St Joseph’s Celebrates
Photography Competition

Entries close:

**CLOSING DATE - SEPTEMBER 7 - NOON**

**THE HORSES BIRTHDAY**

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 TYRE AND SERVICE CENTRE**

PUBLISHED IN THE RINGER ON:

**SEPTEMBER 10**

The competition is open to amateur photographers of all ages.

Merriwa is a community that hosts many horse sporting events and in the next few weeks many of these events will be held, what a great opportunity to capture that great shot of a horse and rider in motion.

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

Education is a partnership between teachers and parents. Thank you to those parents who attended parent teacher interviews last week. The interviews provide a critical opportunity for parents to share successes and focus on areas for development on their children.

STAFF CHANGES

Head Teacher English, Tony March, is on long service leave for the next six months which has required some changes in secondary. Head Teachers, Mrs Gwen Meyer and Mr Mark Beiers, will be sharing Mr March’s responsibilities whilst he is on leave. Mr Jean-Paul Ambler has joined our English staff and is taking some of Mr March’s classes.

HOSPITALITY POSITION

A merit selection panel was formed to fill the vacant classroom teacher position created by Mr Creamers departure. I can now confirm Courtney McMullen from Binnaway Central School was the successful applicant. As yet I am unable to negotiate a start time for the appointment, however we are fortunate to have Sarah Bendall filling the position on a temporary basis. Thank you to panel members Mr Mark Beiers (Staff Representative) and Krichelle Khan (P and C Representative) for your time and assistance in the interview process.

EDUCATION WEEK

Each year we celebrate Education Week across NSW schools. Our Education Week concert “Variety Night” will be held on Wednesday August 5 at 7.00pm at the School of Arts Hall. All students and parents are encouraged to attend, and as always it will be a very exciting night. Tickets are available at the door, single $5.00 and family $10.00. Remember doors open at 6.30pm for a 7.00pm start.

YEAR 10 SUBJECT SELECTION EVENING

Planning for senior school will commence next Tuesday evening August 4. Parents are encouraged to attend with their Year 10 students to support them through this important process. Individual meetings will be held with our Year 10 Adviser and Careers Adviser in the weeks following the information session.

KINDERGARTEN 2016

Parents are reminded that our Kinder orientation session will take place towards the end of this term. If you haven’t done so already, please ring the Primary office to place your child on the waiting list for Kinder enrolment next year. Please feel free to contact Miss Sinderberry if you have any questions about Kindergarten enrolment, or the transition program.

MERRIWA HORSE SPORTS

Merriwa Central Schools Horse Sports Day is due to be held on Monday August 10. Parents would be aware the Department has tightened restrictions on horse sports events across the state, with many being cancelled. Our committee has spent many hours reviewing our risk assessment procedures to ensure they comply with the new standards. At the moment we are awaiting final approval for our event to proceed. Whilst some of the new procedures may at first seem unnecessary, they are all aimed at ensuring the safety of students and visitor to the event.

Darren Noonan
Principal

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<tr>
<th>JULY</th>
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<tr>
<td>Friday 31</td>
<td>Primary Zone Athletics Carnival – Bill Rose Sporting Complex, Scone, 8.00am-3.30pm</td>
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<th>AUGUST</th>
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<tr>
<td>Tuesday 4</td>
<td>Year 10 Senior Subject Selection evening - Great Hall, 6.30pm</td>
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<td>Wednesday 5</td>
<td>Variety Night – School of Arts, 7.00pm</td>
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<td>Thursday 6</td>
<td>Primary touch football gala day – Bill Rose Sporting Complex, Scone, 9.10am-2.50pm</td>
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<td>Friday 7</td>
<td>Primary public speaking finals</td>
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<td>Monday 10</td>
<td>Merriwa Central Horse Sports Day Year 10 Individual Interviews – 9.00am-5.15pm</td>
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<tr>
<td>Tuesday 11</td>
<td>Year 10 Individual Interviews – 9.00am-5.15pm</td>
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Primary News
STUDENT OF THE WEEK

Congratulations to our Students of the Week for our second week back this term.

Kindergarten:           Ned Harvey
Kinder/Year 1:          Tye Blackadder
Year 2:                 Christian Cropper
Year 3/4:               Zali Wallings
Year 4/5:               Nikita Constable
Year 5/6:               Nicholas-James Whitby

NAIDOC WEEK ACTIVITIES

Last Wednesday we continued our belated NAIDOC week activities. We were visited by the people from Wakagetti. They began the activities with a Smoking Ceremony which we learned is used to rid the area and our bodies of any negative energy. Students then split into three groups and rotated to participate in spear throwing, learning about traditional artefacts and storytelling.
Following these activities we were visited by the ROAR squad, accompanied by Mr Johnston and Mr Grant. The ROAR boys led the primary students in a variety of traditional Aboriginal games for the afternoon, teaching us the traditional names and how to play. It was lots of fun and we all learned a lot about these of new games to play in the playground.
DONATIONS FOR THE LIBRARY

Do you have any board games (with all the pieces) sitting in the cupboard that are no longer being used?

The Primary Library is seeking donations of board games to use in our games room on Wednesdays and Fridays and for wet weather lunchtime activities. They can be used or new.

Please leave any donations at the Primary Office.

Thank you for your support.

Julie Osmond
Primary Library Teacher

CLASS REPORT FOR YEAR 2

Students in Year 2 have started the term fantastically. They have returned with beautiful manners and enthusiasm, ready to tackle new challenges and achieve goals.

In Year 2, our morning focus is always on our reading and writing. Students thoroughly enjoy reading in the reading corner, buddy reading, using the word wall and writing about various topics.

Talia Laurie
Classroom Teacher

VARIETY NIGHT

It’s almost here! Variety Night is less than a week away and students are very excited to show you all the wonderful items they have spent many hours preparing. Students will need to remember to bring their costumes/props in next week ready for our matinee performance during the day on Wednesday. Wednesday night students need to arrive at their classrooms at 6.00pm. The hall doors will be opened approximately 6.30pm for the show to begin at 7.00pm. A light supper will be provided and entry will cost $5.00 per person or $10.00 per family. We look forward to seeing all friends and family there. If your child is unable to attend please notify the class teacher ASAP.

Rebecca West
Assistant Principal

NAIDOC CELEBRATIONS

Last Thursday was a great day as our whole school celebrated NAIDOC Week with a range of activities ranging from spear throwing right through to learning about the opportunities that are waiting for our students at Newcastle University. NAIDOC Week is a time to celebrate Aboriginal and Torres Strait Islander history, culture and achievements. It is a wonderful opportunity to recognise the contributions Indigenous Australians, past and present, have made to our country and our society. I would like to congratulate all of our students for the enthusiastic way they engaged with the activities on offer and I am sure that everyone learned something new.

I would also like to acknowledge and thank those people who were involved in organising and delivering content on the day. Janaya Austin did a wonderful job of opening our celebrations for the day and thanks also to Mrs Moore and Mr Grant for their coordination of activities.

Secondary News

Merriwa Ringer
ROAR boys did a great job working with our primary students as they learnt about a range of traditional Indigenous games. Thanks to Taine, Jacob, Lenny and Tim from Wakagetti for sharing their cultural knowledge with us. Thanks to Elizabeth and Leanne from OCHRE for coordinating the community service providers who spoke to our children on the day and also for providing the wonderful celebration cake!

Adam Johnston
Deputy Principal
Favourite Subject: Primary Industries and Industrial Technology - Timber

Career Aspirations: Mechanical fitter and turner

Extracurricular Activities: Keeping busy outside of school with a traineeship, farm work and hunting

Best Personal Achievement: Being part of the team that won the heifer for the school at the Singleton Beef and Land Management Committee Junior Judging event earlier this year

Year Advisor’s Comment: Craig is the quintessential young farmer. He is wise beyond his years and is always ready with an anecdote to share. He is a polite, hardworking student who has adapted well into his senior years and is finding direction as he nears the end of his schooling. I am pleased to see him achieving well and enjoying his work in and out of school. I look forward to watching him continue to achieve in all of his endeavours. Congratulations Craig!
CAPA FACULTY REPORT

Term 3 is underway and we’re all busy beginning new topics and projects in class. Year 7 and 8 have completed their music components of the Creative Arts course and have now moved on to Visual Arts for Terms 3 and 4. A reminder to parents that students in Year 7 and 8 will need a Visual Arts book - A4 or A3 with plain pages for this class. If there is any difficulty in organising this please contact Rebecca Hopkins at the Secondary campus on 6548 2119.

Our Variety Night performance is looming ever closer and students are busy practising in the choir, band and dance troupe. Every student participating in this years’ event should be proud of their dedication and efforts so far. Our Secondary choir group would like to thank Mrs West for running a Choir Workshop last week, providing our singers with tips and expert advice. They had a great time and are looking forward to performing on the night. Variety Night is on Wednesday August 5 at the School of Arts Hall at 7.00pm. All performers from Secondary are to meet at the Primary Library at 6.00pm on the night.

Here are some of our Year 7 and 8 students rehearsing for their Variety Night item.

COMPETITIONS

Entering a competition is a great way to develop and showcase your strengths in an area that you are interested in. It will promote you to increase your skills by making them relevant to a particular task. If you are Indigenous and are interested in entering a short story and poetry writing competition run by the Aboriginal education Council see Mr Beiers for an entry form. It is the Patrick White Young Indigenous Writers Comp. The themes are already chosen, you just have to add your imagination.

John Marsden/Hachette Australia Prize for Young Writers - Closes September 7 - $5,500.00 in prize money. Be published online and in Voiceworks magazine

There are two categories: Enter poetry, fiction or the first chapter of a novel (up to 3,000 words). http://www.expressmedia.org.au/blog/the-2015-john-marsden-hachette-australia-prize-for-young-writers/

Heywire Competition - Closes September 16 - Ages 16 upwards from regional Australia. Tell a story about yourself and your community you live in told in text, video, photography or song. Winners receive fully paid trip to the Heywire Regional Youth Summit in Canberra. http://www.abc.net.au/heywire/competition/

Red Room Poetry Object - Free national poetry writing competition for Australian students up to Year 10. Young writers submit poems about objects special to them. http://redroomcompany.org/projects/poetry-object/

My Story My Content Short Film Competition - Closes August 10. Enter a 60 second film on the theme ‘Movies Matter’, including a reference to film piracy or its impact. http://mystorymycontent.com/

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.


Raffles College of Design and Commerce School Holiday Workshops - September 21-24. 1 Fitzwilliam Street, Parramatta. Workshops in Photography, Fashion Design, Fashion Marketing, Graphic Design, and Interior Design. $120.00 for four days. All materials provided. Ages 15 to 20. Contact: (02) 9633 3800 or jaimiwalker@raffles.edu.au. http://www.raffles.edu.au/workshops


Should I become a surgeon? Have students who want to know about traits for aspiring surgeons? https://www.myhealthcareer.com.au/medicine/should-i-become-a-surgeon
Rise in Occupational Therapist numbers - What does a 21.9% increase in occupational therapist numbers mean for the profession? [https://www.myhealthcareer.com.au/occupational-therapy/are-there-jobs-for-occupational-therapists]. Students can go to www.myhealthcareer.com.au for this and more.

Puggy Hunter Memorial Scholarship Scheme - Applications open July 21 - Assisting Aboriginal and Torres Strait Islander undergraduate students in health-related disciplines to complete their studies and join the health workforce. $15,000/year to full time students and $7,500/year to part time students. Contact: 1800 688 628 or scholarships@acn.edu.au or http://www.acn.edu.au/phmss.

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

Mark Beiers
Careers Advisor

Find us on Facebook!

Look for Merriwa Central School's official page!

YEAR 11 2016 PARENT/STUDENT INFORMATION NIGHT
Subjects, TAFE and HSC information for Year 10 students entering Year 11 in 2016.
When: Tuesday August 4
Time: 6.30pm in the Great Hall
Please return RSVP note to the office ASAP.
Looking forward to seeing you all there!
Rebecca Hopkins
Year 10 Advisor

MERRIWA P AND C MEETING NOTICE
Note: Change of date
Date: Monday August 3
Time: 6.00pm - Merriwa RSL Club Board room.
Position vacant - Canteen Treasurer
Needs filling urgently as could have an effect on secondary canteen operations. If you are interested please phone Jayne Cronin or come along to our meeting on Monday.
Gaynor Blackadder
What a wonderful start to the term we have had!

**ASPIRE**

This year we have been fortunate to again work with Anna Kerrigan from the Catholic Schools Office. Led by Anna and five Ensemble Directors, ASPIRE invites talented students from across the diocese to audition to develop and enhance their skills through performance opportunities in vocal, instrumentation, drama, dance and strings. Out of the students who audition from each of the 55 Catholic schools, approximately 120 students are selected to participate in studio practice, workshops, advanced skill development, networking and teamwork before all ensembles come together under one dramatic theme for a high quality, annual performance. On Thursday Years 3/4 and 5/6 travelled to Newcastle to watch the performance.

This year’s performance titled “Stranger than Fiction”, introduces a series of characters from different walks of life and gives a snapshot of their lives before looking deeper into their minds. It was a fantastic day and students got to see how smoothly the performance went as well as how the actors used their voices and body movements to enhance their performance. Thank you to all the parents and grandparents who accompanied us on the day.

Last term we did some workshops with Anna in preparation for our school play on September 9 at the School of Arts. This term in Creative Arts we continue to focus on our part of the school play, practicing and enhancing our skills to create an amazing performance. We look forward to Anna’s visits in the next couple of weeks.

**GRANDPARENTS DAY AND NATIONAL TREE DAY**

On Friday we celebrated Grandparents Day and National Tree Day. There were tabloid sports, parachute play and board games such as Monopoly, Scrabble and Up-words that were participated in and enjoyed by grandparents, parents and children. It was wonderful to see the interaction between the generations, as well as the excellent organisation and running of the games by the Year 5/6 students.

Thank you to the Upper Hunter Shire for donating the trees. We are very conscious of our responsibility to care for our environment and planting trees is a positive way we can do this.
In Religious Education this term, the students have been learning about the origins and development of the Church in Australia and the Maitland/Newcastle Diocese. It is pleasing to watch the amount of thought and care the students invest in their work. We often have wonderful whole class discussions before the students go off to represent their ideas in creative ways.

In Numeracy, the concepts the class has been focusing on are Addition and Subtraction and Multiplication and Division. It’s important that students learn their multiplication facts with automaticity as these facts are used in all strands of maths and everyday life. The students have loved the variety of activities we have been using to help understand these facts better and we will continue to use concrete materials and hands on activities to assist us to finding the answers to real life problems.

In English, we are focusing on the concept of ‘responding’. Responding occurs when students read, listen to or view texts. It encompasses the personal and intellectual connections a student makes with texts. It also recognises that students and the texts to which they respond reflect social contexts. Responding typically involves: reading, listening and viewing that depend on, but go beyond the decoding of texts, identifying comprehending and selecting. This term we will concentrate on responding to a variety of literature such as poetry, fiction novels and informative texts. All of the essential components of literacy, such as spelling, reading, handwriting, speaking and listening continue to be addressed in our literacy block.

Science this term is all about changes to the Earth’s surface caused by natural processes eg weathering and erosion. The students have really enjoyed the first aspect of this unit as they are acting as ‘St Joseph’s Weather Reporters’ who collect and record data about some changes in natural conditions, eg daily temperature, rainfall and wind.

The focus this term in PDHPE, is personal health choices that impact upon our wellbeing. So far we have been discussing the need for good health practices. Later on in the term we will be looking at environmental health and water safety.

In HSIE our topic is ‘Australia You’re Standing In It’. This unit provides opportunities for students to explore natural, heritage and built features in Australia. The unit focuses on investigating and evaluating the significance of particular sites and places and what people value about them.

Paige Farrow
Stage 2 Teacher

CONGRATULATIONS TO THE FOLLOWING AWARD WINNERS FOR WEEK 2

Kindergarten - Tilly Clark – great efforts in handwriting
Lula Peebles – for a great effort in maths using ‘The friends of ten’
Year 1/2 - Arfan Isam - good efforts in solving maths problems using the inverse strategy
Fiona Tomy - for a fantastic job at reading at our Grandparents Mass
Cody Bates – for great efforts in his holiday recount
Year 3/4 - Roy Lawler - excellent effort in writing a Cinquain poem
Helena Parker - for her quality work in using mental and written strategies for addition and subtraction problems involving three and four digit numbers
Year 5/6 - Jorji Taaffe - for consistently being a focused and diligent student
Nicole Martin - for her quality contributions to class discussions
Principal’s Awards - Emily Barwick - for being a cooperative and helpful student after grandparents day, helping to pack up
Nicole Martin - for stepping up to help in every way she possibly could at Grandparents Day.

Helen Whale
Principal
Merriwa Ringer
STUDENT OF THE WEEK – JAMES BIBBY

James has earned the title of student of the week this week for his improved behaviour and resilience last week. James was a keen participant at St Joseph’s in NAIDOC weaving and ochre painting activities and teachers from St Joseph’s even commented on how well behaved he was. James also worked hard to plan his draft holiday recount during writing activities throughout the week and although he slipped over in the snow on Friday, James picked himself back up and continued to enjoy the fun. Congratulations and keep working hard, James!

SCHOOL ZONE FLASHING LIGHTS

School Zone flashing lights were installed last Thursday on Coolah Rd to remind motorists to slow down around students. Sadly some parents have been driving in an irresponsible manner both inside the school grounds and on the roads surrounding the school. Please take care we would all be very sad if there were an accident and a child was hurt – or worse – killed!

TEACHERS AS LEAD LEARNERS

Last Friday Mrs G, Miss H and Mrs N travelled to Tamworth to learn from an amazing educator and researcher – Sue Larkey. Her specialist area is supporting young people and adults on the Autism spectrum. We learnt many new strategies to support all students at CPS. For more information visit www.suelarkey.com.au or visit her Facebook page.
MIDDLE CHILDHOOD SURVEY

Students in Year 6 will be participating in a survey about factors effecting later health, education and behaviour. It is being conducted by the University of NSW in collaboration with Universities of Newcastle, Western Australia and Canterbury (NZ). The survey will focus on mental health and wellbeing. Students have been given a parent pamphlet which contains more detailed information regarding the survey. If parents do not want their child to participate in the survey, please return the opt-out/withdrawal form inside the front cover of the pamphlet. The survey will not be conducted until Term 4.

ART OF LEADERSHIP

Next week I will be attending a three day course in Sydney on The Art of Leadership. The course is being conducted by the NSW Primary Principal’s Association. The course will allow me to work towards achieving my goals in my professional development plan (PDP). I look forward to reporting back and putting into practice everything I learn.

YOU CAN DO IT

This term in our welfare program we are focussing on confidence. Students have been introduced to some characters called Charlie Confidence and Worried William. Charlie Confidence likes to try something new, do hard things without asking for help, share new ideas with his teacher and is happy to talk to someone new.

Worried William is too worried about all sorts of things, so much so that it blocks his learning.

Students have explored some things that they can think about to make them more confident and be just like Charlie Confidence.

Kinder/Year1 students are calling these thoughts ‘Green Light’ thoughts while Years 2 - 6 are calling them ‘Confidence Builders’. Please encourage your children to be confident and ‘have a go’ at new and difficult tasks.

Christina Darlington
Principal

CLASS NEWS

Our classroom program for Term 3 is up and running. In Literacy the students are learning about human impact on international environments - Macquarie Island; as they study a book called “one Small Island” by Alison Lester. They are completing this work under the instruction of Miss Clendinning.

In numeracy, Year 4 have just finished off two investigations; Lengthy Leaps and Flicks Movies. They will now move onto investigating travelling around Australia where they will cover a number of maths concepts including adding large numbers, rounding off, estimating, using maps and measuring in kilometres.

Year 5 will be designing a cross word puzzle that will require the use of multiplication and division with 3 and 4 digit numbers.

Year 6 have just started investigating going on a holiday around the world, with four stops along the way. They will apply their skills in adding and
subtracting decimals, discounts, operations with money, timetables, adding and subtracting time, international time zones and latitude and longitude. They will complete this work under the instruction of Miss Clendinning.

In PDHPE this term we will be focussing on eating vegetables and fruit and a balanced diet, safe use of the internet and bullying.

In HSIE this term, students are learning about Antarctica. We had an interesting discussion last week regarding the presence of polar bears. It appears that some students are still not convinced that polar bears do not live in Antarctica.

Our Visual Arts theme for this term is also Antarctica. Students will complete a variety of art works using oil pastels, watercolour paints and pencils and chalk.

A reminder to all students to make sure you check your supplies - thank you to those who have already done this. Every student in Years 4, 5 and 6 are required to have:

- A red pen
- A blue or black pen
- A lead pencil
- A ruler (that is intact)
- A pair of scissors
- A glue stick
- An eraser
- A highlighter
- A pencil sharpener.

Students are required to have these items ready for use every day. It allows us to start the day without disruption. Students are being encouraged to BE ORGANISED!

Christina Darlington
Class Teacher

WEEKLY AWARDS

- **Lilly Coen** - fantastic effort in Zumba
- **Dustynn Turner** - working hard to complete tasks in HSIE
- **Andrew Harris** - improvement in spelling
- **Cody Parkinson** - always willing to share his knowledge
- **Harry Thompson** - fantastic addition knowledge.

WORKERS OF THE WEEK

Kinder/Year 1/2 - Archie Johnson and John Ward.

Christine Darlington
Principal

We are now taking enrolments for Kindergarten 2016. If you have a child or know of a child that turns five before July 2016 and you are thinking of sending them to Sandy Hollow, please contact the school to have their name added to our list.

An information package will be sent out later this term.

Our Kindergarten Orientation program will take place in Weeks 1 – 8 next term.

Year 3/4/5/6 - Hunter Marsh and Jake Pike.

STUDENT OF THE WEEK

**Bill Chambers** - working well in all areas of Literacy and Numeracy

**MARSHALL HINZE**

SPORTS PERSON OF THE WEEK

**Marshall Hinze** - great skills development in fundamental Movements.

We are now taking articles and advertisements into the Merriwa Ringer by 12.00 noon Mondays.

Christine Darlington
Principal
Welcome back to Term 3 hope everyone enjoyed their holidays as much as we did here. Merriwa Activity Centre attendance was high and there were lots of activities for the children to be involved in.

In the first week we enjoyed Arts and craft at the library with Mark followed by a picnic in the park and a play on the equipment in the sun.

Wednesday we went on an outing to Muswellbrook to see the movie “Inside Out”. We had pizza and a play in Highbrook Park. A big thank you goes out to Macquarie Generation for their generosity in lending us a bus for our outing and to Peter Holland for being our volunteer driver for the day. Thursday was Bushman’s day and we had 14 cowboys and cowgirls turn up for the day to cook marshmallows on the open fire and boil the Billy while enjoying a few yarns.

In week 2 on the Tuesday found us at the library with Mark decorating Boomerangs as part of NAIDOC Week, then an afternoon of Science Activities where the children made a volcano, some gloop and discovered how much salt is needed to float an egg.

The last day of vacation care bought a smaller group that had a blast at the skate park and Chinese. Some of the kids got very adventurous with their choice of lunch Peter ordered Chilli Beef and Veg, while others ordered spring rolls and boiled rice and honey chicken and fried rice. Everyone enjoyed a lunch out and were very well behaved in the public eye. The holidays were very enjoyable for children and educators alike and we look forward to seeing you all again next holidays for more exciting adventures.

So here we are in Term 3 Week 3 already, the children at Merriwa Activity Centre have been enjoying the warmer afternoons with some ball games in the front yard. There’s always time for a quick game of footy after school with boys and girls alike being involved.

The last couple of weeks the children have been very involved in making paper planes and seeing which ones fly the furthest. We have seen some very different techniques used as well as different weights of paper this is now extending on to all things that fly and will see all the children involved in a new project.

Pre-School photos were on Monday and Tuesday this week. Thank you to Jody from Jasper Photography for another year of fantastic photos, also to all parents for being patient while the process was happening.

Don’t forget if you need care for your children after school or during vacation care call in and pick up an enrolment form Monday to Friday or to book your child in call 6548 2082.

Natalie Hourn Coordinator
Community Notice Board

Merriwa Tennis Club
ANNUAL GENERAL MEETING
When: August 17
Time: 6.00pm
Where: Merriwa RSL Club

All positions will be declared vacant and all voting members will need to be financial before voting.

Robert Smith

Merriwa CWA

In mid-July seven members of Merriwa CWA Branch travelled to Gresford for a most interesting agriculture and environment day.

There were three guest speakers. The keynote speaker was Dr Jim Frazier OAM ACs, originally from Armidale NSW, is a highly regarded pioneer of wildlife cinematography and has worked closely with Densey Clyne and David Attenborough.

The other two speakers were Rob Dean from the Heritage Gardens who spoke on Boronias, and Mick Budden Landholder Support Officer from Tocal who spoke on water. All speakers encouraged participants to think about how actions impact on both the environment and agriculture, and how intrinsically interconnected are these two areas. All in all a very stimulating day from a range of perspectives. We look forward to ongoing discussions and ideas on what we, as CWA members, can do now.

The next meeting of the CWA Merriwa Branch will be on Monday August 10 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.

Penelope Fenley

Merriwa Markets

When: August 15
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

In Memorium
JOHN VICTOR LEGGETT
15-09-1934 TO 15-07-2015

Eldest son of John (Jack) and Phyllis Leggett (both deceased) of Merriwa. Brother to Cameron, Jill, Lindsay, Elizabeth, Adrian (deceased) and Heather. Passed away in Cowra. Sadly missed by all his family.

Del Leggett

Anglican Church

The Anglican ladies Guild will be holding a Casserole Lunch in the Parish Hall on August 14 at 12.00 noon.

Cost: $20.00
BYOD soft drinks provided.

Guest Speaker: Kerry Inder: Kerry is currently an Associate Professor of Nursing at the School of Nursing and Midwifery, University of Newcastle and is teaching both undergraduate and postgraduate nurses. Kerry has worked as an academic in public health for the past 11 years. Kerry has research interests and experience in chronic disease, co-morbidity, ageing and improving access to evidenced based health care. For the past five years Kerry has been working in rural mental health research undertaking community based postal surveys and telephone interviews about mental health and well-being. Prior to this Kerry worked for 20 years in clinical nursing predominantly in cardiovascular nursing, coronary care and cardiac rehabilitation at John Hunter Hospital, the National Heart Foundation, and Royal North Shore Hospital.

Topic: “The mental health and well-being of rural Australians”.

Rosalie Drew

Merriwa Senior Citizens Association

We will be having a Game’s Day on Tuesday August 11 with visitors from Muswellbrook. The usual format applies - Lunch will cost $7.00 and members please bring a salad.

Come and have a great day.

Don’t forget the movie on Thursday August 13 in the Squatter’s room at 1.00pm

Mary O’Neill
The Samaritans Purse Christmas Boxes are available now. They will need to be in by September 30. Anyone wishing to fill a box, please contact Barbara on 6548 5131 or mobile on 0428 485 131.

Estonia is on the Baltic Sea and is bordered by Latvia in the south and Russia in the east. It has a long and troubled history, having been overrun by neighbouring countries over many centuries.

Estonia gained independence and established its own government structure in 1918. This freedom was short-lived, with the country being taken over and annexed by the Soviet Union in 1940.

With the break up of the USSR, the Estonians were able to reestablish their own independent nation in 1991. They joined the European Union in 2004. Since independence, Estonia has put a huge effort into its education system and now ranks eleventh in the world for maths and reading skills and equal fourth in natural sciences.

Estonia is a now a country with industries such as electronics, engineering and information technology, as well as wood and wood products powering its economy.

There are approximately 1.3 million Estonians. The capital city is Tallinn. It is a historic city with many ancient buildings and has great appeal to the international tourist market.

Rotary Merriwa looks forward to Lotta being part of our Merriwa and district community for the next year.

WE WELCOME YOU TO MERRIWA, LOTTA!
**Community Notice Board**

**Happy Birthday**

Happy 80th Birthday to a beautiful lady Margaret Witney.

Hope you have a fantastic day.

Love from all your family and friends.

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**Anglican News**

Regular Church Services - page 30
Phone: 0429 996 769

**DATE FOR YOUR DIARY**

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

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

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

**August 14:** Ladies Guild casserole Lunch.

With all the Blessings of being part of grandparents’ day Still surrounding me let me share with you the following reflection.

Dutch artist Yoni Lefevre created a project called “Grey power” to show the vitality of the aging generation in the Netherlands. She asked local schoolchildren to sketch their grandparents. Lefevre wanted to show an “honest and pure view” of older people, and she believed children could help supply this. The youngsters drawings reflected a fresh and lively perspective of their elders - grandmas and grandpas were shown playing tennis, gardening, painting and more!

Caleb of ancient Israel, was vital into his senior years. As a young man, he infiltrated the promised land before the Israelites conquered it. Caleb believed God would help his nation defeat the Canaanites, but the other spies disagreed. Because of Caleb’s faith, God miraculously sustained his life for 45 years so he might survive the wilderness wanderings and enter the Promised land. When it was finally time to enter Canaan, 85 year-old Caleb said, “Just as my strength was then, so now is my strength. With God’s help, Caleb successfully claimed his share of the land. God does not forget about us as we grow older. Although our bodies age and our health may fail, God’s Holy Spirit renews us inwardly each day. He makes it possible for our lives to have significance at every stage and every age. Heavenly Father, I know that my physical strength and health can fail. But I pray that You will continually renew me spiritually so I can serve You faithfully as long as I live. (2Corinthians:4;16).

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**Rosalie Drew**

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**Merriwa Anglican Guild Ladies**

Expression of Interest for a Debutaune Ball, to be held in November 2015 are now being taken.

Names can be left at Di’s Clothing Patch.

All girls must be 16 years as of November 1.

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**Merriwa Swimming Club**

**ANNUAL GENERAL MEETING**

**When:** July 30

**Time:** 6.00pm

**Where:** Merriwa RSL 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 Jodie Magner.

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**Yvonne McNaught**

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**Merriwa Ringer**

Page 19
Jim Alker as President and Edith Shipway as Secretary/Treasurer of the MTWC have been outstanding in guiding the committee members which include many of the founding members who were present at the inaugural meetings in 1999/2000 and have continued to serve for over 11 years.

The committee continues in a progressive manner and would welcome any constructive thoughts from local people on the future running of the Centre.

To this end it is disappointing that recently, while she was in the USA a person wrote a hurtful anonymous letter to CentreLink suggesting our Secretary/Treasurer had received $15,000.00 from the centre and had not declared it. To suggest such an amount is ludicrous – the centre could never have funds available to make such a payment. The matter was quickly resolved, with CentreLink dismissing it for what it was – sour grapes. If you dislike what we are doing come to the AGM and let us know.

In 2000 a group of local people guided by Laurie Purnell began contemplating a community based organisation for the express purpose of encouraging tourists to visit our town. A community meeting was held and after long discussions it was that a physical meeting place was required to encourage people to stop when travelling through town thereby assisting local businesses. At that time the land on which our building now stands was put up for sale, following the demolition of the old picture theatre which had occupied the site.

Laurie and Faye Purnell generously offered to lend an interest free sum of $50,000.00 to an elected committee to enable the purchase of the land – a further meeting was held and a committee was duly elected and the land purchased.

Another meeting was held and after much discussion it was decided that a fundraising effort was needed to provide funds to enable a suitable building to be erected and a target of $15,000.00 was agreed upon. This sum was generously donated by a large number of local people and following receipt of a number of Government Grants planning began for a building to be erected on the site.

The present building was duly built and officially opened on March 05, 2006 by the then Deputy Prime Minister, the Honorable John Anderson. The Committee then directed its efforts to repaying the original loan from the Purnells and this was finally accomplished in 2011 – a great effort by any criteria!

In 2007 President Jim Alker canvassed the idea of adding another building to be known as “The Merriwa Mens Shed” and after a lot of planning this building was completed in 2010. Unfortunately John Shipway passed away on November 20, 2009 and did not see the completion of the Mens Shed. He was instrumental in the submissions to a number of Government organisations including the NSW Grants Commission to enable the building of the Mens Shed.

An amendment to the Constitution has now incorporated the Mens Shed under the umbrella of the Merriwa Tourist Welcoming Centre and ownership of the entire Centre has been entrusted to the Committee.
SECTION I – HORTICULTURE

SUB-COMMITTEE: Mrs M Frampton (Captain), Mrs J Lee, Mrs J Llewelyn, Mrs T Medd, Mrs L Moore

ENTRY FEE: Open classes $0.50 per entry
Children 16 and under no entry fee

PRIZES: First $3.00, Second $2.00. Award cards for First and Second

ENTRIES: will be accepted in the Fairfax Pavilion on Thursday September 17 from 2.00pm to 4.00pm, and Friday September 18 from 8.00am until 10.00am. Any entries not collected between 4.00pm and 5.00pm on Saturday September 19 will become the property of the committee.

PRESENTATIONS: 11.00am on Saturday in the Rodgers Pavilion

SPECIAL PRIZES

PRIZE for Most Outstanding Exhibit, Open, donated by Mrs M Frampton
PRIZE for Most Outstanding Exhibit, 16 years donated by Mrs L Moore
PRIZE for Most Outstanding Exhibit 12 years donated by Mrs G Stanton
PRIZE for Most Outstanding Exhibit 8 years donated by Mrs J Llewelyn
PRIZE for Most Outstanding Exhibit 5 years donated by Mrs J Lee
PRIZE for Most Successful Exhibitor donated by Mrs M Scott

CONDITIONS OF ENTRY

1. All care and no responsibility will be accepted for the loss or damage of exhibits. It is the responsibility of the exhibitor to collect their exhibits at the end of the show. Organisers take no responsibility for uncollected items.

2. It is the responsibility of the entrant as to how entries are presented for judging. Entrants should ensure that their entries

3. Have enough water for the duration of the show.

4. The arrangement of flowers will be taken into consideration

OPEN CLASSES

1. BOWL or VASE of WISTERIA
2. BOWL or VASE of LAVENDER

3. BOWL or VASE of CAMELLIAS
4. BOWL or VASE of PANSIES
5. BOWL or VASE of SWEET PEAS
6. BOWL or VASE of ANEMONE
7. BOWL or VASE of RANUNCULI
8. BOWL or VASE of FREESIAS
9. BOWL or VASE of GERANIUMS
10. BOWL OR VASE of IRIS (any type)
11. BEST DISPLAY of ORCHIDS
12. BEST FLOWERS GROWN from Bulb, not previously mentioned in schedule
13. BEST FLOWERS GROWN from Corm, Tuber etc., not previously mentioned in schedule,
14. BOWL or VASE of FLOWERS, one type, not previously mentioned in schedule
15. BOWL or VASE of FLOWERING SHRUB, one or mixed type
16. BOWL or VASE of BLOSSOM (crab apple, plum etc) not previously mentioned. One or mixed type
17. BOWL or VASE of PEACH BLOSSOM, any colour or type
18. BOWL or VASE of DAISIES
19. POT PLANT, BEST FLOWERING
20. POT PLANT, BEST FOLIAGE
21. BONSAI, MOST ATTRACTIVE
22. FLOWER ARRANGEMENT in a VASE, suitable for a dressing table,
23. MOST ATTRACTIVE BOWL or VASE of LEAVES and or GREENERY, berries allowed as part of greenery.
24. MOST ATTRACTIVE BASKET of DRIED FLOWERS and or ARTIFICIAL FLOWERS
25. MOST ATTRACTIVE BOWL or VASE OF FLOWERS
26. MOST ATTRACTIVE BOWL or VASE OF NATIVES
27. BEST ARRANGED FLOWERS, FRUIT or GREENERY, suitable for the dinner table
28. GIFT BASKET, for a friend in Hospital (flowers)
29. BLOKE’S BOWL, to be picked and arranged by a man.

NOVICE

PLEASE NOTE: For exhibitors who have not previously won a prize in Open classes.

30. MOST ATTRACTIVE BOWL or VASE of FLOWERS
31. BEST ARRANGED FLOWERS or FRUIT, suitable for the dinner table.

CHILDREN

PLEASE NOTE: All entries to be picked and arranged by the entrant
This very cool remote controlled drome can belong to you! It is a tough 238mm Intense Performance Quad. It is stable in flight, easily controlled (and can be flown inside or out). It can be flipped, it can twist, it can roll, and it can make you look like an amazing controller with the different flight modes! It includes intense LED lights. It is fully assembled and ready to fly. It includes a rechargeable batteries and USB charger. It even comes with an extra set of blades. The frame is durable and has long flight times.

ADULT COLOURING BOOKS (not as naughty as they sound!)

Come in today and have a go at our colouring for adults collection. There are books in different themes - some very intricate and patterned and some simpler and stylised. There are also posters if that is more your scene. There are plenty of different sets of coloured pencils and markers to make the activity even more exciting.

CHARLIE BEARS

We have some new and lovely Charlie Bears available for you to take home today - come in and fall in love with one today! Check out our Facebook page for pictures and more details about each bear.

BETTER HOMES AND GARDENS

If you were watching the last episode and were inspired about anything you saw... come in and get the new edition of the magazine. It is focused on the best rooms in the house - kitchens and all of the delicious things that come out of them! There are contemporary and vintage ideas, storage solutions, espresso chocolate bundt, Italian prawn and rice bakes and more. Why stop at the kitchen though? Continue onto the bathroom and make it a luxurious, classy, soothing. Then head out into the garden and get your garden ready for Spring!

La Scaletta

La Scaletta wishes to advise the community that its doors will be closed for a period due to personal reasons.

We will still be available for organised functions and this can be organised by contacting Robert on 0419 252 257.

We are sorry for any inconvenience that this has caused.

Robert Marchese

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
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

HALLMARK MOMENT

Things I don’t know...
Why bad things happen to good people
All you’re feeling right now.
Exactly the right words to say.
Things I do know...

Page 22
You’re cared about more than you realise. You will get through this. I’m here for you... no matter what. Let someone you love know you care and are thinking of them today.

**PREMIUM PHOTO LAMINATOR**

Get one today. They laminate photos and documents up to A3. Perfect for certificates, artworks, recipes, ID tags, newspaper clippings, family history documents and other precious memories that should be preserved. This laminator is designed to save energy, to avoid jamming and to laminate small and large memories, quietly and efficiently.

**PUZZLING**

We have some wonderful new puzzles that have arrived in time for the bitter month of August - who needs to go outside when you can sit near the fire and put together a beautiful scene with one of our 1500 piece puzzles. We also have puzzles that are suitable for small children and the bigger kids and all the kids-at-heart!

**PHONECARDS:** all cards are now available including Telstra, Optus and Vodaphone

Cash or Eftpos only

Leanne Hook

**Dr Noman Jawaad Medical Practice**

WE ARE OPEN FIVE DAYS A WEEK

Our hours currently are:

8.00am – 6.00pm
Monday to Friday

For all appointment please phone 6532 5013.

**COPING WITH “STRESS”**

Stress is “a state of mind, strain or tension resulting from the demanding circumstances”.

When people get stress, the body (mainly from the gland above the kidneys) produces stress hormones to deal with stressful situations. Abnormal stress can cause trouble on our body as well as on our mind. The common problems are tiredness, anxiety, restlessness, irritability, poor concentration, poor appetite and disturbed sleep.

Stress-related illnesses include problem drinking and smoking, drug abuse, tension head ache, migraine, anxiety disorders, panic attacks, depression, acne, mouth ulcer, stomach ulcers, irritable bowel syndrome (diarrhoea/constipation), increased heartbeat, high blood pressure, increased risk of heart attack, higher risk of having diabetes, increased period pain, reduced sex drive, low sperm production, weaker immunity (reduced ability to fight back the illness) and so on.

So we need to know how to cope with stress. There are two coping ways based on the result of coping methods. One is helpful/good coping ways and the other is unhelpful/bad coping ways. The results of “Helpful” coping ways are good outcomes, not hurting or damaging self or others or something. The results of “Unhelpful” coping ways are bad outcomes, hurting or damaging self of others or something. Some examples of unhelpful coping ways are drinking alcohol, smoking cigarettes, using illicit drugs, self-harm, damaging properties and etc to release our own mental stress. If we want to get success in our lives or to keep the mind and body healthy we should practice helpful coping ways instead of adopting unhelpful coping methods.

Some examples of “Helpful “coping ways include...

1. Talk it over with someone who will listen and understand you or write it out in a diary or on your own computer
2. Take time out – a few times a day – to stop and switch off
3. Get enough sleep and rest
4. Practice a sensible, healthy diet…. Reduce caffeine (tea, coffee, coca cola, energy drinks) intake. Avoid smoking, limit alcohol, and avoid using illicit drugs
5. Do things that you enjoy (eg fixing or repairing things; participation in Men shed etc.)
6. Listen to the music that you enjoy; sing the songs that you enjoy; play the instrument that you’re fond of. Playing drum and shout (eg, by participating in drum/rhythm hut)
7. Watching comedy TV series or reading comedy books
8. Develop strategies to laugh – do fun things that do not hurt or harm anyone or damage anything
9. Learn to do “Prioritisation”; “Problem Solving methods “and “time management”
10. Look for the solution, but stop escaping
11. Learn to accept that you cannot change everything” avoid “Perfectionist “
12. Avoid interpersonal conflicts…. Blaming self or
Spice Grill Merriwa
SOME OF OUR BASE SPICES

CLOVES

Cloves are the aromatic flower buds of a tree and are commonly used as a spice. Cloves are harvested primarily in India, Sri Lanka, Madagascar, Indonesia, Tanzania and Zanzibar.

The clove tree is an evergreen tree with large leaves and sanguine flowers grouped in terminal clusters. Cloves are harvested at 1.75–2.25 cm long, and consist of a long calyx that terminates in four spreading sepals, and four unopened petals that form a small central ball.

Cloves are used in the cuisine of Asian, African and Middle East, lending flavour to meats, curries, and marinades, as well as fruit such as apples or pears. Cloves may be used to give aromatic and flavour qualities to many Indian hot beverages. In Mexican cuisine, cloves are best known as clavos de olor, and often used with Cumin, Cardamom and Cinnamon.

TRADITIONAL MEDICINAL USES

Cloves are used in Indian Ayurvedic medicine, Chinese medicine, and western herbalism and dentistry where the essential oil is used as an anodyne (painkiller) for dental emergencies. The essential oil is used in aromatherapy when stimulation and warming are needed, especially for digestive problems. Topical application over the stomach or abdomen are said to warm the digestive tract. Applied to a cavity in a decayed tooth, it also relieves toothache.

Some Health Benefits of Cloves are:

• Its Improves Digestion
• Due to its antioxidants properties it protects organs
• It Boosts Immune System
• It Aids in Treating Gum Diseases
• Refreshes Breath
• Cure for Headaches
• Cloves possess anti-inflammatory and Pain Killing Properties

Here at Spice Grill Merriwa we use Cloves in almost everything related to Curries and in many other dishes like Grilled Fish, Saffron Rice, Plain and Works Burgers and Some Wraps.

Rohit Gaur

Dr Cho Oo Maung
Globally, the impact of hepatitis B and hepatitis C is staggering. The World Health Organisation (WHO) estimates that about 400 million people have chronic viral hepatitis worldwide.

In Australia, approximately 218,000 people are living with chronic hepatitis B and more than 226,000 Australians are living with chronic hepatitis C.

Hepatitis means inflammation of the liver – from any cause. Hepatitis C is transmitted via blood-to-blood contact and unlike other common hepatitis viruses A and B, there is no vaccine available to protect against hepatitis C. Prevention strategies, managing symptoms and reducing the risk of liver damage are critical.

The liver is our largest internal organ – and in some ways, the most complex.

There are many very good reasons why we should look after our liver but generally we do not treat it well. Instead, we constantly put it under stress, with alcohol being one of the worst offenders. Other medicines (including complementary and alternative medicines) and other substances also have the potential to cause liver problems.

Viral hepatitis is recognised on July 28 each year with World Hepatitis Day. On this day individuals, community groups, clinicians and other supporters run events to raise awareness.

In 2008, the first World Hepatitis Day was launched by the World Hepatitis Alliance, in response to concerns that chronic viral hepatitis did not have the level of awareness, nor the political priority, seen with other communicable diseases such as HIV/AIDS, tuberculosis and malaria.

The aim of World Hepatitis Day is to improve levels of liver health literacy, knowledge of viral hepatitis within the general community, to break down barriers such as stigma, and create more positive attitudes towards those living with viral hepatitis.

Every year World Hepatitis Day gets bigger and bigger, with more countries and organisations participating. Since its launch in 2008, thousands of events have taken place, from rock concerts and press briefings to ministerial meetings and fundraising events.

Through these coordinated events, the hepatitis sector and the community are able to highlight the significance of viral hepatitis to a large audience around the world. In Australia, they also use this opportunity to promote the Love your Liver campaign.

Love your Liver was launched in 2011 by Hepatitis Australia. It is a 5-year health promotion campaign with the long-term aim of normalising viral hepatitis and portraying it as a health condition without moralising.

The Love your Liver campaign provides a safe and non-threatening platform to start conversations with the general public about viral hepatitis. Everyone has a liver, and therefore potentially has some interest in liver health.

To look after the liver, a healthy diet is a high priority. You should also build regular light to moderate exercise into your routine. Alcohol intake should be limited and if you smoke, talk to your pharmacist for assistance with quitting.

Special subsidised antiviral therapy is available under certain criteria for people with confirmed hepatitis C infection. However these medicines are potent, with possible interactions and side effects. Talk to your pharmacist about antiviral therapy.

Muscle and joint pain, and pain in the area of the liver, is frequently a symptom of hepatitis C, and the appropriate use of pain relievers needs to be considered. Paracetamol and non-steroidal anti-inflammatory pain relievers can be used (not exceeding the recommended doses, and not in advanced liver disease). Heat packs and massage are also effective non-pharmacological options. Skin moisturisers, lubricating eye drops and saliva substitutes are also helpful to relieve the dryness caused by hepatitis C, and you can find all of these products in pharmacies.

As we approach World Hepatitis Day on Tuesday, 28 July, consider what changes you can make to improve the health of your liver. Your local pharmacy is your health destination. You can get more information about hepatitis B and C from Merriwa Pharmacy. Self Care Fact Cards available from these pharmacies include topics such as Alcohol, Staying a Non Smoker and Weight and Health.

Robert Smith

Merriwa Pharmacy

LOVE YOUR LIVER

Robert Smith

La Scoletta

PIZZERIA

Traditional Wood-fired pizza

Closed due to Personal Reasons

We are still available for organised functions

Robert 0419 252 257
robert.marchese@bigpond.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
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<th><strong>Merriwa Ringer Directory</strong></th>
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<td>Merriwa RLFC</td>
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<td>CJ and JM Vero and Sons</td>
<td>Merriwa Squash Club</td>
<td>0429 588 582</td>
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<td>Country Womens Association</td>
<td>Merriwa Touch Football</td>
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<td>Mortgage Choice</td>
<td>0408 480 562</td>
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<td>Merriwa PAH and I Show</td>
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<td>Merriwa Pre-School and Kindergarten</td>
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<td>6532 5013</td>
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<td>Merriwa Surgery - Dr Emad Jasem</td>
<td>6548 2305</td>
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<td>Emergency Services</td>
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<td>In case of emergency call 000 or 112 from mobile services</td>
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<td>Police (Admin only)</td>
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<td>Police Mobile</td>
<td>0408 293 423</td>
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<td>Police Assistance</td>
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<td>Fire (Admin only)</td>
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<td>Hospital -MPS</td>
<td>6532 5000</td>
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<td>Rural Fire Service</td>
<td>1800 081 166</td>
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Support the Ringer regularly but can't find your business? Contact Tina on 6548 2119.
5 Gooch Street Merriwa  $205,000.00
FULLY RENOVATED
Situated on a large 1657sqm block this home has been fully renovated throughout. There are three big bedrooms, two with built in robes, lounge with reverse cycle air conditioning and a combustion fire and a brand new kitchen and bathroom. The kitchen is spacious with plenty of cupboards and room for the dining table. At the rear of the home is a double carport which would easily convert to a garage and two garden sheds for storage. The home has been freshly painted and new carpet and lino installed. If you are looking for a quality home with plenty of room for the kids to play, this is the one for you.

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
- Spelling
- Comprehension
- Concentration
- Writing
- Ball Sports
- Fatigue
- Eye Strain
- Headaches

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

President: J Alker
Secretary: E Shipway
Telephone: 6548 3201

Test & Tag Services
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Including 3 Phase Plug Replacement Asset Register
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Paula Hockings
0429 149 890
Email: pjh@activ8.net.au
www.test-tag-services.com

Upper Hunter Shire Council Meeting Schedule
Development & Environmental Services Committee
Tuesday 11 August 2015, 10.00am
Works & Technical Services Committee
Tuesday 11 August 2015, 1.00pm
Community Services Committee
Tuesday 11 August 2015, 4.00pm
Library Services Advisory Committee
Wednesday 12 August 2015, 5.30pm (held at Scone Library, 130 Liverpool Street)
Finance Committee
Friday 21 August 2015, 1.00pm
Ordinary Council Meeting
Monday 24 August 2015, 5.00pm

All meetings are held at Council’s Administration Centre, Scone, unless otherwise stated.
BUYING LOCAL
SUPPORTING LOCAL
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ABN: 65 810 824 869 Lic#: 243746C Au: 29030

Merriwa Ringer
Page 29
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

Peter Lawler Pest Control
For your protection and safety!
ABN 66 092 858 985 LIC 150 02974 003

Commercial and Domestic Services
$140.00 Domestic charge
PAYMENT on the day of treatment
Warranties Apply

Call PETER: Mob: 0428 482 332
After Hours: 02 6548 2332
Email: merriwapete943@gmail.com
7 Bow Street MERRIWA NSW 2329

Merriwa Anglican Parish
**Services**
Holy Trinity  St Columbia
Merriwa  Cassilis
9.00am Sundays  11.00am every 10.00am Fridays  2nd and 4th Short Bible
10.00am every 10.00am every 2nd and 4th Study  Sunday 6th
7.30am Mon, Wed & Fri 769
Morning Prayer Rev’d Glen Hughes - Supervising Priest & Rev’d Pat Kirby – Local Priest

Merriwa Central School
**Primary Campus:** 6548 2101
**Secondary Campus:** 6548 2119
merriwa-c-school@det.nsw.edu.au
www.merriwa-c.schools.nsw.edu.au

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

Cassilis Bowling Club
Meet 4th Thursday of each month
Visitors are always welcome
Enquiries to:
President: Julie Smith - 0429 197 397
Secretary: Elaine Sparrow - 6548 8560

**Supporting the Smith Family**

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

**SANDY HOLLOW PUBLIC SCHOOL**

Telephone  Fax  Email:
02 6547 4521  02 6547 4450
sandyhollow-p.School@det.nsw.edu.au
CLUBS

Merriwa RSL Club

The Members Lucky Badge for $1000.00 was not won on Friday at 8.30pm the number was 220, this week it jackpots to $1050.00. The 7.00pm draw for $320.00 was not won the number was 76, this week it jackpots to $340.00. The 9.00pm draw for $240.00 was won the number was 530, this week it jackpots to $260.00. 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.

Nominations are being called for the Board of Directors. Open on Friday July 17 and close on Sunday August 2 at 6.00pm. Voting starts Friday August 28 and closes on Sunday September 6.

Matt Morgan
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 AUGUST 30**

**WEEKEND RESULTS**

**Saturday Raffle July 25**

Saturday members draw no 52, not won – next week $310.00

Winners Jackpot not won - next week $100.00

**Monthly Prize:** Des Snelgrove  
**Dinner:** Eileen Barwick  
**Bowls Raffle:** Fiona Hedges

PLEASE NOTE – Saturday raffle tickets on sale from 6.00pm and drawn at 7.00pm during winter months.

**Sunday Raffle July 26**

Sunday members draw - No 286, was not won. Next week $750.00.

**NRL Footy 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.
Our season is closing in on us with only two/three weeks left in our competition. It has been a great season and all our players have enjoyed their games. Our Presentation Day has been set for Sunday October 11 at 11.00am (after the school holidays) at the Merriwa Sports Club.

For the past three years we have had some wonderful sponsors and we thank them for their support and generosity. We thank the following people who have supported our Junior League:

Our Major Sponsor is the Merriwa Sports Club.

Jersey Sponsors have been:
- Kingslyn
- Rockwell Livestock and Property
- ROSTO Oils
- Merriwa RSL
- Welderup
- AAMI

Shorts and jersey sleeve sponsors are:
- Merriwa Newsagents
- FYFE (old Boardman Peasley)
- Williams Concrete
- Morgan’s Maintenance

We thank our Netball Sponsors for their continued support of all our netball girls and ladies.

They are:
- Merriwa Cakes and Pastries
- Max’s Country Cuts
- Wayne Smith Automotive
- Rockwell Livestock and Property
- Greenarm

Without our sponsors our youth would not be enjoying their sport as they now are. We are able to purchase socks, shorts, polo shirts and hoodies and sell back to members at a reduced price. Thank you to our league and netball sponsors. We really appreciate your support which incidentally finishes at the end of this season. We are looking for sponsors for our 2016 through to 2018 season. If you wish to sponsor our netball or league players please ring Elaine Sparrow 6548 8560. Netball sponsors are $250.00 for the three year period. League jersey sponsors are $600.00 which gives you your name on the front of a team jersey for three years; shorts and jersey sleeve sponsors are $250.00 and see their name on the sleeve of a team jersey or on the league players shorts for the three year period.

Our Major Sponsor will have their name on the back of ALL league jerseys for $2,000.

Our netball girls travel to Scone each week and the league players travel to Scone, Aberdeen, Muswellbrook, Denman and Singleton for our Mini/mod competition. Our under 13’s through to under 17’s travel to all over Newcastle so depending on what jersey you are sponsor your name will travel to many surrounding districts to be seen by all. Our club colours are black and white with a splash of purple and are very eye catching and look terrific en-mass at games. See Elaine if you wish to be part of our three year sponsorship deals.

HOME GAMES

On Saturday our league players had a great day to entertain the spectators. The Rockwell Under 12’s played at home against West Wallsend (also the Magpies) and our boys played as they have never played before. They all gelled this game and played as they have had the potential to do all year. It was a great game to watch. A report further into this article. Also playing at home was our Welderup Under 16’s. There must have been something in the air or maybe it is the playing at home syndrome (not having to get up at 6.00am to travel to Newcastle) but this team also gelled on the field and played some great football. With only twelve players on the field (against the opposition’s fifteen) their attack and determined defence was great to see. Tries were scored by Zeb Pearce and Mathew Porter with John Whitby scoring two goals to make our tally twelve. Lakes United scored four tries and one goal with a tally of eighteen. Thanks to our community supporters who came to watch the boys and many thanks to our canteen volunteers – coordinator Laurel Whitby with Kacie Neale, Belinda Keane, Elaine Sparrow and the Magner family (with Mum in the canteen, Dad on the BBQ and John and Patrick setting up the field with markers and goal post pads) and also BBQ expertise from Dean Pike; Maria Cameron cleaning up in the canteen at the completion; Andrew Jamieson cleaning out and hosing the dressing sheds; all our officials on the table and the bench; our linesmen/woman and of course not to forget our great referee Glen Austin. Thanks Glen for a great job.

Next week our Welderup 16’s play at home; Rockwell 12’s play at Singleton and our mini guys and girls play at Muswellbrook.

Elaine Sparrow

MERRIWA RSL UNDER 6’S

On Saturday we went to Denman to take on Singleton. All players had a great game. Many tackles being made and everyone getting in to have a run. Try scorers this game were Tye, Rylan and Kayden (being first).
This week it was decided that Player of the Match would go to all the team as they all played great. Congratulations team. Thanks to Hunter for running our water.

Gaynor Blackadder

ROSTO UNDER 7’S

Under 7’s took on Aberdeen at Denman Sports ground. Thanks to Aberdeen who helped give us a full side but we only needed one player due to such a great turn out from the Merriwa kids and Zac and Jayden once again playing up under 6’s. Thanks boys! Aberdeen are a quick side with quite a few good little sprinters but Merriwa fought hard to chase them down on every occasion and deliver some great tackles. Most notably, Nate running the full distance of the field where he pulled down an Aberdeen player metres from the try line. Awesome run Nate! Zac and Jayden played consistently, Zac inching his way to the try line on one occasion and just missing out on the opportunity. Kallum and Jack continue to run up fast with the ball putting their agility into action and Seth and Matt charged on with every run not giving up until they were put to the ground. Tries this week to Kallum, Jack and Seth and a huge three tries to Nate. Player of the Match was Zac. Well done boys!

KINGSLYN UNDER 8’S

On Saturday, the under 8’s travelled to Denman where they played against Aberdeen. With the help of some Denman boys, they all played extremely well. The under 8’s were able to score three tries, two scored by Toby and one scored by Harry. Everyone ran really well and made some great tackles. They all played well with the Denman boys and really played as a team. Logan and Duncan made decent metres in their runs and always put their best in. Harry, Toby and Maddison made some great runs, as well as some great tackles. A thanks to Matthew who played up with the under 8’s. ‘Player of the March’ went to Harry. Harry had lots of good runs, made some great tackles and showed his determination to not let Denman score. He even made a beautiful try saving tackle after he came off for a little bit with a sore elbow. Keep it up!

John Cronin

KINGSLYN UNDER 9’S

Our under 9’s put on a great team effort last weekend against Aberdeen. Lots of tries were scored, great defence from every team member, every try scored there was a team mate there following just in case he was needed. Bobby had a few great runs close to the try line and really enjoyed being out there on the field. David displayed excellent defence, and Jack was determined with his running, scoring two tries but more importantly showed a huge improvement with his tackling, which is what earned him ‘Player of the Match’ well done Jack keep it up buddy. Ok, get ready for their huge try tally; Jyeson x three, Brooklyn x three, Jack x two, Clayton x two, Thomas x two, Dylan 1 and Riley 1. Well done team. See you at training.

Belinda Keane

ROCKWELL UNDER 12’S

Our under 12’s side played at home against West Wallsend last Saturday and it was undoubtedly the best game that I’ve seen them play. A big improvement in defence was a big reason for their 18 all draw. Each and every team member put in a great effort and should be proud of themselves. Man of the Match was a hard decision as so many of the guys played a fantastic game, so I think the whole team was awarded for a great team effort. Well done boys!

Belinda Keane

Merriwa Touch Football Club

Last Thursday the Merriwa Touch Football Club held their Annual General meeting but to the disappointment of those that attended no new people arrived. We wish to thank Trent Cooper for taking on President.

This also means that not all positions were filled meaning that the Touch Football committee has not been formed. We will be holding another meeting to fill the empty positions on Thursday August 13 at Merriwa Sports Club at 6.00pm. We hope to fill positions so that the competition can lick off on Wednesday October 7.

MEETING

When: Thursday August 13
Where: Merriwa Sports Club
Time: 6.00pm

Positions to fill:

Vice President, Junior Vice President, Secretary, Registrar, Junior Coordinator, Junior coaches (two minimum).

Interested in getting the competition going, come along to this next meeting. Remember giving up a little bit of time can go a long way to making a successful competition.

Tina Taylor
We would like to acknowledge our sponsors and thank them:

**Major Sponsor:** Merriwa RSL Club

**Shorts Sponsor:** Max’s Country Cuts

**Jersey Sponsors:** Morgan’s Maintenance, JTS Realty, Pembroke Beef and Scott Witton Building, LTB Fencing, Glandore Warmbloods, Rockwell Livestock and Property, Merriwa Sports Club, C and G Bates and Pembroke meats.

**Minor sponsors:** Merriwa Pharmacy, Craig MacPherson Haulage, Merriwa Petroleum and Ag, J and A Maben, Wendouree, Hunter Mutual and Merriwa IGA

**Shirt Sponsor:** Nevmat Australia Pty Ltd

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**FOOTY REPORT**

On Sunday Magpies travelled to Aberdeen to take on the Tigers. In the league tag game Merriwa girls picked up the win 10-8. Tries went to Maddilyn Blackadder and Dimity Parker with Jessyca Morgan converting a goal. Players Player this week went to Angela Vero. Congratulations Angela.

We were hoping it wouldn’t be the Tigers weekend and all tiger teams would be beaten like West Tigers were though it wasn’t the case. Unfortunately, in Reserve Grade Merriwa weren’t lucky enough to pick up a win going down 10-18. Try scorers were Daniel Walmsley and Jeremy Nicholls with Jeremy converting a goal. Players Player went to Ben ‘Broken Toe’ Morgan. Congratulations Ben.

Our next two games and final ones for the season are home games. This Saturday we play Singleton. League Tag kicking off at 2.00pm then Reserve Grade at 3.00pm. Hope to see everyone there.

Reminder: Pink Jersey and Sponsors Day will be on Saturday August 8.

After the games on this day we will head to RSL club to auction off around 10 Pink Jerseys. Check these Jerseys out on a Facebook Page, you don’t have to be registered on Facebook to view them just google Merriwa League Tag and Rugby League.

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Gaynor Blackadder
Community

What’s happening?

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

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<tr>
<th>JULY</th>
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<tr>
<td>Thursday 30 • Swimming Club AGM - Merriwa RSL Club - 6.00pm</td>
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<td>Friday 31  • Messy Church - Parish Hall - 3.30pm</td>
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<th>AUGUST</th>
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<tr>
<td>Monday 10  • Merriwa CWA meeting - CWA rooms - 10.00am</td>
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<td>Friday 14  • Ladies Guild casserole lunch - Parish Hall - time 12.00noon</td>
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<td>Saturday 15 • Men’s Breakfast - Parish Hall - 7.30am</td>
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<tr>
<td>Monday 17  • Merriwa Tennis AGM - RSL Club - 6.00pm</td>
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<td>Friday 28  • Messy Church - Parish Hall - 3.30pm</td>
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<th>SEPTEMBER</th>
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<tr>
<td>Friday 18  • Merriwa Springtime Show</td>
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<td>Saturday 19 • Men’s Breakfast - Parish Hall - 7.30am</td>
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<tr>
<td>Sunday 20  • Merriwa Springtime Show</td>
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<td>Friday 25  • Messy Church - Parish Hall - 3.30pm</td>
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<th>OCTOBER</th>
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<td>Saturday 3 • Merriwa Campdraft - rescheduled date</td>
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<tr>
<td>Sunday 4   • Merriwa Campdraft - rescheduled date</td>
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