Ringer Issue 5 Thursday Feburary 27, 2020

FREE

WHAT'S INSIDE







Swimming Stars of

Merriwa Swimming

Club

Are Termites eating your home? (02) 6884 7557 Termites Spiders Rodents Cockroaches Ants



SEEKING WORK OPPORTUNITIES

We are local lads seeking afternoon and weekend work.

We are available for lawn mowing (mowers can be provided), car cleaning and dog walking/bathing. We are also available for other menial tasks which includes the collection of your unwanted bottles and cans for Return and Earn.

> THOMAS AND AIDAN HUNT Ph 0487 761 253





Merriwa Central School

Principal's Report

It was great to see so many parents attend the primary assembly on Friday. Our assemblies provide an opportunity to recognise student achievement throughout the term. Congratulations to students who received awards and ribbons for classwork and the swimming carnival. Best wishes to Paige Walker who heads off to represent the Upper Hunter Zone in Newcastle regional event.

SNAKE TAILS

Each term we aim to attract visiting performers or presentations for our students. Last week students Kinder-Year 8 enjoyed a presentation of "Snake Tails", with live snakes and useful safety information for students. The presented was very engaging and reinforced with students key messages about ways to avoid being bitten by a snake, and what to do should they see one in the yard.

To ensure all students can experience these presentations the school pays 100% of the cost. The Snake Tails presentation otherwise would have cost students \$8.00, and for families with more than one child this cost can add up very quickly.

ATTENDANCE

Some students have been impacted recently by a stomach bug doing the rounds, and obviously they are absent from school for very good reasons. Parents are encourage to send in sick notes using the school app, this ensures notes don't get left at the bottom of school bags and recorded as unexplained or unjustified leave.

Parents are reminded that unless students are sick, they are expected to be at school on regular school days. Leave is not granted when families decide to take holidays during the school term. I realise for some families dealing with drought and fires this is sometimes unavoidable. However parents need to be aware of the Departments attendance policy, as student absences are recorded on semester reports.

HOMEWORK CLUB

Our secondary homework club has been aroaring success with lots of students taking advantage of

the opportunity to access computers and seek additional support from their teachers. Parents are reminded the secondary homework club operates on Thursday afternoon after school in the library from 3.40-4.30pm.

LIBRARY BAGS FOR KINDERGARTEN

Kinder love their new library bags handmade by some dedicated ex-View Club ladies.



Darren Noonan Principal

Coming Events

FEBRUARY	
Friday 28	Year 12 Work Experience
MARCH	
Monday 2	Formal Assembly - Secondary Uni Roadshow - Mudgee
Tuesday 3	Regional Swimming Kinder- Year 6 - Lampton
Thursday 5 Friday 6	National Leadership Summit Primary Assembly Kinder - Year 6
Saturday 7 Sunday 8	National Leadership Summit National Leadership Summit National Leadership Summit

Primary

ASSEMBLY

Thank you to parents and guests who attended our school assembly last Friday. It was a fantastic afternoon, acknowledging student achievements in the classroom and in the swimming pool. We also welcomed a special presentation from Year 3/4. Thank you to Mrs Fleming and Year 3/4 for a spectacular performance.



CONGRATULATIONS TO PAIGE WALKER

Paige Walker received her zone swimming ribbon last Friday. Paige will now be competing at the Regional Swimming Carnival for 50m Freestyle. We wish you all the best Paige.



STUDENT OF THE WEEK FOR WEEK 4

Kindergarten	CJ Thompson
Year 1	Maggie Clark
Year 2/3	Rylee Munn
Year 3/4	Jai Wright
Year 4/5	Alesha Wright
Year 5/6	Rory Wallings
Library	Nicholas Hockina



CLASS OF THE WEEK

Congratulations to Kindergarten for being the Class of the Week. This week's focus was on completing homework and the award was accepted by Nate Marchase and Kayden Milgate on behalf of Kindergarten. Thank you to all students who regularly return home readers and homework.



SPORT CAPTAINS 2020

Our Sports Captains and Sports Vice-Captains Last Thursday students had a special visit from for 2020 were inducted into their new roles last Monday. Congratulations to the following students:

BLAXLAND

Tye Blackadder (C)

- Paige Carrall (C)
- Riley Bristow (VC)
- Jack Cook (VC)

WENTWORTH

Amelia Clarke (C)

Rory Wallings (C)

Ashley Boromeo (VC)

Kaelyn Rondel (VC)

LAWSON

Declan Adams (C)

Matilda Clark (C)

- Shawn Smith (VC)
- Matilda-Rose Whitby (VC)

OXLEY

Verity Spinks (C)

Torah Coles (VC)

Toby Mead (VC)

PRIMARY ASSEMBLY

Our next Kinder-Year 6 Assembly will be held in Week 6, Friday March 6 at 2.15pm. Teachers will be presenting Merriwa Merits, Student of the Week awards and Class of the Week. Our Year 4/5 class will also be presenting us with a class item. All parents, friends and families are welcome to attend and join us in celebrating our students' achievements.

> Talia Morgan **Relieving Assistant Principal**

SNAKE TAILS

Snake Tails. Students enjoyed the interactive and fun performance, creating a greater understanding of the role of our reptiles in the environment today and how to protect our Australian reptiles.











Talia Morgan Relieving Assistant Principal - Infants

PRIMARY ZONE SWIMMING CARNIVAL REPORT 2020

On Tuesday, Merriwa Central School primary students went and competed at the zone swimming carnival held at Scone. The weather on the day was perfect for swimming which is a nice change from the days leading up to the event.

I would like to personally thank all the parents and carers for helping transport students to the event and for being such great spectators on the day. The students and I wouldn't have enjoyed it as much if it wasn't for the great atmosphere.

All the competitors from Merriwa Central School put in a tremendous effort and I would like to congratulate them on being such great swimmers and for trying their very best in all races. I was proud to take such a strong group of students to represent our school. Congratulations to everyone for such a great day.

I would also like to give a special mention to Paige Walker who has made it through to the Regional Swimming Carnival held in Newcastle for placing third in the Girls 9 year 50m freestyle event. Well done Paige.







Kurt Schwab

Secondary

VET INDUCTION

Year 11 Vocational Education students participated in their mandatory induction their training for respective Frameworks. Students in Hospitality, Metals and Engineering, Primary Industries and Business Services were spoken to about the requirements of their VET Frameworks and the importance of work placement. The students learnt that every VET Framework in school is a dual accreditation with NESA and AQF (Australian Qualification Framework) and that at the end of the course if they complete the course requirements they will receive a Certificate I or II. Students were spoken to about VET policies, students support, assessment requirements and procedures, language literacy and numeracy provisions and work placement requirements.

YEAR 11 AND 12 HOSPITALITY

Students in Hospitality have been studying the work health and safety requirements needed in the kitchen to start the school year. The students have been also cooking up a storm in the kitchen, practicing their methods of cookery and basic cookery techniques. Later in the term, the students will be completing a group assessment task which will go towards their qualifications. Students are also completing an E-Portfolio which will go towards their evidence for the completion of the Hospitality course. During Week 5, we have a number of students out on work placement around the region and we thank local businesses for their continued support of Merriwa Central School's Vocational Education Training programs.



WHOLE SCHOOL STAFFING

Students across the Primary Campus have been participating in a wide range of activities with Secondary teachers. Currently the Year 5/6 class have been in the kitchen learning about the importance of safety and hygiene as well as cooking up a range of food items. The students are having a great time cooking and eating the end result.











MERRIWA CENTRAL SCHOOL CAREER OPPORTUNITIES COMING UP

Girls in Trades Excursion

This will be held on March 17, 2020 and girls interested in pursuing a trade are invited to attend this excursion to AGL's Bayswater Power station to meet with personnel there. Part of the program is aimed at offering work experience opportunities for girls interested in a trade area with the potential for future work.

Skills and Thrills Workshop

A parent information night will be held on Tuesday March 24 at the Secondary Campus – Great Hall for all community members who are interested in learning more about Vocational Education and the different pathways to training. Everyone is welcome – see the advertisement in the Ringer.

White Card Training

Merriwa Central School will be holding a white card training session on March 31 for students this term. Cost will be \$130.00 per student and they will require a Unique Student Identifier (USI) number before they can commence training. Students need to be over 14 years of age to participate. Interested students need to see Mrs Hegarty.

OTHER CAREER OPPORTUNITIES

Academy of Interactive Entertainment Online Experience Day - Saturday March 28

If you have ever wanted to study 3D animation,

game design or VFX for film online with AIE then our Online Experience Day is an ideal opportunity to find out more!

Course overview sessions will be running on the range of online courses in 3D animation, game art, game programming and game design offered by AIE. You will get to participate in workshops, guest speaker talks and much more. Have a question? Don't worry, pop by and one of our friendly staff from AIE online will assist. With classes starting all the time, starting your career as a game developer or 3D animator has never been easier. Register now for this FREE online event.

https://aie.edu.au/aie_event/onlineexperience-day/

Creative Careers Expo

May 22 and 23 - Campbelltown Arts Centre

Schools and young people are invited to the annual Creative Careers Expo at Campbelltown Arts Centre. Extending over two days in 2020, the free expo showcases the diverse career paths in the creative industries and is packed with presentations, info stalls from tertiary institutions, workshops, artist panels and group 'speed meets'. More info: https://c-a-c.com. au/creative-careers-expo Enquiries: Edwina. hill@campbelltown.nsw.gov.au 02 4645 4298.

Camp Leaders Australia Applications

Applications Summer season in the USA. Summer camp in America is your chance to do something different. We've sent thousands

STUDENT OF THE WEEK MACKENZIE BLACKADDER - YEAR 11

FAVOURITE SUBJECT: Hospitality because I get to eat good food **BEST PERSONAL ACHIEVEMENT:** Making the Tigers rep side and becoming ROAR Vice Captain

CAREER ASPIRATIONS: Be a business owner

EXTRA-CURRICULAR ACTIVITIES: League tag, touch football

YEAR ADVISOR COMMENT: Mackenzie is an extremely valuable member of Merriwa Central School, best known for her kind heart, strong will and fiercely competitive nature. Mackenzie has always been an active participant in school events, particularly in the realm of sport, and was elected both ROAR and Blaxland vice-captain this year. Well done, Mackenzie.

Emma Piper - Year Advisor



of people to work abroad in the USA and with hundreds of roles to choose from, there's going to be something to suit you too.

https://www.campleaders.com/au/

For an Apprenticeship in Home Building Careers HIA Apprenticeships

Learn all about the advantages of a HIA construction apprenticeship. Submit a General Application online.

We're always on the lookout for great people wanting to start or continue their apprenticeship in the building industry. Join HIA and let us guide you through your career and the process of becoming a qualified tradesperson. During your apprenticeship, we give you all the support you need including mentoring and training. We'll help you make a smooth transition from school to the workforce – we will be with you every step of the way!

https://hia.com.au/products-services/ apprentices/why-choose-HIA-apprentices

2020 Curious Minds – Winter Camp

Event Dates - July 12 to 16

A residential and mentoring program for girls in science, technology, engineering and mathematics.

Curious Minds is aimed at highly capable girls in Years 9 and 10 who have an interest in STEM learning areas.

POSITION:

Organiser

QUALIFICATION:

Education)(Honours)

This is a six-month program that combines two residential camps and a STEM coaching program. The camps will enable the girls to explore all aspects of science, technology, engineering and maths through guest lectures, interactive sessions, practicals and field trips.

The coaching program will see each student matched with a female coach recruited from a variety of STEM backgrounds and together they will construct personal goals for the student. This might include discussing study options and career pathways, undertaking further extension work with support from their coach, developing ideas based on learnings from the camp or working on a project.

https://www.asi.edu.au/programs/curiousminds/

CSU – Medicine Information Evenings Soon

- Bathurst Monday March 9
- Orange Tuesday March 10
- Wagga Wagga Monday March 16
- Sydney Tuesday March 24
- Port Macquarie Monday April 6
- Albury-Wodonga Wednesday April 8

What we'll cover:

An introduction to our School of Rural Medicine team

Doctor of Medicine course overview and program structure

PDHPE Teacher, Year 10 Advisor, Sports

Bachelor of Teaching (Health and Physical

PREVIOUS SCHOOLS: Singleton High School

EXTRA-CURRICULAR ACTIVITIES: Getting to know all of the staff and students that are at the school

STAFF PROFILE

LACHLAN VAUGHAN

BEST EXPERIENCE SINCE JOINING MCS: Getting to know all the staff and students, as well as organising a successful swimming carnival

A MEMORABLE MOMENT IN YOUR "LEARNING/TEACHING CAREER": Getting a permanent job in PDHPE straight out of University.



- Entry requirements and the application process (including Indigenous and rural admission)
- What to expect for UCAT (the University Clinical Aptitude Test for Australia and New Zealand)
- Understanding the interview process
- Potential career outcomes
- Information about our Orange campus (including accommodation)
- Scholarships and other support services

This information night is for everyone! Whether you're in high school, looking for a career change or keen to take the next step in your health career – this event is for you. Parents and career advisers are also welcome.

https://engage.csu.edu.au/medicine-infonights

If You Love the Land - New Scholarship on Offer

Applications close March 29.

HUNTER high school students have the chance to gain "valuable" work experience in event management and a \$2000 educational scholarship thanks to Tocal Field Days Association.

Three Year 10 students will be selected to work at Tocal Field Days each year for five years. At the end of five years they will receive \$2000 that can be used to pay off a HECS debt or other educational fees. Students will also be paid over the three days of the event.

The scholarship program was designed to provide valuable, practical, work experience for young people wanting to pursue event management as a career.

http://www.tocalfielddays.com/visitors/forschools/

Tocal Field Days

May Friday 1, Saturday 2 and Sunday 3

An excursion to Tocal Field Days is a fantastic educational opportunity for students of all ages. A number of activity sheets have been developed to meet the different stages of learning and key learning areas.

We also provide a special bus parking area inside the event where you will be met by our 'Schools Coordinator' who will provide a safety briefing and a site induction.

There are a number of shade shelters throughout the event where you can meet for lunch.

'Tocal on Show' showcases everything about Tocal College including horse demonstrations, sheep dog trials as well as safe quad bike and motorbike demonstrations.

Once you enter the event you can catch the free shuttle to the Homestead for a step back in time.

The special feature for 2020 is 'Future Farming' and there will be carp catching opportunities, learning how to cast workshops and the popular 'touch tank' will be back as well.

Please consider a visit to Tocal Field Days for an educational rural experience.

http://www.tocalfielddays.com/visitors/forschools/

If you have any further career enquiries please contact me at school.

Jane Hegarty Careers Advisor



P and C

Our last meeting before our AGM is next Tuesday March 2, 6.30pm in the Fletcher Room of the

Merriwa RSL Club. It was great to see some new faces at our last meeting and we look forward to seeing even more next week. A reminder that there are memberships available in the office and you can pay your \$2.00 fee there also.

EASTER RAFFLE: It is getting close to that time of year again and we're looking forward to getting some fantastic prizes together for the lucky winners! Raffle tickets will go on sale from March 23 and all of the money raised will go back into our wonderful school!

Any donations would be greatly appreciated and can be dropped at both school offices. Thanks to everyone's generous contributions last year, we were able to have nine winners, just goes to show that every little bit certainly helps! The raffle will be drawn on the last day of term.

Keirra Hourn



Merriwa Pre-School and Activity Centre

SHOWS AND PHOTOS

The Jeral Puppets will be making their way to the Merriwa Pre-School from the Puppeteria Theatre in Sydney on Tuesday March 3 at 2.15pm. The Little Red Hen teaches the farmyard animals a lesson about sharing. It is suitable for all children and we invite you to attend. It is free of charge to our families.

We are excited to have a visit from Healthy Harold this year on March 4 from 10.00-11.00am at the Pre-School. Harold helps children explore the concepts of gratitude and thankfulness through everyday experiences such as sharing a swing with a friend, caring for a lonely friend and asking others for help. With its key theme of Belonging and Connecting this module helps children learn about accepting others, showing gratitude to each other and fostering positive relationships. It links nicely to our character strengths of love and zest and the intentional teaching goals of appropriate tones of speech and kindness to one another. We hope you can join us for this important and exciting experience for the children. The cost will be covered by the Pre-School.

Wednesday March 18 will be our School Photo Day. It is lovely for your child to be photographed as part of each day group that they attend and we are hoping to have group photos all done at around 10am. Other than that the younger children will be prioritised to shorten your wait time but please be aware that taking photos of young children can be at times a lengthy process but we will do our best to make it as pain free as possible. Please bring along a snack and a water bottle for your child and to ease the process we ask that parents and guardians stay out of sight as the photos are taken. It is more difficult for the photographers if the children are focussed on their loved ones.

On March 17 there is an opportunity for family photos. This is available to the entire community. If you would like a booking with Montage Fotos please call the school on 02 6548 2083 and we will pass on the details to you.

Easter is fast approaching and we have a wonderful Easter Egg guessing competition. A

gold coin will buy you a guess and a chance to win all the eggs in the jar. Pease find the jars at Eats 153, CRT and at the Pre-School. All proceeds will go to improvements to our yard.

Good Luck!





Leah Folpp Director



Cassilis Public School

STUDENT OF THE WEEK -

SUMMER TURNER

Summer has earnt the student of the week for her

really impressing behaviour and work ethic. Her creative writing is exciting to read and she is working hard to draft her story about a fire. Summer also did fantastic some about research wombats. She is respectful very to everyone at



school and tries hard at everything asked of her. Summer is improving her attendance. She is a positive and great role model to other students and greatly contributes to our calm and focused school.

Congratulations Summer. You should feel very proud of yourself.

KINDERGARTEN LOVE THEIR NEW LIBRARY BAGS

Thank you to Merriwa View Club for their kind donation of library bags for our fabulous new students.



SMALL SCHOOL...BIG DIFFERENCE

In 2020, Cassilis Public School is beyond fortunate to have a team of staff members truly dedicated to positive outcomes for all children by making learning personal. A nurturing environment is provided which builds strong relationships while striving for excellence in all areas. The school is proud of the wonderful learning community we have built.

It is so exciting to be able to foster a life long love of learning from the early years of a child's educational journey, in a supportive and stimulating environment.































Katie Burgess Principal



St Joseph's Primary School

THERE'S SO MUCH TO ADORE IN YEAR 3/4

Stage 2 has had a fantastic start to the new school year. The first 4 weeks have flown by with students eagerly engaged in their learning and gaining new knowledge and skills from exciting learning opportunities.

The focus for English this term is appreciation of texts. Poems, songs, pictures and books are just some of the text types we will explore and analyse this term. The students have been enjoying closely looking at the comprehension strategy of making connections. This includes students making text to text-connections such as connections with other books, movies, nonfiction texts, poetry or newspaper articles. They have made Text to self-connections by making comparisons with their own lives, feelings, interests, events or people and places that they are familiar with. Text to world-connections have also been made with world events, big issues and items which have been seen or read on the news, in newspapers and on the internet.

In maths we have learnt about whole number, addition and subtraction. Students learnt a variety of strategies to help them solve addition and subtraction questions and word problems. Last Tuesday students had the fantastic opportunity to participate in a variety of hands-on problemsolving maths activities, when we had World of Maths visit us. Stage 2 were very excited to work in groups with Stage 3 to use their skills of teamwork, problem solving and perseverance and achieve the possible outcomes and answers of the 17 activities. Needless to say, these activities taught them several Math concepts whilst encouraging important 21st Century skills of creativity, collaboration and critical thinking.

In Religion we have been researching and understanding the cultural context of the time and place that Jesus lived. As a class we continue to research the food, education, housing, work and clothing of Jewish daily life at the time of Jesus, before starting the unit on Lent and Easter as we soon move into the time of Lent.

During History, students have been eagerly immersed in learning about our local history. For the first half of this term we have been studying Indigenous histories and culture. Students have been very intrigued and have had lots of

fantastic questions which have led to quality discussions. For the second half of the term we will move into exploring the history of our local area, Merriwa. Students have shown their keen interest in this topic by starting to collect sources such as photographs, artefacts and newspaper articles, to be able to create a 'Then and Now' display of Merriwa later in the term.

Visual Arts has seen Stage 2, let their creativity shine by exploring our school's ecosystem to learn important photography skills. Students have eagerly applied their new knowledge of how to take a good photo and ICT skills of how to send photos to themselves and how to edit their photos to each create an amazing series of photographs. We cannot wait to be able to showcase our photos in the Photography section of the Merriwa Show.



Merriwa Ringer

SNAKE TAILS PRESENTATION

Last Thursday students at St Joseph's were given a treat and learned some very important lessons about the dangers of some of our most venomous snakes when Bob from Snake Tails Reptile Show visited us. Bob had brought along some of Australia's most venomous snakes such as a Fierce snake, Brown snake, Tiger snake and Red-bellied black snake for us to look at from a distance. Students learnt about the various safety tips when dealing with any snake.

Students also had the exciting opportunity to see some of Bob's other friends including turtles, a blue tongue lizard and a bearded dragon. They also had the thrill in being able to pet one of Bob's non-venomous snakes, a 12 Kilogram Olive Python.

We thank Bob and the Snake Tails Reptile Show for providing this experience and informing us about ways to keep ourselves safe around snakes.



UPPER HUNTER REGIONAL SWIMMING CARNIVAL

Last week, eight very excited students proudly represented our school at this year's Regional Swimming Carnival at Scone. Congratulations to Chad Booth, Annabelle Hunt, Lula Peebles, Jeremy Hopkins, Bethany Wightman, Liana Pearce and Grace Booth who competed on the day. Excellent sportsmanship and racing were displayed by all students.

I would like to thank all our parents for your support and school encouragement on this day.

An extra Congratulations to Grace Booth who finished third in 12/13 years 50m Butterfly and will now represent the Upper Hunter at the Diocesan Swimming Carnival on Thursday February 27. We wish you all the best Grace.



Naomi Rodwell Stage 2 Teacher

WEEKLY AWARDS

Congratulations to the following award winners.

Kindergarten - Myles Hvirf – for his diligent application and enthusiasm in all learning areas

Stage 1 - Archy Wallace – for his terrific effort in his learning of number patterns and sequences

Jett Charlton – for approaching his learning with a clear and positive attitude

Stage 2 - Cooper Smith – for his outstanding efforts in locating important places in Jesus' time

Shyanne Beeney – for approaching all areas of her learning with a positive and optimistic attitude.

Stage 3 - Peter Hagley - For demonstrating the strength of Hope in all that he does, never giving up and striving to look for the positive

Lula Peebles - for her attention to detail and persistence in all photography activities

Principal's Awards - Nevaeh Peters – for having a wonderful week on the playground

Caitlin Harrison – for having a more focused approach to her school work this week

Chad Booth – for an excellent start to the Term in Reading.

Naomi Rodwell Stage 2 Teacher



Sandy Hollow Public School

FROM THE PRINCIPAL'S DESK

ZONE SWIMMING CARNIVAL

Congratulations to Eli P, who represented our school at the Zone Swimming Carnival. Eli participated in freestyle and backstroke, placing in both his heats. Our school is very proud of your achievement and once again you demonstrated wonderful sportsmanship.

Tammy Parker Sports Coordinator

WEEKLY AWARDS

- Taylan YCDI getting along
- Charlie always trying hard in fundamental movements
- Attalica excellent work in mathematics
- Mikaela developing confidence in independent writing
- Tanaya YCDI getting along

WORKERS OF THE WEEK



Isabelle



Lizabelle



Eli





STUDENT OF THE WEEK Mya - demonstrating school values.

Christina Darlington Principal

Zara

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Anglican News Phone: 0429 996 769

REFLECTION LENT 1 MATTHEW 4:1-11

The Lenten Journey has begun. For forty days we will move slowly and reflectively towards the high point of our faith - the death and rising of Jesus. The Sunday Gospels during this time have been specially chosen to aid our reflection. Some weeks back we heard the story of Jesus' baptism – what we call his 'vocational' experience. At this time Jesus knew himself as 'my son, the Beloved.' Immediately after this scene the Gospel follows with his time in the wilderness where he is challenged on this very point - 'If you are the Son of God'. Here is the crux of our faith - dare we believe that these words can be spoken to us? Its just too good to be true. It's easier to believe that stones can become bread, than I could be a son/ daughter of God. Jesus is tempted to seek after goods, security and power. In themselves there is nothing wrong with these desires - to have what we need and the ability to achieve this. The problem arises in how we go about it. Jesus is tempted to take the easy path and go with Satan's suggestions that will give him a guick solution. 'Tell these stones to become bread.' Notice too that Satan comes at a time when Jesus is vulnerable and his suggestion is very subtle in that it seems good; it's not going to hurt anyone. This is Satan's way but not God's way.

Between Satan's words and Jesus' reply limagine Jesus spent some time pondering and weighing what to do. Ultimately he chose the way of God over the way of Satan. In my life there are times when I too need to make a choice. Sometimes it's not as clear to me, which way is the way of God. Lent provides us with time to reflect on the choices we make and see what draws us to one decision or another. Are we drawn towards God's way, or the ways of Satan, which can be presented with great subtlety and comes at a time when we are vulnerable? May we learn the art of discerning God's words, which lead to truth and life. (From "Sundays Under the Southern Cross" by Mary Coloe PBVM)

Love and blessings, Rev Pat

DATES FOR YOUR DIARY

Wedesday February 26 at 6.00pm. IMPOSITION OF ASHES at Holy Trinity 9.00am - each Sunday - Eucharist at Holy Trinity

10.00am - each Friday - Eucharist at Holy Trinity

11.00am - alternately - Extended Eucharist at Gummun Place and MPS

Those interested in Bible Reading for Lent please phone Rev Pat 0407 132 436.

Rev Pat Kirkby

Merriwa Rotary

Our exchange student, Manon, from Germany, has had a memorable weekend in Sydney. She attend the fire fighters night at the Sydney Olympic stadium. She describes the night's presentation as "incredible!". Queen was her stand-out act of the evening.

MERV - MENS EDUCATIONAL RURAL VAN

MERV is a mobile facility which provides assistance for men to check on their health in rural and more remote communities.

The MERV van will be in Merriwa, in Bow Street, near the RSL entrance, on Monday and Tuesday March 2 and 3.

It does no harm to have a health check. If there is a potential problem, participants will be referred on to their doctor for follow-up



Mark Smith

Comunity Notice Board Merriwa CWA Le Tour De Merriwa

COMING EVENTS

Physie is starting up again every Thursday afternoon.

Friday March 13: We welcome Scone Literary Festival to the CWA and Merriwa. The two Authors will be Richard Anderson and Nicole Alexander. Cost is \$35.00, this includes lunch.

So please book online at TryBooking, more information check out the Scone Literary Festival website.

Thursday March 19: We will be having our International Women's Day. Come along for an informative and fun day. Hope to see everyone there. More information will be available soon.

Thursday April 9: We will be having our street stall, just in time for Easter.

Wednesday April 22: Our Kids Cooking Day will be here, so definitely save this date.

NEXT MEETING

Our next meeting will be Monday March 9 at the new time of 9.30am at the CWA rooms located at 159 Bettington Street Merriwa. New members are always welcome, so why not drop in and say hello.

Enquiries to Penelope Fenley on 6548 3060 or Kim Clydsdale on 6548 2558 or 0421 910 658.

The CWA rooms are available for hire at very reasonable rates by contacting Kim Clydsdale on 6548 2558.

Kim Clydsdale

Merriwa will be hosting the cycle event – Le Tour de Merriwa on Sunday March 8 and we are hoping to have plenty of visitors both riding and supporting the event and our local businesses.

We will be hosting a CHEESE and PASTA night at the MERRIWA SPORTS CLUB on SATURDAY MARCH 7, 6.30pm – 9.30pm The riders will need plenty of energy for their ride on Sunday and with the catering being carried out by Kylie Austin. There is a guarantee that the food will be great. Drinks can be purchased at Merriwa Sports Club.

The cost is \$30.00 for anyone who purchases a ticket before the deadline of February 29, after that the cost will be \$35.00. There will be limited tickets only, so don't wait too long.

Whether you are a cyclist or not come and meet our out of town visitors and let us show them what a wonderfully friendly town we are.

Tickets will be available from the Merriwa Tourist Welcoming Centre soon, but in the meantime make sure you keep the date free.

For more information about the ride on Sunday please contact Robert Smith, for the Saturday dinner contact Edith Shipway 0428 487 201

Hope to see you on March 7.

Edith Shipway

St David's Uniting Church PIE/LAMINGTON DRIVE

Order Sheets for our drive are scheduled to be out by the end of this week.

This the ideal opportunity to get in goodies for the school holidays as delivery date is:

WEDNESDAY APRIL 8, 2020

Various business houses very kindly allow the sheets to be placed on their counters but if anyone is unable to locate an order sheet, please contact me on home phone 6548 5131 or mobile 0428 485131.

Barbara Campbell

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.



Community Notice Board Clean Up Australia Day

REMEMBER THIS SUNDAY MARCH 1 IS Please not the following events: **CLEAN UP AUSTRALIA DAY**

Come along to Merriwa Lion's Park at 8.00am and do your bit to help.

CLEAN UP AUSTRALIA

Registration at The Driver Reviver and there will be free Morning Tea at 10.00am for all participants

Wear a hat and shoes with enclosed toes.

Gloves and Garbage Bags provided.

Children under 15 must be accompanied by an adult.

Merriwa Clean Up Australia Day organised by the Merriwa District Progress Association.

Site Supervisor: Beron Ardan-Wood - 6548 2245

commur Clear

Merriwa Senior Citizens

Friday March 20 - Merriwa RSI Auditorium - starting at 11.00am. Students arriving at 11.45am.

Lunch is 12.30pm with a cost of \$18.00pp

Hoi with many prizes, raffles, lucky doorprizes etc

Visitors from Scone, Denman and Cassilis.

Tuesday March 31 - Coach trip departing Merriwa at 8.00am for Quirindi, Gunnedah and Coolah

Cost is \$60.00 which includes morning tea in Quirindi

GAMES DAY

Tuesday May 19 - Singleton visiting - \$7.00 lunch

Tuesday August 11 - Visitors from Coolah, Cassilis and Denman

Tuesday October 13 - Visitors from Muswellbrook

Details later for these games days.

Mary O'Neill

A Small Token

I wish to convey my sorrow for the families of the Parker and Inder families for the loss of their loved ones, Trudy and Geoff. You are in our hearts and thoughts at this time.

Also congratualtions to Beth and Rich Piper on the recent birth of their daughter. A life time of memories ahead.

Hylt Cronin

Beron Arden-Wood

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.



Business Merríwa Newsagency

Gorgeous new jewellery for girls of all ages from Lauren Hinkley Australia.

Out now 'Twigseeds' Little Books of Journeys, Smiles, Blessings and more! A

lovely simple gift for someone or yourself.

Also in store, adorable plush puppies and dogs. Come in and check them out! Looking for some books for your little ones? "Dancing Fairy" is sweet and "Down on Farm", is a big sticker book for little hands.

GARDENING AUSTRALIA

- Looking for a little more seclusion? Here are some great ideas for ways to screen your space from the outside world
- Palms in pots; tropical Bali vibe, old-world Victorian elegance, minimalist Nordic chic or 70's indoor-plant craziness...all these styles are possible when you grow containerised palms
- All about phosphorus. Why do some plants thrive without it? How to tell if yours need more or less
- Also in this issue, Garden Express (Australia's largest online nursery) mid summer 2020 catalogue.

VANITY FAIR

- All in the family! Chrissy Teigen and John Legend. Legend's an optimist and Teigen is a Twitter icon who struggles with anxiety but isn't afraid of the President. Together they're helping mainstream dissent
- Wheels up! The secret world of private jets
- The big Bitcoin Heist; with it's cheap geothermal energy and low crime rate, Iceland has become the world's leading miner of digital currency. Then the cryptocrooks showed up!

RUSSH

 Indulge me; In "Artists Eating" photographer Paige Powell captures Andy Warhol's darlings across the tables of New York City, in an era of excess that only exists in memory. To be at one of those lunches or dinners Paige hosted, everyone and anyone would fit perfectly in. One could be seated next to an opera singer and on the other side, someone who made obscure liqueur! Her dinners were held in the most fabulous places and was always such a treat. Just one of the many articles in this interesting magazine along with pages of fashion and things to look at.

A TWIGSEEDS MOMENT

Dare to live the life you have dreamed for yourself...

BEANIE BOO

My name is Beaks

Fruit is my favourite food to eat, I even like it more than meat.

My birthday is November 16.

Please note: On Sunday March 1 newsXpress will be closing at 10.00am

PHONECARDS: All cards are now available including Telstra, Optus and Vodafone. Cash and Eftpos only.

Leanne and Neville Hook and the newsXpress Merriwa Team

Upper Hunter Shire Council

CLEAN UP AUSTRALIA DAY IN THE UPPER HUNTER SHIRE

Council is proud to support the 30th annual Clean Up Australia Day on Sunday March 1 2020 with a range of events across the shire. Step Up to Clean Up in your local community, bring the family, and enjoy a barbeque or morning tea afterwards.

Mayor Wayne Bedggood is urging volunteers to come along and help keep our Shire looking great.

Rubbish bags will be available but please bring along a pair of gloves and a water bottle, and wear sensible shoes, sunscreen, a hat and sunglasses.

Merriwa: Register at the Merriwa Lion's Park, Driver Reviver Station from 8am. Volunteers can enjoy a free morning tea after the clean-up at 10am. The minimum age for unaccompanied participants is 15 years. ALL participants required to wear closed in shoes. For more information, contact Beron Arden Wood of Merriwa District Progress Association on 6548 2245.

Murrurundi: Murrurundi will be participating in the Schools Clean Up day on Friday February 29, this is an alternate date as there are no official

activities on the 1st March. For more information, contact Heather Ranclaud on 6540 1356.

Scone: Meet at Elizabeth Park from 9.00am to register and teams will be allocated to nearby areas. A free sausage sizzle for participants will be held from 11.00am to 11.30am with a lucky door prize to be announced. For more information or to register, contact Council on 6540 1100.

Find out more at Council's website http:// upperhunter.nsw.gov.au/your-council/media/ news/clean-up-australia-day-in-the-upperhunter-shire-271347.aspx

JACQUI'S TOP 5 TIPS FOR A SUCCESSFUL GRANT

- Always read the guidelines thoroughly to ensure you're eligible and your project fits the brief. If unsure, give the funding body a call as most are happy to discuss your project and would rather you didn't waste your time or theirs if ineligible. It also doesn't hurt to build rapport with the funding body
- 2. Follow the guidelines—to the letter. Don't change formats, fonts or attach information that isn't asked for. All grants and guidelines differ so whilst a support letter might be essential in one application it could put your chances in the bin for another
- 3. Allow plenty of time for the things you can't control. This is usually supporting documentation e.g.; quotes, letters of support, permissions and approvals etc. It's also highly likely that if something is going to go wrong with your internet it will most certainly be in the hour before an application is due. Never leave it until the last minute. It's not good on your stress levels!
- 4. Provide visual aids where you can. Photographs, designs, samples—anything that allows the funding body to visualize your project. As well as allowing the funding body to 'see' your project it also ensures your project is seen as a reality, not a dream
- 5. Once you feel your application is complete have someone else read it over and provide feedback, including picking up spelling and grammar mistakes. Leave time for last minute adjustments. And if you need—that is exactly what I'm here for so happy to review your application before you submit.

DROUGHT COMMUNITIES PROGRAMME CONSULTATION

Grants officer, Jacqui Bakewell will be available Wednesday March 4, at Merriwa Library from 10.00am-12.00pm to discuss the submissions already received for community projects that may be funded through the Federal Drought Communities Programme which Council are eligible for an additional one million dollars. A draft list of proposed projects can be found on Council's website.

To arrange a time to speak with Jacqui, please contact her on 6540 1172 or email jbakewell@ upperhunter.nsw.gov.au.

Taylah King

SENIORS WEEK

Thank you to everyone who attended one of our workshops in celebration of Seniors Festival last week.

We kicked off with a spot of gymnastics with Upper Hunter Shire Council (UHSC) sports participation officer Nicky Western putting the Over 55's exercise group through a work out. There was lots of stretching, a little bit of cardio and some 'fun stuff' using gym mats and elastics. I think we were all surprised how easy it was to keep up! Hopefully this is something we will be able to do again in the near future - watch this space. Many thanks Nicky for coming to visit us.



Next up were three Wellbeing workshops delivered by Rural Adversity Mental Health Program (RAMHP) psychologist Cas Mastrone from Mudgee. The first workshop was held in the library with Cas providing tips to help us 'check in' with not only ourselves but our family and friends to make sure they are doing ok. Next we held a 'Toolbox Talk' at the Merriwa Men's Shed where the fella's could fire questions at Cas who did her best to answer with evidence and a few anecdotes!



Last but not least we had a workshop at Gummun Hostel for residents, staff and friends of the Hostel to join in the wellbeing conversation with Cas over a delicious afternoon tea.



If you'd like to join the Merriwa Seniors group text list to find out more about future events and activities, text UHSC community services officer Tash Taaffe on 0458 574 015 or email thaaffe@ upperhunter.nsw.gov.au.

Tash Taaffe What's Happening in Your Area

WITH CR RON CAMPBELL

SHOW YOUR SUPPORT FOR LOCAL EVENTS ACROSS THE SHIRE

The increased rainfall in recent weeks has been uplifting for many land owners throughout the Shire, especially where water can be seen flowing through our creeks and rivers again.

Despite the wet weather, Glenbawn Dam is still Page 22 only at 39.5%, which is an increase of less than 1% since the lowest point of 38.8% in early February. Please continue to use water considerately and follow the water restrictions in your town.

The storms and heavy rain have also kept our roads maintenance crews very busy, reactively clearing roads and inspecting causeways. Thank you to road users for your patience in regard to road closures and delays, please continue to use caution when driving on affected roads. Any areas of concern can be reported to Council's customer service so that maintenance crews can attend to them as quickly as possible.

Murrurundi's "King of the Ranges" Stockman's Challenge is on again from February 28 to March 1. All four days will showcase the talent of stock men and women, through a fantastic schedule of events that includes whip cracking courses, whip making, bush poetry, karaoke, wild horsecatch and dog high jump. Head along to show your support to the competitors and the town of Murrurundi. Well done to the King of the Ranges Committee for organising another great family event.

The inaugural "Le Tour de Merriwa" bike ride is just around the corner! Cyclists are invited to register to join the ride, which will go from the Merriwa Welcoming Centre, along the newly finished Coulson's Creek Road towards Willow Tree, and back again, on Sunday March 8.

There are two courses; a 21km ride and an 84km ride, both including vertical climbs. And be sure to support some of Merriwa's fantastic cafes and local businesses while you are in town. More information on the bike ride can be found on the Le Tour De Merriwa Facebook page or https:// www.eventbrite.com.au/e/le-tour-de-merriwatickets-85748330565

The Scone Neighbourhood Resource Centre are holding an auction at the Scone RSL Club on March 13, to raise money for their community programs, including the Morning Bites breakfast van, Christmas in the park, and family fun day. Entry is \$10.00 per person and it is BYO basket supper. Tables can be booked by calling the centre on 6545 2562 or tickets can be purchased at the door.

Cr Ron Campbell

Ringer's Craft Corner

GLUTEN FREE CHICKPEA CHOCOLATE CAKE

Recipe by: CCUMMINS

Ready in 1 hour 10 minutes

A very good high protein alternative to flourless chocolate cake. You need a food processor to do the mixing. Give it a try!

INGREDIENTS

Serves: 12

- 1 1/2 cups (250g) dark chocolate chips
- 540g chickpeas (about 1 1/2 tins, drained)
- 4 eggs
- 3/4 cup (150g) white sugar
- 1/2 teaspoon baking powder
- 1 tablespoon icing sugar for dusting

PREPARATION METHOD

Prep: 15 minutes | Cook: 40 minutes | Extra time: 15 minutes, cooling

- 1. Preheat the oven to 180 degrees C. Grease and flour a 23cm round cake tin (omit the flour to make the cake 100% gluten free)
- 2. Place the chocolate chips into a microwavesafe bowl. Cook in the microwave for about 2 minutes, stirring every 20 seconds after the first minute, until chocolate is melted and smooth. If you have a powerful microwave, reduce the power to 50 percent
- 3. Combine the chickpeas and eggs in the bowl of a food processor. Process until smooth. Add the sugar and the baking powder then pulse to blend. Pour in the melted chocolate and blend until smooth, scraping down the corners to make sure chocolate is completely mixed. Transfer the batter to the prepared cake tin
- 4. Bake for 40 minutes in the preheated oven, or until a knife inserted into the center of the cake comes out clean. Cool in the pan on a wire rack for 10 to 15 minutes before inverting onto a serving plate. Dust with icing sugar just before serving.

http://allrecipes.com.au/recipe/11274/printfriendly.aspx

VANILLA CHIP PROTEIN BARS

Prep time - 15 mins

Total time - 15 mins

Makes 2 protein bars

Author: Andréa

Serves: 2

INGREDIENTS

- 1 cup Quest protein powder (vanilla or multipurpose) (72g)
- 2 tablespoons coconut flour (14g)
- 1 teaspoon alochol-free vanilla extract (5ml) (if using unflavored protein powder)
- 3-4 tablespoons almond-coconut milk (45-60ml)
- 1 tablespoon stevia-sweetened chocolate chips (11g)

INSTRUCTIONS

- 1. Mix protein powder and coconut flour until combined
- 2. Add vanilla (optional) and almond-coconut milk (start with 3 tablespoons, and add more if necessary)
- 3. 3Work the ingredients with your hands into a dough. Once well combined, flatten it out a bit and add chocolate chips. Fold the dough a few times to incorporate the chips evenly
- 4. Shape the dough into a rectangle, and cut into two bars
- 5. Enjoy! Store in an airtight container in the refrigerator. Wrap in parchment to carry with you.

NOTES

A note about substitutions: If you would like to replace the whey/casein blend with whey only, double the coconut flour. If you'd like to replace it with casein only, half the coconut flour.

The vanilla Quest protein powder has a little sucralose. So if you'd like to keep it all-natural, use their multipurpose (unflavored) powder, and add some alcohol-free vanilla extract.

NUTRITION INFORMATION

Serving size: 1 bar Calories: 186 Fat: 3a Carbohydrates: 11g Sugar: 1g Fiber: 5g Protein: 31g

Recipe by Andréa's Protein Cakery at http:// www.proteincakery.com/vanilla-chip-proteinbars/



Di's Clothing Patch



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

Phone: 6548 3023

Located 40 minutes from Merriwa and 3 hours from Newcastle, this is an ideal weekend retreat. 85 acres in total. There is a 3 bay shed for storage or convert it to a camping hut. The property ranges from flat to undulating and is mostly open with pockets of timber. It is perfect for riding bikes and horses. Offering outstanding views over the surrounding district, you

(Note: the property does NOT have a dwelling

Shop 1/17 Bridge Street Muswellbrook NSW 2333 jtsrealty@rslcom.net.au www.jtsrealty.com.au

can sit and relax while the kids run wild.

Ph: 6541 5331 Fax: 6541 0330

Lot 202 Pembroke Road, Merriwa

Family Business

JITS RE



2 Brisbane Street, Merriwa

Situated on a huge 1948sqm block with a solid weatherboard home currently tenanted and the property can be sub-divided. The vendor has had the surveying and plans drawn and they will be passed onto the purchaser ready to lodge with council. The home has 3 large bedrooms the main with a built in robe. There are two living areas, both with air conditioners and the kitchen is in good condition. At the rear of the home is a 3 bay shed with power. This is an ideal investment with an excellent long term tenant and the option to further develop.



VIEW AT www.jtsrealty.com.au

entitlement).

\$110,000.00

\$215,000.00





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Club Merríwa RSL Club

NEW MEMBERS LUNCH SPECIAL MENU

\$12.50

Crumbed calamari and chips Gourmet salada and garlic aioli Caesar salad Burger of the day and chips Beer battered fish, chips and salad

Available Monday to Friday

The Thursday Members Badge Draw for \$260.00 was won the number was 613, this week it commences at \$100.00 and will be drawn between 6.00 – 7.00pm.

The Friday night Members Lucky Badge, 7.00pm draw for \$140.00 was not won the number was 336, this week it ackpots to \$160.00.

The 8.30pm Members Badge draw worth \$500.00 was won the number was 682, this week jackpots to \$550.00.

The 9.00pm Members Badge draw for \$160.00 was not won the number was 814, this week it jackpots to \$180.00. LTPS/19/36118

The Sunday Morning Members Badge Draw for \$650.00 was not won last week the number was 121, this week it jackpots to \$700.00 and will be drawn between 11.30am and 1.30pm and you must be present to win the money. **LTP/19/36118**

Members must be present to claim any of the draws and present their current membership card upon request. It is an offence to NOT have your membership card on your person when on the premises.

Birthday vouchers each month are also available at the bar at the beginning of the month.

KIDS MOVIE NIGHT – this Saturday night will be the first of the Clubs Kids Movie Night; \$5.00 entry with each entry receiving popcorn, iceblock and a popper. First movie starts at – 6.30pm.

Wednesday Nights from 6.00pm - \$11.00 Pizzas and \$6.00 Pints

Thursday Nights – Chicken Schnitzel Night -\$12.50 – Members only

Saturday Nights – Steak Night - \$12.50 OR order any meal off the A la carte menu and get one kids meal for free – Members only **Courtesy Bus** – the clubs courtesy bus if available for pickups on Friday's from 5.30pm (you must book by ringing the club), with drop offs at 9.15pm, 10.00pm and 11.30pm.

HAPPY HOUR

Thursday 6.00pm to 7.00pm Friday 6.00pm to 7.00pm Sunday 11.00am to 12 noon

Member's prices \$3.50 schooners and \$2.50 middles

BISTRO HOURS

Lunch 12noon – 2.00pm Evening 6.00pm to 8.00pm/8.30pm

LUNCH TIME SPECIALS

Moroccan Lamb salad with date yoghurt dressing

Crumbed calamari rings with chips and salad Beer battered fish of the day with chips and salad Beef burger and chip

Quiche of the day with salad and chips

Matt Morgan

Merriwa Sports Club

Mondays - Happy Two Hours - 4.00pm to 6.00pm

Tuesdays - Rotary meets - 7.00pm for 7.30pm

Wednesdays - 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 raffle.

Saturdays - Monster Raffle. Tickets on sale at 6.45pm drawn 7.30pm, winners jackpot, dinner draw and Saturday Badge Draw.

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

BINGO

Wednesday Night 6.30pm. Tickets on sale from 6.00pm. Lots of great prizes to be won. All welcome.

BOWLS

Casual bowls available. Twilight Bowls every Friday night. 5.30pm roll.

GOLF

Casual Golf available. Donations in honesty box.

CHINESE SMORGASBORD March 29

Smorgasbord all you can eat Chinese entrée, mains and desserts.

RESTAURANT

Chinese/Australian Restaurant closed Mondays.

Open for dinner Tuesday to Sunday 5.00pm to 8.30pm. Open for lunch Wednesday to Sunday 12noon to 2.00pm.

For bookings and take away - 6548 3228

WEEKEND RESULTS

Saturday Raffle - February 24

Saturday Members draw, No36, was not won – next week \$260.00.

Dinner:Sharon RussellFree Ticket:Rebecca BeeneyBowls Raffle:Trent Cooper

Members draw - Sunday February 25

Members draw, No 150 was not won – next week \$750.00.

Save the Date: Saturday April 18, 2020, Carrot Bowen and The Collective - 7.00pm till 11.00pm.



Des Snelgrove

Sport, Merriwa Junior Rugby League Football Club

COACHING AND SPORTS TRAINER COURSES

Saturday March 21, Aberdeen Bowing Club -Club Coach course (covers all ages) 9.00am-3.30pm \$20.00

Saturday March 21 and Sunday 22 Segenhoe Inn Aberdeen – League First Aid, Level 1 sports trainer (blue shirt) and reaccreditation, Level 2 sports trainer (orange shirt) and reaccreditation and CPR update.

Saturday May 2 and Sunday 3, Club Singleton – Level 2 sports trainer and reaccreditation.

Areminder to all committee, coaches, volunteers etc, everyone needs to register with the club. If you don't have a Working with Children Check please get this started www.kidsguardian.nsw. gov.au.

Fiona Morgan

Merriwa Rugby League Football Club

For the third week in a row, we have had to change venues for League tag and reserve grade training, please contact Gaynor or Nathan for location.

Training this week is Tuesday and Thursday for league tag, starting at 6.00pm sharp. If you need a rub down or strapping make sure you get there early to ensure you are ready to train with the rest of the group.

Reserve Grade training will be Tuesday and Friday this week, at 6.30pm. Again contact Nathan Barry for more information.

Merchandise is now available to order, hoodies \$75.00, polos \$40.00, training shirts and singlets \$35.00, playing shorts and training shorts \$35.00. Please contact me via messenger, email: jessyca90m@hotmail.com or a text message on 0488 120 407. Payment for merchandise must be paid by Tuesday March 3, into our bank account.

Easter Raffle on Thursday April 2 at 7.30pm at Merriwa RSL Club. Tickets on sale on the night from 6.00pm.

Our second 100 club was sold on Saturday by Eva Towler, a big thank you to Eva. Well done to the winners.

First prize:	Number 89 - Ena Whitby
Second prize:	Number 87- Jacob Russell
Third prize:	Number 46- Shane Pittman

Jessyca Morgan



Merriwa Swimming Club

Congratulations to our local swimmers Paige Walker, Zac Walker, Jeremy Hopkins, Lula Peebles, Alyssa Carrall, Amy Redgate and Lauren Redgate who have been busy competing at intertown carnivals. All swimmers put in a great effort at the Scone carnival. On the weekend just passed Lula, Amy and Lauren competed at Greta-Branxton and Paige, Zac and Alyssa competed in Cessnock. Well done everyone!

The next four weeks are going to be busy at the club in the lead up to our own intertown carnival. Swimming and time trials will continue on Mondays. Coaching will be on Thursdays. Everyone should have received their coaching time by now, contact Melissa if you are unsure.

We will be hosting the Intertown carnival on Saturday March 21. The carnival begins at 2.00pm and is always a great day. The club is most appreciative of anyone that can help on the day with the bbq, marquee setting up, time keeping, starting, announcing and ribbon writing.



Melissa Collins

Merriwa Little A's

Alas no track again on Monday SO we had a fun run instead down at the showground!

Some rode their bikes, some brought their dogs, we even had a few mums and bubs join us - it was lots of fun...even the dogs were well behaved!

Huge congratulations to senior athlete Dylan Keane who has qualified in high jump for the NSW State Little Athletics Championships in Sydney next month. This is a wonderful achievement Dylan, congratulations. We might just have to drag those high jump mats out for you next Monday night for one last practice!

We wish Grace Collits, Chad and Grace Booth, Eden Barry, Thomas and Annabelle Hunt all the very best this weekend as they take on some of our state's best at the State Multi Competition in Tamworth. The State Multi is a fabulous event which many athletes use as a warm up for the State Championships. You do not have to qualify for this event, you just need to take part in the set events for each age group. GO MERRIWA!

Fingers crossed we can get one last training night in down at No. 2 to top off a great season. See you down the track.





Tash Taaffe

Ringer Deadline!

Please remember to place your articles and advertisements into the **Merriwa Ringer**

by Mondays, at 12.00 noon

Hunter Local Land Services

Myths About Mistletoe and Woodland Birds Habitat Workshop

Friday 3 April 2020 12:30pm -4:15pm – Abermain Plaza Hall Saturday 4 April 2020 8:45am-12:30pm - Merriwa Settlement Hall





Contact Hunter Local Land Services Catherine Conroy catherine.conroy@lls.nsw.gov.au

Ph 0427 578 937

f facebook.com/hunterlls

www.lls.nsw.gov.au/hunter

This project is supported by Hunter LLS, through funding from the Australian Government's National Landcare Program.





Did you know that Australia has more than 90 species of native mistletoe, that are found nowhere else in the world?

Come along to our FREE workshops to find out about misteltoe's ecology, biodiversity role and much more. Is it a boon or a curse? You will hear from **Professor David Watson**, Australia's leading mistletoe expert, advocate and author of 'Mistletoes of Southern Australia'. As well as **Mick Roderick** from Birdlife Australia, who will discuss significant woodland birds, their habitat and the importance of mistletoe locally.

Learn about these unique plants and participate in a one hour field tour. Find out:

- · What values do mistletoes have as native woodland bird habitat?
- What can mistletoes tell us about the local environment?
- Do they harm or kill the host tree?
- Should I be removing mistletoes from old paddock trees?

For more information on Professor David Watson visit his website: <u>https://ecosystemunraveller.com</u> or look up his YouTube videos.

Please RSVP by Tues 31 March. Refreshments will be provided.

Register and find more information by using this link: <u>https://hunterlls.wufoo.com/build/myths-about-mistletoe-and-woodland-bird-habitats</u>

All event locations are detailed in the booking form.

Please wear closed shoes, long pants, and bring a hat and water.



PARENTS SHOWCASE

HELP SUPPORT YOUR CHILD MAKE INFORMED CAREER CHOICES!

THE SHOW COVERS A RANGE OF HELPFUL TOPICS

- Industry Trends
- Jobs of the Future
- Vocational Education and Training (VET) Options: School -delivered VET, SBATs and EVET
- Apprenticeships / Traineeships
- TAFE / Private Training Providers
- Funding Options Available (Smart and Skilled)
- Useful Resources
- Opportunities to speak to VET Ambassadors

A SHOW NOT TO BE MISSED!

DATE: Tuesday 24th March 2020 6:00-7:30PM LOCATION: Merriwa Central School(hall) Bow St, Merriwa NSW COST: Free BOOKING REQUIRED: https://skillsandthrillsmerriwacs.eventbrite.com.au

skillsOne

SKILLS AND THRILLS



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ALL MATERIAL DUE 12 noon MONDAYS

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