Students enjoy NRL visits

Students from Merriwa and Sandy Hollow enjoyed participating in NRL workshops conducted last week.

WHAT'S NEWS?

Students Jack Cook and Shania Patterson receive Uniform awards

Darcy Taaffe is set to compete at State Athletics

PLUS

Gummun Place Hostel Markets

JRL and Netball Registration

Enjoy the benefits of a better banking relationship, happily ever after.
Catholic Schools Week (CSW) from March 6 – 12, 2016

‘I Belong. You Belong. We Belong.’

St Joseph’s Primary School
Where students belong.
Outstanding opportunities for academic excellence,
leadership, sport, music and performing arts.
Talented and dedicated teachers, excellent facilities, state of the art technologies.

Experience all that St Joseph’s has to offer in Catholic Schools Week.

OPEN DAY 12.00noon – 1.30pm Monday March 7

For further information, please contact the Principal, Mrs Helen Whale on 65482035.

Enrolments for 2017 are being taken now.
The following students have been selected as Student of the Week for their exceptional efforts. Congratulations.

Kindergarten: Grace Collits
Year 1: Thomas Campbell
Year 2/3: Zara Sampson
Year 3/4: Brooke Sampson
Year 4/5: Samantha Bristow
Year 5/6: Kyarne Sampson

PRIMARY ASSEMBLY

Last Friday, our captains hosted our second Primary Assembly for 2016. Many students received merit awards and Year 5/6 presented a humorous poem. Each day Year 5/6 learn a ‘word of the day’ and their poem was cleverly written to include their newly learnt words and ever increasing vocabulary.

Remember our next assembly will be held Thursday March 24 due to Good Friday. The assembly will begin earlier than normal as all classes will be presenting Easter themed items. We look forward to seeing parents and community members at 2.00pm at the Primary campus.

NRL BLITZ

Last Wednesday students from Kindergarten to Year 6 participated in the NRL Blitz program. Chris Brennan from the National Rugby League group and Matthew Soper-Lawler from the Newcastle Knights offered a fun and engaging presentation to our students. It involved teaching students about having a balanced diet and healthy lifestyle as well as many activities to promote the game of rugby league. Local members from the Merriwa Junior Rugby League Football Club also joined us to inform the students of how and when they could register to play football as well as the benefits they gain from being involved in the club.

Alyssa Moore
Sports Coordinator

UNIFORM DRAW

Last week, our uniform draw began at the Primary campus. On Wednesday, two names were drawn and fortunately both students were dressed in their full sports uniform. Congratulations to Jack Cook and Shania Patterson for wearing your school uniform with pride. We hope you enjoy your prizes.

Don’t forget the uniform draw will continue throughout the year and names will be drawn on a random day each week. Please encourage your child and help them to come to school every day in their full school uniform.

Coming Events

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<td>Friday 4</td>
<td>Year 6-12 Girls Night In – Great Hall, begins 5.00pm</td>
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<td>Saturday 5</td>
<td>First Aid Course – Great Hall, 9.00am-3.00pm</td>
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<td>Friday 18</td>
<td>Taronga Plains Zoo - 7.00am-5.00pm</td>
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<tr>
<td>Monday 21</td>
<td>HSC Half Yearly Exams - All Week</td>
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Last Wednesday, Chris Brennan from the NRL and Matthew Soper-Lawler from the Newcastle Knights Holden Cup side visited Merriwa Central School and gave a very engaging and timely presentation on the importance of goal-setting, to our ROAR squad and students from PASS and Sports Coaching. All students present listened with intrigue as Matthew gave them a step by step analysis of his road to professional sport. I am sure some were blown away by the commitment and hard work that it takes and gained a new found respect for all professional athletes.

Matthew and Chris spoke extremely well and provided the students with the motivation to begin setting their own goals in order to achieve their dreams. All ROAR members should be aware of the importance of this strategy. I would like to thank Chris and Matthew for travelling up to Merriwa and providing their insight to our students, we look forward to continuing our long standing relationship with the NRL well into the future.

Secondary News

FAVOURITE SUBJECT: PDHPE, because it is fun
EXTRA-CURRICULAR ACTIVITIES: Swimming
FUTURE ASPIRATIONS: To reach State for swimming
YEAR ADVISORS COMMENT: John has had an exceptional start to Secondary and I could not be more impressed by his approach and attitude towards the school and his learning. In just a few short weeks John has built a high regard for himself amongst his peers being voted into the SRC, excelling at the peer support camp and achieving age champion at the Zone swimming carnival. John is now off to regional and on behalf of the school I wish him all the best towards reaching his goal of representing Merriwa Central School at State.

Chad Grant
Year Adviser

Student of the Week
John Magner
Year 7
WHY I WANT TO BE IN ROAR? So I can continue to be in ROAR and encourage the other ROAR boys to do their best

FAVOURITE SUBJECT? Wood Technology and Construction
FAVOURITE SPORT? Rugby League
FAVOURITE SPORT? West Tigers
WHO INSPIRES YOU AND WHY? My parents and James Tedesco because they don’t give up
FAVOURITE QUOTE? If life gives you lemons make lemonade
BEST PERSONAL ACHIEVEMENT? Going to State for Relay
ADVICE TO YOUNG PLAYERS: Keep trying and never give up
I HAVE BEEN IN ROAR SINCE: Since Year 8.

University of Sydney Breaking News. Mathematics Pre-Requisite: The University of Sydney is addressing the national crisis in science, technology, engineering and mathematics (STEM) by introducing mathematic prerequisites for a number of its courses from 2019. http://sydney.edu.au/study/admissions/apply/entry-requirements/undergraduate-academic-requirements/mathematics-prerequisite.html

University of Newcastle Walking Tour: April 8 and 15. Come and experience what Uni is like. https://www.newcastle.edu.au/future-students/study-at-uon/key-dates

Charles Sturt University MyDay Program 2016: Uni life and study experiences and tour.

- Psychology and Social Work - Wagga Wagga - March 22
- Clinical Science, Dental Science, Pharmacy and Physiotherapy - Orange - April 15
- Communication and Creative Industries. Bathurst - April 11
- Engineering - Bathurst - April 11
- Communication and Creative Industries - Wagga Wagga - April 18
- Policing, Law and Criminal Justice - Bathurst - April 18
- Nursing and Paramedic - Bathurst - April 21
- Nursing, Albury-Wodonga - April 22

Visit: http://futurestudents.csu.edu.au/unilife/social/events/myday


REECE School Based Plumbing Traineeships: Year 10 and 11 work one weekday and be available Saturdays. Apply for positions in your area: http://asba.sherpanetwork.com.au/jobs/

Howard Frank Mosher Short Fiction Prize: Closes March 1. Write a story of up to 10,000 words. Win $1000 and publication. http://hungermtn.org/contests/howard-frank-mosher-short-fiction-prize/

If you have any career questions please contact me at school.

Jane Hegarty
Careers Advisor
More than 620 Catholic schools across NSW and the ACT will celebrate the annual Catholic Schools Week (CSW) from March 6-12.

We are immensely proud of our Catholic heritage, and are committed to celebrating and showcasing the achievements of students in our school.

This year’s theme is ‘I belong. You belong. We belong.’

The 2016 CSW theme ties with the Church’s celebration of the Extraordinary Jubilee of Mercy, which recognises our Catholic faith values of forgiveness, compassion, strength, aid and love.

Our school is proud of the wonderful teaching and learning that takes place in our classrooms every day, as well as the contribution our schools have made to Australian communities, in particular the more vulnerable and disadvantaged members of our wider community.

It is for this reason that I would like to extend an invitation to you and your family to join us to participate with members of our parish and wider community in the spirit of this celebration.

Listed below is a schedule of events for the week that you are invited to attend:

**Saturday March 5, 6.00pm:** join with the Parish of St Anne’s to celebrate Mass and to witness the commissioning of our nine Year 6 leaders. They have been training hard to take up the leadership challenge and are very excited to be receiving their leader’s badges on this occasion. Stay on for a cuppa afterwards in the MacKillop Room.

**Monday March 7, 12.00 noon–1.30pm:** Open Classrooms - a wonderful opportunity to join children in their classrooms and see how the learning takes place there. The first hour of this is normally whole school Maths time and so you will have the opportunity to be part of a Maths lesson with the children. The Monday assembly will take place at 1.10pm on this day.

**Tuesday March 8:** Catholic Schools Week Mass at the Sacred Heart Cathedral in Newcastle. Our Religious Education Coordinator, Mrs Anne Marie Peebles will take four of our Year 6 leaders to this beautiful event.

**Thursday March 10:** Anna Kerrigan will join the students to launch the 2016 annual play preparations. We are very proud of the opportunities we provide our students for developing their creative talents.

**Saturday March 5: Sunday March 13 Catholic School’s week display in the Merriwa shopping centre. Take time out to look at the children’s contribution to the display.**

Thank you for your ongoing support. I look forward to seeing you during CSW 2016.

**CURRICULUM NEWS**

Better writing is one of the goals for our school this year. We have just completed the seven Steps to Writing Success training and what a difference we are seeing already. Students have been focussing on “Sizzling Starts" and planning their writing. Some of the classes have started to make a list of commonly used “boring starts” and have made a pact to “Ban the Boring”. Ask your children now what they have learned.

Improved Mathematics is our other major focus for the 2016 year. To this end we have embarked on the Choose Maths program. Miss Foran and Miss Farrow have had their first training session within this program and are very excited about their learning. All teachers will attend a regional training session on March 8.

As part of our ongoing commitment to computer technology we have purchased a number of new computers for the school. All Information Technology in the school is in top working order and the speed and capacity are in great shape to enhance learning opportunities.

Mrs Kerr and I will be travelling to Sydney this week to attend a two day Future Schools conference. We have chosen different workshops whilst there so that we can bring maximum ideas back to the school. We are really looking forward to our learning there.
**STUDENT WELLBEING**

**Kidsmatter?** They sure do! Miss Farrow and I went to a briefing day in Newcastle last week to learn about this framework which aims to help schools better cater for the social and emotional wellbeing of our kids. We have decided to adopt this framework at St Joseph’s and will be in touch very shortly to engage parents with the staff in the process.

Cool and Friendly program will be back in full swing next week. This is a great invitational program where students join me for one lunch time a week to explore ways to regulate their emotions. They then practise the skills throughout the week.

**SPORTS NEWS**

Congratulations to Amy Redgate, Axul Hourn, Patrick Magner and Tia Magner who represented our school and region at the Diocesan Swimming on Tuesday.

Children should be practising their running now as our annual cross country carnival will be held on Thursday March 24. This is always a great day and we are looking forward to it. As usual we welcome and encourage parent helpers on the day.

Touch Football trials are being held at Muswellbrook on March 21. Good luck to our students who are trying out as part of the team.

There will be no catching Darcy Taaffe anymore as she has qualified through Little Athletics to compete at State level in the 800m race. This is a great achievement. Congratulations Darcy…we can’t wait to see your form at our Cross Country and Athletics carnivals.

The Netball trials were held in Singleton last week. Olivia Collins, Madelaine Thrift and Amy Redgate participate in these. Bronwyn Redgate sent in the following report:

Olivia, Madelaine and Amy had a great day and played very well. There were 21 girls in all with only seven (one for each position) selected to go on to Dio.

Our girls tried very hard and although outclassed enjoyed themselves and represented our school magnificently. From the chatter, all are looking forward to next year . . . . so look out!

**[It was] A pleasure to take them away.**

Many thanks to the wonderful members of View Club who once again have made some beautiful library bags for our new students and filled them with an assortment of useful school goodies! We really appreciate your support of our school and our students.

Thank you to Brion Booth for helping us to repair the flag pole last week. It is greatly appreciated.

**Congratulations to this week’s award winners:**

**Kindergarten - Freya Tomy** - for great participation in classroom activities

**Jye Bates** - for listening well in sounds activities

**Year 1/2 - Archie Constable** - for great reading results during reading activities

**Aidan Hunt** – for fantastic work during his information report on weather

**Year 3/4 - Ella Beaven** - for wonderful participation in the Life Education visit

**Mikayla Telfer** - for working hard to develop her knowledge of multiplication facts

**Year 5/6 - Patrick McLaren** - for his beautiful painting inspired by Sidney Nolan’s “Dimboola Landscape”

**Chloe Towell** - for always planning exciting scenarios for imaginative texts

**Playground Champion - Braeden Halse** - for always being a great friend on the playground

**Principal’s Awards - Annabelle Hunt** - for fantastic written work in Science lessons

**Wills Mulligan** - for a great understanding of scientific concepts.

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*Helen Whale
Principal*
STUDENT OF THE WEEK

ANGUS HEYCOX

Angus has been voted Student of the Week this week by staff and students for a number of reasons.

This week, Angus has been focused on improving his learning. During Healthy Harold, scripture and science activities, Angus was an active participant and could reflect on what he had learnt and in Mathematics and spelling, he worked hard to understand new concepts and challenge his learning. He has also been working hard to improve his learning by completing his homework activities each week.

Some of the reasons that his peers voted for him included: “Angus, because he is hard working, he uses manners and says ‘please’ and ‘thank you’ and he is good at sport and listens.” ”Angus, because he has been friendly to everyone” and “Gus, because he is working hard.”

Congratulations, and keep up the wonderful work, Angus!

HEALTHY HAROLD’S VISIT

The students share what Healthy Harold taught them on Thursday.

Healthy Harold taught me not to smoke in my whole entire life. We had to throw Harold Junior into a basketball hoop. Sarah told us that if you drink too much alcohol, then you can get in to trouble with the police. If you get alcohol in your system you can die. Sarah showed us a picture of a person with all the parts of the body - Sophie Anderson

Healthy Harold taught me how to stay safe and healthy by telling me not to smoke – Dylan McLennan

Healthy Harold taught me that smoking can give people blood cancer, lung problems and heart disease and he was funny. He told us not to put things on facebook or on the internet as well – Georgia Bowler

Healthy Harold taught me not to smoke and not to drink. Be safe and don’t drink and drive because you could die – Angus Heycox

I learnt about smoking and how bad it is for you. I also learnt why you need to sleep. Healthy Harold is helpful. He is the funniest giraffe in the world. If you ever see Healthy Harold you will know what I mean – Isabelle Bibby
Harold taught me about safety and he was funny! It was very fun. We learnt about our body. It was cool. I was sad to go – Elka Laing

Healthy Harold was funny! I learnt about smoking – Isabelle Bowler

Healthy Harold taught me about eating healthy food such as apples and oranges – Banjo Heycox

Healthy Harold taught me about washing my hands – Benjamin Bibby

Healthy Harold taught me to clean up my room because it is messy – Gordie Anderson

Healthy Harold taught me that smoking is drugs because they can give you lung cancer, blood clots in the brain, liver swelling and alcohol can also give you hangovers and cause accidents. Then Sarah showed us real life videos of children sharing their personal stories about being cyberbullied on Facebook, Twitter, Facetime and other programs. It was exciting but long – Tobias Bowler

Healthy Harold taught me the problems of smoking and drinking alcohol and cyberbullying and staying up late at night and being tired at school. We tried to get Harold Junior into the hoop and Harold played with his squeaky toy. It was really funny and I was really happy the whole time – James Bibby

Healthy Harold taught me how bad smoking is and how your body works e.g the lungs. At the beginning, Harold tried to eat Sarah’s hair and ears, we watched videos about kids and teenagers. At the end, Harold played the xylophone and hit Sarah on the head. We learnt to eat and drink healthy food and water plus to wash our hands – Brooke McLennan

Healthy Harold taught me about drugs and cyberbullying – Jack Sumpter-Cornish

SENSATIONAL SWIMMING

On Friday, Cassilis students had their last swimming lesson at Merriwa Pool for Term 1. Due to predicted extreme weather, the swim time was swapped from the afternoon to the morning to avoid extreme heat and sun damage.

Each student should be proud of their individual achievements. Everyone worked hard to improve their swimming technique and were increasingly confident and competent in the water!

Another big thank you to Jason for opening the pool just for us for the past two Fridays. Thank you also to Mick for lending us the bus and also to Mr Gant for driving us to the pool and back.

VARIETY BASH VISITS CASSILIS!

The Variety Bash is Australia’s largest (and favourite!) motoring event with participants travelling to rural and other parts of Australia that they would otherwise not see, at the same time raising money for children who are sick, disadvantaged or have special needs. Throughout the Bash, participants visit local towns, stopping into the schools to visit the kids. Bashers get to see the smiles of the kids they’ve helped and provide them with equipment to assist their education.

The Variety Bash will be stopping at Cassilis Public School for lunch on Sunday May 15. The P and C and school are currently working together to organise this fantastic opportunity for our school. If you would like further information on the event or would like to help organise the event, please join us at our next P and C meeting on Monday March 14.

Katrina Hodgson
Relieving Principal
WEEKLY AWARDS

• Dusty Turner - always having his equipment organised and ready to go
• Rowdy Walters - trying hard in maths mentals
• Noah Adams - demonstrating how organised he is each day
• Mikayla Borradaile - always trying hard in mathematics
• Ella Olive - developing good reading skills
• Shykiah Walters - writing the sounds we have learnt.

WORKERS OF THE WEEK

Kindergarten/Year 1/2 - Taylan Blackhurst-Marsh and Declan Adams
Year 3/4/5 - Ayden Marsh.

STUDENT OF THE WEEK

John Ward - for being organised and ready to start work every day.

SPORTS PERSON OF THE WEEK

Reece McCandless - excellent display of sportsmanship.

GOOD LUCK

This week we have Andrew Harris competing at Regional Swimming Carnival on Thursday and Mason Meyer competing at the Blandford Horse Sports on Friday.

We wish both boys the best of luck.

Christina Darlington
Principal
In this time of prayer and quiet reflection I invite you to close your eyes and become still. Concentrate on your breathing and relax. Feel the darkness surrounding and embracing you. Reflect quietly on those things which can cause us to act without sight or rationality, and those things which prevent us from treating others with justice and compassion. Compassionate God, you have called us out of darkness into the light of your life and love. Teach us to be people of reconciliation and healing.

We sit together to share our faith and our prayer. Jesus, you came to set the prisoners free open our eyes and our hearts.

As we continue our Lenten journey, may the eyes of our mind and heart be opened to see truth and beauty and to challenge injustice and oppression. We reflect on our baptismal call to holiness and wholeness and recommit ourselves to our mission and ministry as Disciples of Christ. For what we have done and for what we have failed to do, we ask forgiveness.

God of reconciliation and healing forgive our failings and bless our efforts to act justly, love tenderly and walk humbly with you.

Wrap bandages around your bible in this fourth week of Lent in preparation for Week 5.

Rosalie Drew

Nominations are now being accepted for the RYPEN CAMP, to be held on the weekend of MAY 13, 14 and 15 at Myuna Bay.

“Teenagers grow when they have the opportunity to develop life skills.”

Supporting the development of youth is a key focus of Rotary and here in District 9670, RYPEN is one of our flagship youth programs delivered to groups of about 70 students.

WHICH STUDENTS

- Full time students aged between 14-17
- Young adults who show potential but need an opportunity to develop it.

STUDENTS’ OUTCOMES

- Increased motivation...improved life skills....improved self image and pride.....
- An understanding of setting and achieving goals....increased confidence to overcome problems and take control of their future.

RYPEN PROGRAM AND TEAM

- An intensive program of workshops and activities
- Experienced team of Rotarians and past participants who deliver the program in a sharing supportive environment.

More information can be obtained from Alison King, Merriwa Rotary.

Help Gummun Place this Saturday by attending their gathering and, while there, enjoy a barbeque lunch provided by Merriwa Rotary and don’t forget... CLEAN UP AUSTRALIA DAY on Sunday March 6.

Mark Smith

Find us on Facebook!

Look for Merriwa Central School’s official page!
IDEAS FOR YOUR GOOD FRIDAY MEALS

BREAKFAST - EGGS BENEDICT WITH A TWIST

Ingredients:
- 1/3 cup low-fat natural yoghurt
- 1 tbs lemon juice
- 2 tsp white vinegar
- 1 tbs chives, chopped
- 2 bunches asparagus, ends trimmed
- 2 eggs, at room temperature
- 1 wholegrain English muffin, split
- ½ small avocado, peeled and stoned
- Freshly ground or cracked black pepper
- Chives, chopped, to serve

Preparation time: 10 minutes
Cooking time: 10 minutes

Method:
1. To make dressing, combine yoghurt, lemon juice, vinegar and chives in a small bowl. Divide between two small bowls
2. Fill a large, deep frypan with water and bring to the boil. Add asparagus and simmer over medium heat for two minutes or until bright green and tender. Refresh in tap water, drain and set aside
3. Bring frypan back to the boil and add extra vinegar. Break an egg into a cup or saucer. Keep water just simmering, then stir in one direction to create a whirlpool. Tip egg into the centre of the pan. Cook without stirring for 2-3 minutes for a soft yolk or 3-4 minutes for a firm-set yolk. Remove the cooked egg with a slotted spoon and drain on a plate lined with paper towels; cover to keep warm. Repeat with remaining egg
4. Toast English muffin and spread each half with avocado. Place on a plate with asparagus and dressing. Top muffin with poached egg, season with black pepper and sprinkle with extra chives. Serve immediately.

LIGHT LUNCH WITH RICE PAPER PRAWN ROLLS

Ingredients:
- 50g rice stick or vermicelli noodles
- 150g snow peas, ends trimmed
- 1 large avocado, peeled and stoned
- 12 rice paper rounds (22cm)
- 18 cooked prawns, shelled, deveined and cut in half lengthways
- 1/3 cup mint leaves
- 1/3 cup coriander leaves
- 1 large carrot, peeled and grated
- 1/3 cup sweet chilli sauce

Preparation time: 30 minutes
Cooking time: 0 minutes

Method:
1. Place noodles in a heatproof bowl. Cover with boiling water and let stand for five minutes. Drain and set aside
2. Meanwhile, cook snow peas in a small saucepan of boiling water for one minute. Refresh under cold running water and drain well
3. Slice snow peas and avocado lengthways into thin strips. Divide filling ingredients evenly
4. To make rolls: Soak the rice paper in warm water until just softened. Remove from the bowl and place on a plate. Put three prawn halves into the centre of the rice paper. Add a mint leaf, coriander leaf, snow peas, avocado, carrot and noodles. Fold over rice paper and roll up, pressing edge to seal. Repeat with remaining ingredients
5. Cut rolls in half and serve with sweet chilli sauce.


More recipes to come to prepare you for Good Friday and Easter.

Tina Taylor
RAFFLE

Tickets on sale now!

Tickets—$2.00 each or 3 for $5.00

Drawn—Noon, Friday 29th April 2016

FIRST PRIZE: 2 night stay at the Mantra Aqua Resort Nelson Bay 2 bedroom pool side unit – valued at approx. $400.

SECOND PRIZE: 1 night stay at Strathearn Park Lodge valued at $200

THIRD PRIZE: Fully packaged whole lamb cut up by Max’s Country Cuts donated by The Campbell Family of Merriwa - valued at approx. $200

FOURTH PRIZE: Hunter Belle Cheese voucher + 1 bottle of Small Forest boutique Orange Rose wine - valued at approx. $80

FIFTH PRIZE: A cheese platter for two and 2 glasses of wine at The Vines Restaurant, Hollydene -valued at around $40
Merriwa Hospital Auxiliary
Merriwa Hospital Auxiliary will be holding a street stall:

When: Friday March 11
Time: 9.00am
All contributions gratefully received.

Amanda Kemp

Pie Drive

Order sheets are out around town so take the opportunity to fill the freezer.

Orders Close: Wednesday March 23
Delivery: Wednesday April 6

If anyone is unable to locate a sheet and would like to order, please contact Barbara on 6548 5131 or 0428 485 131.

Barbara Campbell

Merriwa Bushman’s Campdraft and Rodeo

ANNUAL GENERAL MEETING

General meeting to be held on Monday March 7 at Merriwa RSL Club at 7.00pm. The meeting is to set this years program.

Any members that did not pay their membership at the Annual General Meeting need to do so for insurance purposes.

Any new members are more than welcome to attend. Contact Megan on 0427 437 743.

Megan Richards

Merriwa Red Cross

RED CROSS CALLING/CYCLONE WINSTON APPEAL

Merriwa Red Cross will be selling tickets in a raffle and 100 Club on Friday March 18 to raise funds for Red Cross Calling and the Fijian Cyclone Winston Appeal. As always your support would be very much appreciated.

Philomena Constable

Merriwa CWA

INTERNATIONAL WOMEN’S DAY LUNCHEON

CWA Merriwa will be holding an International Women’s Day lunch on Tuesday March 8. 10.30am for 11.00am.

Guest speaker - Jane Watson from Scone Legal Practice will speak on wills – executors, guardians, powers-of-attorney.

Gold coin donation. Morning tea and lunch will be provided.

NEXT MEETING – CHANGE OF DATE AND DAY

Please note the next meeting of the CWA Merriwa Branch will be on Tuesday March 15 starting at 10.00am in the CWA Rooms, 159 Bettington Street.

New members are always welcome. Enquiries to: Barbara Campbell on 6548 5131 or mobile 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.

More information at Merriwa Branch CWA.

Peter Holland

The Merriwa Community News is available to charity groups or non-funded, not for profit organisations and anyone wishing to advise of a special event (birthday/anniversary/etc). If you would like to make use of this free service, please contact us before 12.00noon on Mondays.

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Catholic Church

St Anne’s Catholic Church will be holding a World Day of Prayer - Cuba on Friday March 4 at 7.30pm.

Jesus said to them “Receive children. Received me.” For more information please contact Marie Scott.

Marie Scott

Merriwa CWA

NOTES FOR YOUR DIARY

CHANGE OF MEETING DAY

The March meeting will be held on Tuesday March 15 at 10.00am.

RESULTS FROM GROUP COOKERY DAY HELD IN BRANXTON

Susie Fitzpatrick Placed first - Sultana Cake
Jean Price Placed first - Donna Latter Chocolate Cake

Under 12’s

Piper Cropper Placed first - Cornflake cookies
Susie Fitzpatrick Placed second - Fruit Cake
Jean Price Placed second - Boiled Fruit Pudding
Jean Price Placed third - Pear and Ginger Cake

Under 12’s

Christian Cropper Placed second - Cornflake Cookies
Piper Cropper Placed third - Crunchy Topped Lemon Bar Cake

First place entries will now go on to State to be judges as part of the Land Cookery Competition. Well done ladies.

Robyn McAlister

Jesus said to them “Receive children. Received me.” For more information please contact Marie Scott.

Marie Scott

Merriwa Tourist Welcoming Centre and Men’s Shed

FREE WORKSHOP

ROAD SAFETY FOR OLDER ROAD USERS

We have all read dire threats about losing our drivers’ license and therefore our independence when we reach a certain “distinguished” age…. Are these just warnings of things to come or idle media hype?

Come and find out (from the “horses” mouth) exactly what is involved in staying mobile and independent.

The guide has advice and safety tips to help of us who are 65 and over to make safer choices when driving, riding, walking, retiring from driving (yuk!), alternative transport options, pedestrian safety issues as well as the use and purchase of such aids as motorised wheelchairs/scooters (make mine a Ferrari).

The workshop is conducted by the NSW Transport Road and Maritime services and is on:

When: Thursday March 17
Venue: Merriwa RSL auditorium
Time: 10.30am
Duration: 1 hour

Morning tea will be provided so we can wet our “whistle” and ask plenty of questions.

For catering purposes please contact:

Edith Shipway
Telephone: 6548 3201
Mobile: 0428 487 201
Email: brigadoon07@bigpond.com
By Monday March 14

Edith Shipway

Merriwa Markets

When: March 19
Where: Near RSL Bow Street side
Time: 9.00am till 1.00pm

We have a very wide variety of stalls. Something for everyone!

Held every third Saturday of the month.

Teressa Williams

Merriwa Ringer

Jesus said to them “Receive children. Received me.” For more information please contact Marie Scott.

Marie Scott

Merriwa Festival of the Fleeces will be holding a street stall on Friday March 4. All donations of cakes, fruit and vegetables, eggs, jams and other such yummy items, are greatly appreciated.

There will also be a raffle held on the day. All proceeds from the day will go directly towards the festival for 2016.

Barbara Campbell

Jesus said to them “Receive children. Received me.” For more information please contact Marie Scott.

Marie Scott
Footy Season’s coming soon
(Fa-la-la-la-la-la-la-la-la-la)
Put my tips in every Thursday noon
(Fa-la-la-la-la-la-la-la-la-la)
Expert advice gets more tips right
(Fa-la-la-la-la-la-la-la-la-la)
When I win, I will delight
(Fa-la-la-la-la-la-la-la-la-la).

Ads for The Footy Show have already started, the sports section is practically filled with pre-season injuries, information and gossip. Get organised for the Rugby League Season for 2016 with at least one of the following...

**2016 SEASON PLANNER**

I know - it looks suspiciously like a diary - but it is so much better than that! It is hard covered and spiral bound. It comes with your favourite team on the cover and is packed with info about that team - a mascot profile, complete season draw with dates, who will televise (9 or fox), venue, opponent, time and hashtag. It includes a diary that starts on the most important day of the week - Thursday. At the end of each week is a statistics page where you can add scores, try scorers, man of the match, and a whole lot of other vital stats for your team and their opponent. It covers all of the main rounds, the semi finals, preliminary finals and the grand final. There are pages of stickers with your team’s logo (as well as some for the other teams and the NRL). This is a great way for any footy enthusiast to keep tabs on how their team is going for the entire year.

**2016 SEASON GUIDE**

Not to be confused with the planner, the Guide is the bible for any footy lover. Great for those who love the game (not only their own team) and for those who love the footy tipping comp and are competing to win. The Guide has player profiles, stats and photos for every team. There are detailed club and premiership records. This guide includes a complete season draw, including the State of Origin. There are places to keep your own records of the current season for the Honour Roll, Dally M and your own team. There are pages to fill in for your club over the entire season to keep a record of tries scored, who scored them, the ref’s name, the vital stats and final score. There are places to do the same for the All-Stars team, the Test team and the Origin teams.

**RUGBY LEAGUE REVIEW, BIG LEAGUE AND RUGBY LEAGUE WEEK**

These regular issue magazine comes out often enough to give you up-to-date information to keep ahead in the tipping competitions, as well as looking at the most recent rounds. Rugby League Review comes out every month, while Big League and Rugby League Week come out weekly for the entire Footy Season. The current issue of Big League includes a look at the top moments of the off-season, player profiles and expert tips for the start of the season.

The only question now is... Is the tune still stuck in your head?

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

Cash or Eftpos only.

Leanne Hook

---

**Merriwa Surgery**

Dr Emad Jasem
For all your medical needs
Opening hours
Monday, Tuesday, Thursday and Friday 8.30am to 6.00pm
Wednesday 8.30am-1.00pm
Saturday 9.00am-1.00pm
The Surgery will be closed between 2.00pm-3.00pm
For bookings please call the surgery on 6548 2305.

Dr Emad Jasem
It’s almost that time of the year again, Gummun Place Hostel will be holding their annual market day on this Saturday March 5, 2016 from 9.00am to 2.30pm.

This year we will be having our normal stalls: cake, craft, bric-a-brac, plants, chocolate wheel, BBQ lunch and devonshire tea.

We are going to introduce some fete games for the children and some light entertainment from young locals. The ‘Minute to Win It’ games will be running between 11.00am and 1.00pm. These games should make for some great laughs. The games involves a lot of silly games and only a minute to win.

Please join us in raising some vital funds to assist the Hostel in some upkeep and maintenance, and also to allow our residents to enjoy some outings throughout the year. Without the support of our wonderful businesses and the local community this would not be possible.

Come join us on Saturday March 5, 2016 at 9.00am to 2.30pm for a fun filled day.

Madeline Kelaher

Yet again in our endeavor to get you the best all the time, we have incorporated the multi award range of special little treats for you. Just buy a Tea or Coffee from us and get a Little Treat…. “ON US”

Download the free Merriwa Central School App.
MCS in touch with our community!

Hooked on Fresh Seafood
SEAFOOD FOR EASTER 2016
“Outside the Royal Hotel”
Vennacher Street
Tuesday Afternoon
March 22
2.00pm till 5.30pm
Phone: 0413 724 232
Eftpos Facilities Available
Kent and Family Wish you all a Happy Easter.
It has been a while since I have written to the Merriwa community but I thought that now is the right time, as we are approaching the flu season. We will receive our supply of flu vaccine in March and will write again to let you know when it arrives, so feel free to visit us or call 6532 5013 and arrange an appointment for the flu shot with our staff.

I have been asked several times for referrals for skin specialists. I would like to let you know that I, myself, do skin checks. A full skin check involves a longer appointment as we do a detailed history and thorough skin examination, all the skin lesions are noted on a form and saved in the patient files. I also perform different types of skin excisions under local anaesthetic. I have experience in treating melanomas, sun damage, and different types of skin cancers. I can also advise on the checking of moles and taking care of your skin so that you don’t develop skin cancers.

At Hunter Medical Practice we also perform several other procedures eg, cortisone joint injections for arthritis, taking out foreign bodies, excision and drainage of abscess and hematoma (collection of clotted blood), suturing of all kinds and types.

We not only offer a general consultation on any health problem but we do offer experienced consults on Antenatal visits, children’s health, mental health, older people’s health, women’s health, and men’s health. We also do group consults, case conferences, workers compensation advice.

I am a strong advocate of mental health and have extra qualifications in mental health, we see lots of patients with mental health issues and if they are diagnosed with any specific mental health problems we provide ongoing support, we also help them in financial benefits under the Mental Health Care Plan.

Besides oral contraception’s, we do provide other types on contraception, eg Rod (Implanon), which can be inserted comfortably, without any pain. You may need a separate appointment for such procedures.

We are proud to share that we have successfully run several Q fever clinics. This has helped many farmers and other people who work with or are in contact of animals in this area. Merriwa is a typical farming area and most people are at risk of being exposed to Q Fever. If you have any questions or concerns, do not hesitate to call us on 6532 5013 for more information about the Q fever vaccination.

Hunter Medical Practice is open from 8.00am-6.00pm in Merriwa and Denman. Our staff incudes Dr Noman Jawaad, Dr Cho Oo Maung, Nurse and diabetic educator Kerry Collins, Practice Manager Desly Alsleben, and receptionists Carol Cronin, Stephanie Hook and Moya Ryan. We are the only practice in the Hunter Valley that is open at 8.00am to 6.00pm, you only have to call and ask our staff for out of business hours appointment and we will do our best to accommodate you. At Hunter Medical Practice we do not believe in closing our books when we reach a certain number of patients. Therefore, our books will never be closed to you, no matter how many patients we have. You will always be able to become a new patient at our surgery.

As part of Merriwa MPS we have the opportunity to use the facilities for referrals in physiotherapy, podiatry, Psychology, audiometry (hearing test), speech pathology, as well as childcare and wound care nurses. We are not “just a small practice”, we are a Practice that is proud of the fact that we cover all areas of General Practice and provide so many different services for all of our patients. We do not treat any of our patients as a number. We give all of our patients as much time as they require.

We take bookings for routine appointments, so kindly feel free to call us on 6532 5013 to make an appointment, or visit us at Corner of Mackenzie and Brisbane Streets, Merriwa.

In case of emergency or if you need an urgent appointment kindly call us or simply drop in and I guarantee you that we will see you on that day even if we are fully booked.

Dr Noman Jawaad and Dr Cho Oo Maung
**COMING EVENTS**

**GOULBURN RIVER WILD DOG ASSOCIATION AGM**
Next Wednesday March 9 at Cassilis Bowling Club
6.00pm BBQ for 7.00pm meeting - New members welcome

Please contact Hunter LLS Senior Biosecurity Officer Stefanie McCowen with any enquiries on 0429 722 944

**IRRIGATION - PASTURES - ANIMAL HEALTH FIELD DAY**
Next Tuesday March 8 from 9.30am to 2.00pm
Scott Wheatley’s dairy farm, 340 Blairmore Lane, Aberdeen

Presented by Hunter and Greater Sydney Local Land Services

Upper Hunter farmers invited to free workshop to learn how to assess their irrigation systems to maximise returns, save power, reduce costs and ensure water is applied efficiently and effectively - Discover on-farm solar power options - Access pasture and livestock health advice.

Program includes:

- Pasture Selection and Sowing Times, Clydesdale Agriculture
- Three Day Sickness update, Hunter LLS District Vet
- Pumps and Irrigation Systems – minimising energy cost, BCW Carbon and Energy
- Solar Power options for your Farm, Urth Energy
- Irrigation System Assessments Results, Greater Sydney LLS
- Water and Energy Efficiency of Centre Pivots on dairies

Supported by Hunter Dairy Development Group

Please RSVP to Scone LLS Office 6540 2400
For further information contact Tony Blatch 0427 788 984 or Maria Cameron 0409 636 765.

**MERRIWA COUNTRY WOMEN’S ASSOCIATION**
are hosting a luncheon to celebrate

**8 March 2016**

**FEATURING GUEST SPEAKER**

**JANE WATSON**
Solicitor at Scone Legal Service who will be talking about...
Will Trustees ◆ Guardians ◆ Executors ◆ Power of Attorney

**TUESDAY 8 MARCH, 2016** at 10.30am, for 11.00am start
CWA Rooms, 159 Bettington Street in Merriwa

**GOLD COIN DONATION** for morning tea and light lunch
Proceeds towards CWA Community Projects

Enquiries to Jean Price, 6545 2456 or Robyn McAlister, 6545 3274

**MERIWA RINGER**
2076 Wollar Road Merriwa
$360,000.00
Situated on 100 acres this property is very well set up for an easy lifestyle. The property is fully fenced and is mostly timbered with areas of open cleared country.

There are two stock dams and the property backs onto Goulburn River National Park. The home has three large bedrooms all with built in robes, an open plan living area with lounge, dining and kitchen.

The kitchen is stainless steel and has a gas cooktop and oven. There is a combustion fire, satellite internet and TV plus Foxtel.

The bathroom has also been fully renovated.

Outside is a caravan and annex set up for more accommodation and a kid’s rumpus room.

There is plenty of storage with a two and a half bay shed and a two bay carport.

There is also a vegie patch and a big chicken run.

Water is supplied via 66,000 litres of fresh water storage and you can put a pump on the dam to water the lawns and gardens.

This property offers a great lifestyle at a very reasonable price.

VIEW AT www.jtsrealty.com.au
Merriwa Ringer
Indian and Australian Cuisine Breakfast, Lunch and Dinner every day
Call for an order on 6548 2255

Custom Made Kitchens
Kitchen – Wardrobes – Vanity Units – Wall Units
Bench tops from timber, Laminted, S/Steel, Caesar Stone or Granite. Doors from Melamine, timber or Polyurethane
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PHONE: 6548 2499
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SATURDAY BY APPOINTMENT ONLY

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Specialising in Agricultural, Earthmoving and Mining

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Bolts and Fasteners
Fencing Products
Power Tools
Hand Tools and Welders
Paint Supplies

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

UPPER HUNTER offices
Merriwa  6548 2175 (Mon & Tues 9 - 4pm, Wed 9 - 3pm)
Scone  6540 2400 (Mon – Fri 8.30am - 4.30pm)
Singleton  6572 2944 (Mon – Fri 8.30am - 4.30pm)
Direct Local Contacts for:
DISTRICT VET 0427 322311
BIOSECURITY - PEST ANIMALS 0429 722944
For more information on our range of services visit our website
hunter.lls.nsw.gov.au

Electrical Contractors
Air Conditioning ~ Home Installations
Refrigeration ~ Electrical Accessories
Service Dealers (Daikin, Teco, Fisher Paykel, Electrolux) ~ White Goods ~ Appliances
C.J & J.M Vero & Sons
Phone: 6548 2303
Fax: 6548 2053 After Hours: 6548 2045 (Emergencies Only)
102a Bettington Street, Merriwa
ABN: 65 810 824 869 Lic#: 243746C Au: 29030

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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
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For clothing, Caps, Towels
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Quality Clothing Friendly Service Affordable Prices
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HANCKEL RURAL HAY FOR SALE
Barley Stubble Hay
Round and Small Bales available
Ring Darryl on 0429 485 168

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
Clubs and Groups

Craig MacPherson
Haulage
Reliable, Friendly Service
For all your general freight needs
Serving Tamworth, Dubbo, Newcastle, Stone & surrounding areas
Pick up at Sydney depot every Thursday
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Mob: 0401 293 448

Merriwa IGA
plus Liquor
105 Bettington Street Merriwa
Use your Community Chest to support your

Hunter Valley Advertiser
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
Ringer

Merriwa Rugby League Football Club
President – Andrew Constable
Snr Vice President – Gaynor Blackadder
Jnr Vice President – Cynthia Morgan
Secretary/Treasurer – Matthew Morgan
Publicity Officer – Jessyca Morgan

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

Merriwa Bushman’s
CAMPDRAFT EST. 1947
President: Roger Moore
0427 153 446
Secretary: Megan Richards
0427 437 743
Treasurer: Jake McIntyre
0408 112 709
October Long Weekend 2016
merriwacampdraft@gmail.com

RALLY DAYS EVERY 2ND SUNDAY OF
MONTH FROM FEBRUARY TO OCTOBER

Rally days every 2nd Sunday of month from February to October

Shooting weekends 2nd and 4th weekend of the month

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

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

ATM, SKY CHANNEL
CLUB TAB, CLUB KENO
DARTS, SNOOKER, POOL

Merriwa Ringer

Merriwa
Springtime Show
18, 19 & 20 September
www.merriwashow.com.au
Pat Ryan - President
Toni Jones - Secretary
Tel: 0498 378 500

Merriwa Ringer

Shooting weekends 2nd and 4th weekend of the month

Merriwa SSAA & APA
Range facilities and Fire arm testing available
President: Nathan Telfer
Secretary: Phil Martyn
Contact 6547 6031 for information

Shooting weekends 2nd and 4th weekend of the month

Merriwa Junior League and Netball Club
President: Vice President: Andrew Murray Wright
Secretary: Jamieon Treasurer: Elaine Sparrow
Jnr Vice President: Andrew Treasurer: John Sparrow
Webster

WISH TO SPONSOR THE MERRIWA RINGER?
Sponsorship letters will be sent out for Term four in coming weeks, please let us know if you are interested in coming on board.
6548 2119

WISH TO SPONSOR THE MERRIWA RINGER?
Sponsorship letters will be sent out for Term four in coming weeks, please let us know if you are interested in coming on board.

MDHA Inc.
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

RALLY DAYS EVERY 2ND SUNDAY OF MONTH FROM FEBRUARY TO OCTOBER

Shooting weekends 2nd and 4th weekend of the month

Merriwa Ringer

Merriwa Festival of the Fleeces
CELEBRATING 25 YEARS SATURDAY 6 JUNE 2015
A Family & Community focused event.
Phone: 6521 7046
Email: lgarment@upperhunter.nsw.gov.au

merriwacampdraft@gmail.com

2015 ROSTO OLIVES
MERRIWA FESTIVAL OF THE FLEECES
CELEBRATING 25 YEARS SATURDAY 6 JUNE 2015
A Family & Community focused event.
Phone: 6521 7046
Email: lgarment@upperhunter.nsw.gov.au

<?url Tele: 0498 378 500
Tel: 0498 378 500

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2015 ROSTO OLIVES
MERRIWA FESTIVAL OF THE FLEECES
CELEBRATING 25 YEARS SATURDAY 6 JUNE 2015
A Family & Community focused event.
Merriwa Sports Club

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

**Mondays** - Happy Two Hours - 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 Hours - 5.00pm to 7.00pm, free raffles and twilight bowls from 5.00pm. All welcome.

**Saturdays** - Monster Raffle. Tickets on sale at 7.00pm drawn 7.45pm, winners jackpot, dinner draw and Saturday Badge Draw.

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

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

Casual bowls and golf also available. Donations in honesty box.

Chinese/Australian Restaurant open for lunch Wednesday to Sunday, 12 noon to 2.00pm. Dinner Tuesday to Sunday 5.00pm to 8.30pm. Closed Mondays, reopen 5.00pm Tuesday.

For bookings and take away - telephone 6548 3228.

**SMORGASBORD ON SUNDAY MARCH 27**

**WEEKEND RESULTS**

**Saturday Raffle February 27**

Saturday members draw no 63, was not won – next week $210.00

Winners Jackpot not won - next week $160.00

**Dinner:** Jasmin Horvath

**Bowls Raffle:** Bruce Smith

**Free Tickets:** Nerida Bailey

**Sunday Raffle February 28**

Sunday members draw - No 440, was not won. Next week $850.00.

**DON’T FORGET**

Bingo Thursday nights at 6.00pm - prizes of club and meat vouchers. Raffle and Super 39 special prize.

Friday Night Twilight Bowls at 5.00pm. Come along for a friendly game of bowls. **ALL WELCOME**.

Kathleen Sumpter

**Cassilis Bowling Club**

**FRIDAY NIGHT RAFFLES**

Members Draw, Joker Draw, Meat/vege tray draw, Schooner Draw.

**Member’s draw** –Shane Rawlinson – unclaimed - $55.00 next week.

**Joker draw** -The Joker stood at $829 with Chris Pittman unsuccessful and stands at $856 next week.

The end of the month Members Draw was won by Des Turnbull who was there to claim.

Snack Bar is on Friday nights from 6.30pm to 8.30pm, with raffles of meat trays, vege and fruit trays and the Joker draw.

*Satursdays* is open at 2.00pm with half price drinks, snacks and a free jukebox session until 5.00pm.

Kathleen Sumpter

WOMEN'S BOWLS

Winners from the Social Bowls last Wednesday February 24 were Max Barwick and Beatrice Voysey.

The raffle was won by Max Barwick.

Don’t forget Social Bowls on Wednesdays. All are welcome.

Names are to be to Loretta for Denman Gala Day or can be left on the board at the Sports Club.

Next meeting will be held at Merriwa Sports Club on March 14.

Loretta Cooper

**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:

- Spelling
- Writing
- Comprehension
- Concentration
- Fatigue
- Eye Strain

**IRLEN DIAGNOSTIC CLINIC NEWCASTLE**

Regional Clinics

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- **Coffs Harbour:** 0437698559
- **Singleton:** 49556904

**www.irlendyslexia.com**

Julie Smith
**Merriwa RSL Club**

The Members Lucky Badge for $500.00 was not won on Friday at 8.30pm the number was 181, this week jackpots to $550.00.

The 7.00pm draw for $100.00 was won, the number was 39 this week it jackpots to $120.00.

The Thursday badge draw for $300.00 was not won the number was 722, this week it jackpots to $320.00 and will be drawn between 6.00–7.00pm. LTPS/14/04323.

The Sunday morning badge draw for $550.00 was not won last week the number was 297, this week it jackpots to $600.00 and will be drawn between 11.30am and 1.30pm and you must be present to win the money. LTPS/15/04749.

### COMING EVENTS

**‘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.

### WHAT’S HAPPENING IN THE CLUB

**FOOTY TIPPING** – with the NRL season just around the corner nominations are now being taken for the footy tipping comp, $20.00 entry with a pool of $1000.00 prize money.

**HAPPY HOUR**

- Thursday 6.00pm-7.00pm
- Friday 6.00pm-7.00pm
- Sunday 11.00am-12.00noon

Members prices are $3.50 schooners and $2.50 middies and $5.00 for Corona’s.

**NEW HAPPY HOUR** – An extra happy hour has been introduced along with the 9.00pm Friday badge draw. This time slot will be drawn between 6.00– 7.00pm Fridays.

**BISTRO HOURS FOR THE SUMMER** – lunch 11.30am – 2.00pm, evening 6.00pm to 8.30pm.

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**Merriwa Junior Rugby League and Netball Club**

**REGISTRATIONS**

All netball and junior rugby league registrations are now due. All registrations, for both netball and league, are done online only.


**League:** Play NRL and follow the links. All regos should be completed by this weekend as teams have to be nominated and registered with the governing bodies. Please register your child this weekend. Ring me if you have any problems as I can guide you through the process.

**Training:** for junior league is now on Tuesday and Friday afternoons at 4.30pm at the number one oval. Coaches will now take their own teams to train individually. Under 6 and Under 7’s will be coached by Kacie Neale and John Whitby; Under 8’s and 9’s will be coached by John Cronin; Under 10’s by Jason Keane; Under 13’s coach is Reece Hancock and our Under 16’s coach is Robert McNamara. Phil Neale and Belinda Keane are our reserve coaches and will assist on training days where needed.

Our club First Aid certificate holders are Phil Neale, Elaine Sparrow and Belinda Keane – all have current certificates and will be at training for any assistance needed. Our canteen coordinator is Laurel Whitby and she will be asking for help on game home days. Please assist where possible as this is where our fundraising money to pay for trophies and end of year gifts comes from. We will also have a chocolate fundraiser as soon as the hot weather is gone.

**GO ONLINE** and **REGISTER NOW**. Please and thank you.

**Elaine Sparrow**

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**DISCLAIMER**

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Articles are subject to change if they do not suit the requirements of the Ringer, includes spelling and terminology.
Merriwa Little Athletics

Lots of huffing and puffing on Monday night with training in race walks, long jump and discus. James Hagley did a marvellous job of keeping the tiny tots in tow (despite the heat) with help from coach Sally and plenty of water breaks. Grace Collits was a standout in the obstacles alongside team mates and sisters Olivia and Eleanor Curteis. Steve Hourn took the juniors through their paces in the long jump with some great jumps recorded by Peter Hagley and Dylan Keane. Belinda Keane dodged a few wayward discus to measure some great throws from Jackson Keane, Grace Booth and William Luke. Tash took the crew for race walking, which is surprisingly hard - and probably why its one of the least popular track events around! Makaylah Coles and Seraphina Taylor showed lots of fabulous natural ability in the ‘wonky walks’. Nice work girls!

State Championship qualifiers announced on Monday. While the Merriwa team all performed extremely well, this year it is Darcy Taaffe’s turn to represent the club at State level in the 800m. Darcy qualified as one of the top 24 runners in NSW for this event based on her performance at Regionals. Great work Darcy, all that running up the gravel road and chasing dad on his quad bike over the holidays must have paid off! Kate Lloyd from Aberdeen LAC was the only other athlete to qualify from the Upper Hunter in the 1500m and 3000m. Congratulations Kate.

This weekend is the State Multi event in Dubbo with five Merriwa athletes registered to attend the two day carnival. Good luck Grace Booth, Jayden and David McPhie and Jorji and Darcy Taaffe.

Tash Taaffe

Merriwa Touch Football Club

Sadly with the heat last week, the juniors had to be cancelled and some of the seniors games played with an extra break. Hopefully this week wasn’t as hot.

With only two more rounds to go and hopefully every team has put forward their most improved player for the committee to consider. If you haven’t then it may be too late.

Remember the finals will kick off Wednesday March 23 with Team 1 playing Team 2 (Winner going to grand final) at 6.00pm and Team 3 playing Team 4 (looser is out of the competition) at 6.45pm - both men’s and women’s at the same time.

The following week, Wednesday March 30 loser of Team 1 and 2 plays winner of Team 3 and 4 ladies kicking off at 6.00pm and men’s kicking off at 6.45pm. The winners of these games go into the grand final to play against the winner of Team 1 and 2. The grand final will be on Friday April 1 with men’s kicking off at 6.00pm and ladies kicking off at 6.45pm.

NEXT WEEKS ROUND

6.00pm Incredibowls v’s RSL Ladies
Team Kocinakis v’s Denman Devils

6.45pm Furfot v’s School Girls
ROAR v’s MWA Tyre

7.30pm DMC’s v’s Touch ‘n’ Go
Bowling Barrels v’s Welderup

8.15pm Cassilis v’s Tourist Terriers
CC’s has the bye and RSL Ladies are on the table.

Tina Taylor
Merriwa Ringer
Community Events

Come on Australia - Let’s Go

Register now at cleanupaustraliaday.org.au or call 1800 CUA DAY

Merriwa - Clean Up Event - Sunday, 6 March
Rotary Park, Merriwa • Registrations open at 9.30am
followed by a FREE BBQ

Merriwa's Clean Up Event is organised by Merriwa District Progress Association
Contact co-ordinator: Beron Arden-Wood on 6548 2245

Clean Up Your Own Backyard
FREE Entry @ Cassilis Waste Depot from 9.00am to 1.00pm - Saturday, 5 March
FREE Entry @ Merriwa Waste Depot from 9.00am to Noon & then 1.00pm to 2.00pm - Sunday, 6 March

This offer is available for residents of the shire only, applies to household and green waste only, and is limited to one trailer load per household (or equivalent). Note: No tyres, refrigerators, freezers, air conditions or poisons.

Contact co-ordinator: Beron Arden-Wood on 6548 2245
**Community Calendar**

### MARCH

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>Sunday 6</td>
<td>Clean Up Australia Day</td>
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<tr>
<td>Monday 7</td>
<td>Merriwa Campdraft General Meeting - Merriwa RSL Club - 7.00pm</td>
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<tr>
<td>Tuesday 8</td>
<td>CWA International Women’s Day Luncheon - 10.30am</td>
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<tr>
<td>Sunday 13</td>
<td>Merriwa Pony Club Rally Day</td>
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<tr>
<td>Monday 14</td>
<td>Veterans Golf Week</td>
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<tr>
<td>Tuesday 15</td>
<td>Merriwa CWA Branch meeting - CWA Rooms - 10.00am</td>
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<tr>
<td>Saturday 19</td>
<td>Anglican Church - Men’s Breakfast - 7.30am</td>
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<td></td>
<td>Merriwa Pony Club Campdraft</td>
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<tr>
<td>Sunday 20</td>
<td>Anglican Church - Palm Sunday Mass - 9.00am</td>
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<td>Merriwa Pony Club President’s Cup Day</td>
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<tr>
<td>Thursday 24</td>
<td>Anglican Church - Maundy Thursday Service - 6.00pm</td>
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<tr>
<td>Friday 25</td>
<td>Good Friday Public Holiday</td>
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<tr>
<td></td>
<td>Good Friday Service “Holy Trinity” - 9.30am</td>
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<td></td>
<td>Messy Church - Parish Hall - 3.30pm</td>
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<tr>
<td>Saturday 26</td>
<td>Easter Saturday</td>
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<td></td>
<td>Easter Eve Service - St Columba Cassilis - 6.00pm</td>
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<tr>
<td>Sunday 27</td>
<td>Easter Sunday</td>
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<tr>
<td></td>
<td>Easter day Mass - “Holy Trinity” - 9.00am</td>
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<tr>
<td>Monday 28</td>
<td>Easter Monday Public Holiday</td>
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<tr>
<td>Tuesday 29</td>
<td>Schools Return</td>
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### APRIL

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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</thead>
<tbody>
<tr>
<td>Friday 8</td>
<td>School Holidays</td>
</tr>
<tr>
<td>Saturday 16</td>
<td>Anglican Church - Men’s Breakfast - 7.30am</td>
</tr>
<tr>
<td>Friday 29</td>
<td>Messy Church - Parish Hall - 3.30pm</td>
</tr>
</tbody>
</table>

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

If you would like your event included in the community calendar, wish to claim a date or interested in placing an advert in the Ringer?

Contact Tina Taylor on 6548 2119.

The Merriwa Ringer - Merriwa’s only not-for-profit newsletter servicing the community for 25 years.