday members draw - No 46, was not won. Next week $450.00.

**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.

**2015 STATE OF ORIGIN – SECOND GAME WEDNESDAY JUNE 17**
Join us and watch the game on our new 3.5m screen. Enjoy complimentary bar snacks with a schooner at $3.00, a Middy $2.00 and a glass of wine $4.00. Starts at 7.30pm until half time.

**TRIVIA NIGHT** – Twist Top Trivia – June 27 – 6.00pm
$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 from the restaurant.

**WOMENS BOWLS**
Women Bowls Club AGM will be held Wednesday June 24 at the Merriwa Sports Club commencing at 2.00pm. All members are encouraged to attend.

Coolah Mixed Friendship Day is on Tuesday June 24 - casual dress. Cost - $10.00 for player including lunch. Names on the board at the Sports Club or contact Loretta by June 18. All are welcome to come along and join in a fun day.

Mixed social bowls on Wednesdays with a 10.00am start and casual dress. We welcome new members of the community to come along and learn the fundamentals of the game of bowls and join in the friendship and camaraderie of our club.

Loretta Cooper

**Cassilis Bowling Club**

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

**FRIDAY NIGHT RAFFLES**
Members Draw, Joker Draw, Meat/Vege tray draw, Schooner Draw.

**Members Draw** - $75.00 – Don Hourn – claimed - $50.00 next week

**Joker Draw** – $1392.00 – Robert Peel – unsuccessful – $1432.00 next week.

Saturday afternoons are free pool and music afternoons from 2.00pm-5.00pm – ½ price drinks plus bar snacks.

Hilary Parker

**Merriwa Touch Football Club**

**ANNUAL GENERAL MEETING**

**When:** July 25

**Time:** 6.00pm

**Where:** Merriwa Sports Club

Anyone wishing to attend are more than welcome. All positions will be declared vacant and all voting members will need to be financial before voting.

Enquiries and apologies can be directed to Barbra Eipper on 0448 821 646.

Tina Taylor

Merriwa Ringer
Below is the full poem.

IF
If you can keep your head when all about you
Are losing theirs and blaming it on you,
If you can trust yourself when all men doubt you,
But make allowance for their doubting too;
If you can wait and not be tired by waiting,
Or being lied about, don’t deal in lies,
Or being hated, don’t give way to hating,
And yet don’t look too good, nor talk too wise:
If you can dream—and not make dreams your
master;
If you can think—and not make thoughts your
aim;
If you can meet with Triumph and Disaster
And treat those two impostors just the same;
If you can bear to hear the truth you’ve spoken
Twisted by knaves to make a trap for fools,
Or watch the things you gave your life to, broken,
And stoop and build ‘em up with worn-out tools:
If you can make one heap of all your winnings
And risk it on one turn of pitch-and-toss,
And lose, and start again at your beginnings
And never breathe a word about your loss;
If you can force your heart and nerve and sinew
To serve your turn long after they are gone,
And so hold on when there is nothing in you
Except the will which says to them: “Hold on!”
If you can talk with crowds and keep your virtue,
Or walk with Kings—nor lose the common touch,
If neither foes nor loving friends can hurt you,
If all men count with you, but none too much;
If you can fill the unforgiving minute
With sixty seconds’ worth of distance run,
Yours is the Earth and everything that’s in it,
And—which is more—you’ll be a Man, my son.

Robert Smith - AKA Boris Becker

Merriwa Junior Rugby League and Netball Club

Firstly congratulations to the Festival of the Fleeces Committee on a great weekend. Much to see and do and lots of people attending. Also to the members of our club who participated on the float. You all looked fantastic dressed in our great footy jumpers and netball uniforms. To Welderup, our Under 16’s sponsor, thank you for the truck and Mark Sparrow for driving it, then having to dismantle it on Tuesday morning. Thanks to Heidi Inder and Belinda Sparrow for the decorating and supervision of the children. Thank you to Patrick Magner for the hay for our boys and girls to sit on. Well done everyone and thanks.

CLUB NEWS

The mini/mod Group 21 teams had another week off their games to cater for the Peel Schoolboys Competition which was eventually cancelled but we don’t know why. However our young players will be back on the field on Saturday June 20, playing at Denman. Times to be advised. Our Rockwell Under 12’s will be playing at home against Singleton at 10.00am, and Welderup Under 16’s will play on Saturday against Lakes United at Barton Oval then a wet weather catch up on Sunday playing at Denman at 11.00am. All times not listed will be available from our Facebook Page as soon as we receive them. Enjoy your footy.

CLUB HOODIES

Our hoodies have sold well with size 10, 12, 14 and 16 being sold out and more have been ordered. I’ll let you know as soon as they arrive. We still have size 8 then XS through to bigger ones still in stock. See Elaine at training if you would like to purchase one - $40.00. We also have club polo tshirts available - $30.00, shorts - $25.00 and socks - $15.00. All available from Elaine at training.

LAST SATURDAY GAMES

Last Saturday our bigger boys were the only players with Rockwell Under 12’s playing at West Wallsend and the Welderup Under 16’s playing Singleton at home. These boys had a hard task to start with as Singleton ran on the field with thirteen players and five players sat on the bench. Our team consisted of thirteen players on the field and zero on the bench. However despite this our boys put in a great effort with that never die attitude for the entire game. Their tackling and defence was spot on with some great attack running, bursting through the Singleton line with determined runs by many of our boys. Unfortunately just after half time Dylan Cox received a bad ankle injury resulting
in the rest of the game being played with twelve players. This was hard on our already exhausted players resulting in a few too many tries being scored by Singleton. You played well guys and in the Merriwa spirit – head held high and great mateship within the team. We have a few players out with injuries and we wish them a speedy recovery. We also have new players - welcome to our team. Well played boys. Training hard, peak fitness and great team morale is the great recipe for team sports. Thanks to Matt Morgan who ran the boys for Seth, Nathan Telfer for doing the table, Phil Neale and Murray Wright on the bench, Laurel Whitby (canteen coordinator) Fiona Jackson in the canteen and on the BBQ: Chris Jackson on the line and most of all a BIG ‘Thank you’ to John Whitby for carrying all the supplies to the canteen and setting up the ground in readiness for the game. This young man certainly deserves a pat on the back for all the volunteer work he does (and not a grumble from him). Thanks John. At the game the hay raffle that we have been running was drawn by a Singleton supporter. The lucky winner was Christine Riley and we thank Richard Magner and Brindley Park for the donation of the hay for this raffle.

Rockwell Under 12’s travelled to West Wallsend on Saturday and had a great game. This team is improving every week and playing some great team football. Reece is training them hard with some interesting and varied drills each week. Fitness and team work is definitely the key to playing well.

Elaine Sparrow

**ROCKWELL U12’S**

This week’s game was a battle of the Magpies with our boys taking on the West Wallsend Magpies at West Wallsend. The boys started strong but they let a couple of quick tries in with West Wallsend full of confidence after their first win in 2.5 years last weekend against Singleton. The second half our boys defended a lot better and ran in two tries to Jackson and Nick with Nick converting his try. The final score was 26-10 Westy’s way. Dual Men of the Match were Nick and Darcy, congratulations boys. When we master the art of playing as a team we will see far better results.

Alan Bristow

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**Merriwa Rugby League Club**

On Sunday Merriwa travelled to Singleton to take on the Greyhounds in League Tag and Reserve Grade.

The girls had an early start having to be at Singleton by 9.00am to warm up before they started at 10.15am. The Maggie’s defence was great with lots of talk. This great defence only allowed Singleton to score one try. The Merriwa Magpies were fortunate enough to cross three times to win 14-4. Try scorers were Taylah Blackadder, Brodie Hollier and Maddilyn Blackadder with Janaya Austin kicking a goal. Players Player went to Ainsley Maben. Congratulations Ainsley.

The boys were down a few players due to injury and illness which meant ‘the old boy’ coach had to pull his boots on. The first half for the guys was great. They tackled well and played hard to see the score 10-6, Magpies down at half time. Unfortunately, the second half wasn’t as good with Merriwa being dominated to see the final score blow out to 40-6. The try scorer was Jason Whaley with Jeremy Nicholls converting the goal. The boys’ Players Player went to Daniel Walmsley. Good work Dan.

This weekend Merriwa heads to Denman on Sunday. League Tag starting at 12.30pm then Reserve Grade at 1.30pm. Why not come to Denman for a day out and cheer on the Mighty Magpies.

Gaynor Blackadder

**Merriwa Campdraft**

This Friday at 9.00am the campdraft is kicking off with the Hawkesbury River Saddle Co, Fernandes Construction Pty Ltd and Merriwa RSL Club Encouragement draft. 170 riders are riding for a saddle donated by Harkesbury River Saddle Co, $400.00 and the rider to get the highest cut out will win horse wormer donated by Zoetis.

The Merriwa Engineering Maiden A Draft will follow after the Encouragement final. 160 riders to ride for $500.00 and a trophy whip made by Steve Kemp whipmaker and cut out winner to also receive drench and horse feed donated by Mitavite. Time permitting the Merriwa IGA Maiden B Draft will follow. The 170 riders and horses will again be competing for $500.00, a whip with the cut out winner to get horse drench and feed.

Friday night will see the Sportsman Bar open for refreshments along with the gold coin donation sausage sizzle whilst enjoying local musician Daniel Hogan.

With huge numbers to get through for Saturday,

Merriwa Ringer
we will be kicking off at daylight to finish Maiden B Draft. The Novice draft has 320 entered with again another Hawkesbury River Saddle Co saddle up for grabs to the winner of the Novice final. Again horse drenches and feed up for the winner of both the round and the final cut out. The Novice competitors are riding for $1000.00 over the complete round including the final.

The Lades draft sponsored by RM Property and Livestock will start should there still be enough daylight with the 170 ladies riding for a rug donated by Kerrie Murray Saddler along with $500.00 and a service fee donated by Luke and Melissa Clarke to ‘Acres By The Sea’. Cut out winner to again receive horse drench and feed.

Then with the ‘Young Guns’ the Junior Enclosed Cut Out will be held under lights the winner will be taking home prize money donated by Mrs Dianne Mitchell and a gift card donated by Marsh Carney Saddlery along with the horse drench and feed. (Make room in the truck to take home mum and dad!)

Ring 2 will be run by the Merriwa Pony Club with rider classes, Australian Stock Horse led classes and sporting events. Competitors are to enter on Saturday morning 7.30 to 8.30am. Competitors needs to be a financial member of the ABCRA you need to join up for the day with day membership.

Saturday night will again see the sportsmans bar open for refreshments, whilst holding the charity auction with lots of donations. The Novice Calcutta will follow. Local DJ Jake McIntyre Portable Sound and Audio Hire will be looking after the music for Saturday night.

The R and G Stanton Juvenile competitors will take to the course, 90 of them, to show their skills. They too are riding for a rug donated by Ruggit Rugs, $150.00 and cut out winner to take home horse drench and feed.

Leaving the best to last the up and coming Juniors (8 and under 13 year olds) have kindly been sponsored by Jake McIntyre Portable Sound and Audio Hire and Caroon Pty Ltd. The 60 competitors are riding for a rug donated by Landmark Merriwa, $150.00 with the highest cut out winner to take home horse drench and feed.

Sunday afternoon will have the more experienced horses competing. 170 riders are riding for $2000.00 over the round and also the final. They will also receive gift cards donated by RB Selars and RM Williams. Cut out winner for both round and the final will receive horse wormer and drench.

The weekend will have a full canteen facility available along with a hot sit down meal Saturday night. Anyone wanting to come along and help support our local Little Athletics Club and Gummun Place Hostel, you are more than welcome. Who wants to wash up Saturday night when you can get a good hot meal with no dishes to wash for a very reasonable price. You can sit by the fires, listening to music and support our ‘Charity Auction’. Up to purchase Alexander Downs meat gift pack, M4Merriwa Massage and Brodies Cutting Edge vouchers, Merriwa Engineering gift pack, bales of hay donated by Brindley Park, Doolibah Partnership and Darley. Coolmore Australia have donated vests, shirts etc, Darley have also donated a four person farm visit, RM Williams and RB Selars gift cards, Cross Country Merriwa fuel cards, saddlery donated by Merriwa Upholstery, Pukara gift pack and so much more.

Our sponsors and cattle donors are why we can run a successful event each year to then return the support to our local charities so a big thank you.

- Alexander Downs
- Anthea Wright Veterinary Services
- Australian Quarter Horse Association
- Brindley Park
- Brodies’ Cutting Edge
- Caroon Pty Ltd
- Coolmore Australia
- Cross Country Merriwa P/L
- Darley
- Dianne Mitchell
- Doolibah Partnership
- Elders Merriwa
- Fernandes Construction P/L
- Hunter Mutual Merriwa
- Jake McIntyre Portable Sound and Audio Hire
- Kerrie Murray Saddler
- Landmark Townsend Merriwa
- Marsh Carney Saddlery
- M4Merriwa Massage
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- Merriwa RSL Club
- Merriwa Sports Club
- Merriwa Upholstery and Saddlery
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- Osmond Pump and Water Solutions
- Outback Publishing
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- RB Selars
- RM Property and Livestock
- R and G Stanton
- Ruggit Rugs
- Steve Kemp Whimmaker
- Tamworth Screenprint and Show Ribbons
- Upper Hunter Shire Council Merriwa
- Zoetis

Megan Richards
### Community Calendar

**What’s happening?**

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

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<th>June</th>
<th>Event Details</th>
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<td>Merriwa Bushman’s Campdraft</td>
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<tr>
<td>Saturday 20</td>
<td>Merriwa Bushman’s Campdraft</td>
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<td></td>
<td>Men’s Breakfast - Parish Hall - 7.30am</td>
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<tr>
<td>Sunday 21</td>
<td>Merriwa Bushman’s Campdraft</td>
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<td>Friday 26</td>
<td>Messy Church - Parish Hall - 3.30pm</td>
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<td>Saturday 27</td>
<td>St Joseph’s Junior Campdraft and Fete</td>
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The Merriwa Ringer - Merriwa’s only not-for-profit newsletter serving the community for 25 years.

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