



FREE



Going for Gold!





Did you know that the recent rain can cause higher Termite activity! Have you had your House Inspected?

(0439 464 966

A Walk Down Memory Lane with James Constable



WILLIAM CHARLES WENTWORTH 1790 - 1872

W. C. Wentworth, explorer, author, barrister, land owner and Statesman, he was the son of D'Arcy Wentworth and Catherine Crowley, a convict woman transported for seven years to Sydney, arrived June 1790 with the infant William. He was sent back to England to study and upon completion, returned to Australia. His adventurous spirit and desire to discover new pastures, led him in May 1813, to join with William Lawson and Gregory Blaxland to take part in the first feat of inland exploration, the crossing of the Blue Mountains. He wrote in his journal "We have proved that the mountains are traversable and that too, by cattle. At that time, they were uncertain they had actually crossed the mountains. For his efforts in exploration, he was rewarded with 1,000 acres.

He studied law and his constitution ideas and ambitions put him at odds with the Establishment and people in power.

In 1832, Wentworth took up a purchased grant



of 640 acres on Gummum Plains at the price of £160 to the north of where Merriwa now is. Sir Thomas Brisbane's land grant of 10,000 acres was not selected until 1833 and was sold to Wentworth in 1836. He seems to have taken control of the land in 1838. During the next ten years, he acquired several other blocks and soon became the largest landowner of the time in the northern portion of the district, owning blocks on and near Cream of Tartar creek, Harry's or Middle creek and Coulson's creek. Such present day stations as Throwley, Coolie, Galla Gilla, Eulabar and also Wirrungulla and Murranjai which was originally part of Sir Thomas Brisbane's grant.

Wentworth also accumulated a vast amount of valuable land, including in the 1840's, Belltrees at Scone. Sheep were reported to be brought there from Gummum Plains and elsewhere for washing and shearing. It might be worth noting



Continues page 17





Merriwa Central School

Primary JEANS FOR GENES

Well done to all students who participated in Jeans of Genes day last Friday. We are very pleased to announce our K-6 students raised as total of \$273.35.

Miss Fleming held a competition on the day and our 5/6 class were the winners; raising a total of \$67.45. They were awarded with some delicious cupcakes.

Thank you to our SRC students and Miss Fleming for organising the fantastic fundraising event.



STUDENT OF THE WEEK



Kindergarten - Shania Squires for always being ready to learn in the classroom



Year 1- Jacob Sawley for great writing



Coming Events

AUGUST	
Friday 13	'Getting it Right' Year 6
Monday 16	Trial HSC Exams Begin
Tuesday 17	Girls Rugby League - Dubbo
Friday 27	Little Sprouts



Year 2/3 - Maggie Clark for her impressive dedication and spectacular dance moves in our Education Week performances



Year 3/4 - Tiarnee Dening for her exceptional skills in problem solving during mathematics



Year 4/5 - Mia Horvath-Richards for her positive work ethic across all key learning areas



Year 5/6 - Levi Davis for his improvement in attempting tasks independently

CLASS OF THE WEEK

Congratulations to Year 2/3 for being awarded 'Class of the week' for Week 4, of Term 3. Year 2/3 received the 'Class of the Week' award for always wearing their school hat with pride.



BRONZE AWARDS

Ryder Rawlings, Dominic Quinney and Layla Thompson.



SILVER AWARDS

Matilda Clark, Alyssa Hudson, Beau Hall, Lily Douglas, Jace Hourn, sabella Campbell, Ryleigh Anshaw



SPELLING BEE

Congratulations to Lily Douglas (Year 2) and Ella Pryor (Year 1) for winning first place in our infants Spelling Bee final.

Congratulations to our other students who also received a Super Speller certificate.



Talia Morgan Relieving Assistant Principal (Primary)

Secondary

YEAR 9 AND 10 FOOD TECHNOLOGY

This term Stage 5 Food Technology will be learning about foods that are used for many different occasions. Food is an important component of many special occasions. Students will explore a range of special occasions including social, cultural, religious, historical and family. They examine small and large-scale catering establishments. Students plan and prepare safe food for special occasions, demonstrating appropriate food-handling and presentation skills. They will be planning and developing a party themed event for any occasion of their choosing as part of their assessment.











Matt Dean Head Teacher VET

YEAR 7 SCIENCE

In Science Year 7 have been exploring minerals and their uses and how crystals form.

In Tuesday's Science lesson, Year 7 set up copper sulfate crystals. They boiled copper sulfate solution and dissolved more solid copper sulfate to get a saturated solution. This solution was then cooled in a sink of cold water to get small crystals to form in the bottom of the beaker.

A seed crystal was attached to a piece of string and attacked to a skewer. The string was wrapped around the skewer and the crystal was dangled into the copper sulfate solution, making sure it did not touch the bottom.

By the end of lesson four on Tuesday the crystals had begun to grow. On Wednesday morning that had all doubled even tripled in size. The experiment will be left until Friday this week to see how big the crystals get. Progress phots in next weeks Ringer, watch this space.













First seed crystal before and after 18 hours.





Second seed crystal before and after 18 hours.

Tarnika Wood Science Teacher

CAREER NEWS

AIE Talks Series

If you want to see anything in the games design and animation field there is going to be loads of hours to explore here: https://info.ait.edu.au/ workshop_mastertalks_june21

AFL Sports Ready Traineeships

AFL SportsReady recruits people who are generally aged between 16 – 25 including school students, recent school leavers, adults returning to work and matches them with our host employers, supporting them to complete a traineeship that leads to a quality, on the job experience and nationally recognised qualifications.

The duration of a traineeship will depend on the qualification, but can include the following:

Full-Time up to 1 year (38 hours per week) – Certificate III or Certificate IV level

Part-Time up to 2 years (minimum 15 hours per week) Certificate III or Certificate IV

School-Based 2 years (completed over years 11 and 12) – Certificate II or III https://aflsportsready. com.au/traineeship/

Careers with STEM: Apprenticeships and Traineeships - August 25. 12.00noon

University is great for some, but apprenticeships and traineeships combine the best of both worlds. You get to study at TAFE working towards a VET qualification certificate, and work onthe-job, learning and earning a wage. In some cases, the government will even cover your training fees. Winning!

To find out more about Apprenticeships and Traineeships, and hear from those who have carved a successful career path via VET, join this webinar. https://www.eventbrite.com. au/e/careers-with-stem-apprenticeships-andtraineeships-tickets-162000023431?aff=ebdsopo rgprofile

QANTAS Apprenticeships

We advertise available positions on our Qantas Careers and LinkedIn pages, typically in August/ September of each year.

We pride ourselves on conducting a fair, equitable, transparent and accurate recruitment process in order to recruit the best candidates. To achieve this, we conduct an extensive and thorough screening and selection process. Below is an outline of what to expect:

Qantas Engineering offers a variety of exciting apprenticeships in aircraft maintenance and other trades. We'll offer you the opportunity to train and gain experience in a world class organisation with first class facilities, and become a qualified and highly trained tradesperson.

https://www.qantas.com/ie/en/about-us/ qantas-careers/programs/apprenticeshipprogram.html?int_cam=ie%3Aqantascareers%3Aheading-and-links%3Ausefullinks%3Aen%3Ann

Study at the Zoo – Taronga Zoo

We have a deep commitment to education. To contribute to a shared future for wildlife and people, apply to join one of our formal or informal courses today.

Certificate courses

Bachelor degree

Masters degree

Short courses and workshops

Internships and placements

Veterinary professional training https://taronga. org.au/education#studyattaronga

Anything and Everything on Surveying

Surveying is the measurement and mapping of our surrounding environment using mathematics and specialised technology. Land surveyors are involved with a diverse variety of projects from land subdivision to tunnel building and major construction. Licensed or registered surveyors are experts in the profession who interpret and navigate legal aspects of land ownership. They also give advice and provide information to guide the work of engineers, architects and developers.

https://www.alifewithoutlimits.com.au/

Transport for NSW Excellent career opportunities for those interested in Engineering

Transport for NSW The Road/Electrical Designer and Traffic Engineering Officer in Training Programs are offered by Transport for NSW in conjunction with Western Sydney University, The College. These programs are available to people looking for a career in engineering, while at the same time studying towards a Civil/ Electrical Engineering degree. Please contact RDITCoordinator@transport.nsw.gov.au more details.

Law Indigenous Early Entry Scheme – University of Newcastle

Applications must be completed, paid for, and submitted by 11.59pm on September 12, 2021.

Imagine having a guaranteed place in a law program before beginning your final HSC exams. Newcastle Law School is offering Indigenous students the opportunity to gain early entry to our degree.

Recognising the need to increase the representation of Aboriginal and Torres Strait Islander people in the Australian legal profession and allied fields, our School is inviting Indigenous students currently preparing for their Higher School Certificate to apply for entry to the Bachelor of Laws (Honours) Combined.

This is a five-year, full-time program, in which you will complete your Bachelor of Laws (Honours) alongside another degree program of your choice.

https://www.newcastle.edu.au/about-uon/ governance-and-leadership/faculties-andschools/faculty-of-business-and-law/newcastlelaw-school/study-with-us/indigenous-law-earlyentry-program

Want to be an archaeologist? Here is a site you simply have to visit!

Great articles on all matters relating to archaeology. A treasure trove of fascinating explorations from across the world and back in time. http://www.sciencemag.org/category/ archaeology

Reminder – TAFE NSW Virtual Open Days

August 18-21, 2021

Discover the skills you need, for the job you want at the TAFE NSW Virtual Open Days from 18-21 August, 2021. Join us from the comfort of your own space, and experience:

On demand content including videos, podcasts and written materials

Engaging information sessions and webinars

Mythbuster game (with a daily prize of a \$250.00 gift voucher)*.

Virtual expo where you can connect with our support services

You'll also learn all about scholarships, degrees,

for pathway opportunities, flexible study options, enrolment support and so much more. Visit:

https://www.tafensw.edu.au/ virtualopendays?utm_campaign=20210803%20 001%20edm%20B2C%20Career%20Advisor%20 AUGUST%20Newsletter%20SCHOOLS%20 initial%20awareness&utm_medium=email&utms source=Eloqua&elqTrackId=aacccdcc96344d1 bb9d06369e9f9fac3&elq=17c424484bb54fdf8c5 75350241753c0&elqaid=1412&elqat=1&elqCam paignId=783

Registrations are mandatory, so get in quick to secure your seat for TAFE NSW's event of the year. https://tafenswevents.eventsair.com/ open-day-2021/virtual-open-days-registration/ Site/Register

Apprenticeship Support Australia Advice for Parents

An Australian Apprenticeship (commonly known as an apprenticeship or traineeship) combines paid on-the-job training with formal study resulting in a nationally-recognised qualification.

There are more than 500 occupations across Australia that offer apprenticeships and traineeships, ranging from Certificate II to Advanced Diploma levels, including traditional trades, as well as a number of emerging occupations in most sectors of business and industry.

The Australian Government even provides funding to eligible Australian Apprentices aimed to assist with the costs incurred whist they are undertaking training!

To find out which career may suit your child head to our free careers advice portal Skillsroad.com. au – Australian number 1 destination for career advice! http://www.apprenticeshipsupport. com.au/Parents

Make Your Move - Traineeship program

If there are any young students or disengaged youth who maybe interested in the dynamics of online shopping, technology enhancements, global supply chain distribution networks and the career opportunities and education pathways within the International Freight, Transport and Logistics industry. Explore the Make Your Move website: https://www.mymv.org/.

> Jane Hegarty Careers Advisor

STUDENT OF THE WEEK MAKAYLAH COLES

FAVOURITE SUBJECT: Visual Art, because I have really enjoyed experimenting with ink. I like that you can layer it and make it different shade.

BEST PERSONAL ACHIEVEMENT: Getting the coaches award in 2019 for League Tag

CAREER ASPIRATIONS: I'm interested in multiple things. I would like to write music, but I'm also interested in Early Childhood

HOBBIES AND INTERESTS: I like to play League Tag and Just Dance. I also enjoy being artistic

YEAR ADVISOR COMMENT: Makaylah is a lovely student that always looks out for her peers. She is quick to help her friends when they are in need however she can manage. Makaylah approaches her work with determination in the classroom and strives to achieve her very best in all areas.

Harley Hannon - Year Advisor

EXPRESSION OF INTEREST

CASUAL SCHOOL ADMINISTRATIVE OFFICER

Expressions of interest are sought for casual work which includes:

- Administration skills including a knowledge of computer software programs such as Microsoft Office
- Effective oral and written communication skills
- Customer Service
- Ability to work as part of a team
- Current First Aid Certificate

Applicants must have current working with Children Check Clearance.

Please forward Resume and Application to:

Mrs Suzie Kirk Merriwa Central School Bow Street Merriwa 2329 Merriwa-c.school@det.nsw.edu.au

For further information please contact the school on 6548 2119.







St Joseph's Primary School

WELLBEING WEEK

Last week was wellbeing week at St Joseph's, a time to take a step back from all the hard work we do and have a little fun. We started the week with a wonderful (and COVID safe) performance from JD's World of Magic. The show conveyed the importance of resilience and respect through a little magic and humour.

The staff ran various activities throughout the week such as art club, karaoke and eating buttered toast while listening to stories.

For the final day of Wellbeing Week we hosted an Olympic Theme. Students and staff came dressed as their favourite Olympian or Olympic Event. We had lots of fun dressing up! We finished the week with rotation games based on Olympic events ran by our Stage 3 students.







BENGALLA MINE

Last Monday we had representatives from Bengalla mine come to our school. We have been lucky enough to be the recipients of a very generous grant from the mine. We will be getting one, possibly two, areas of our school enhanced with resources and labour provided by Bengalla mine. The goal is to provide our students with new outdoor learning spaces that also double as wellbeing areas.

DANCE LESSONS

We are delighted to welcome Montana back to St Joseph's. She is a very talented dance teacher, who is key in the success of our annual school play. Each class had their first lesson with her last Wednesday, and the students are already enthusiastically practicing their routines. We look forward to showcasing the dancing talent of our Joey's kids with the help of Montana!

SPELLING BEE

We held our School Spelling Bees last Friday. We were unable to have our usual parent audience due to COVID restrictions. However, we are fortunate to live in technologically advanced era and adapted to being able to provide a viewing experience of our Spelling Bees via Zoom.

Congratulations to our WINNERS!

KINDER: Paddy Armstrong

STAGE ONE: Charlie Barry

STAGE TWO: Samuel Williams

STAGE THREE: Archie Constable

Well done to the students who made it to the finals. We are also proud of the behaviour of all our students on the day. There were fantastic displays of patience, good will and good sportsmanship.

KINDERGARTEN UPDATE

We are having a wonderful time learning in Kinder!

The students say their favourite part of the day is phonics, where we are learning to write letters correctly and match letters with their sound and name. We are quite impressed with how well kinder are constantly improving in their reading and writing every week, becoming more and more independent. They'll be ready for Year 1 soon!

Kinder also enjoy going to Miss Love and Stage 1 every Friday for maths games. We practice what we have learnt that week in maths through different engaging activities while Miss love has an extension group working with her. Kinder have been starting to work in this group and they are thriving! Thank you to Miss Love for providing a challenge to our clever kinders.

The students are very excited about the opportunity to learn about healthy eating and habits in Personal Health and Development through playing in their gym and health food shop.

We are also very enthusiastic about discovering what living things are and what they need in

Science. We have created a pond and add to it every week when we learn something new. We are also learning how to be good scientists by making sure we document everything we add to our pond in our science books.

We are working with Stage 1 on a term long project in Visual Arts that will be submitted to the ASPIRE WOW gallery. Artworks that are selected by the ASPIRE competition will be projected on a massive scale onto the stage in the Civic theatre. Students are busily creating artworks that make them (and sometimes their friends and teachers) go WOW! We have been excitedly experimenting and drafting with bubble wrap painting, tree wrapping, printing and many other techniques and materials. Some students are now happy with their drafts and are moving on to create their final piece.









TRI THE WITH A THE WIT

That's all from Kinder for the time being!

Georgia Brazier and Mellissa Jackson Kindergarten teachers

WEEKLY AWARDS

Congratulations to the following award winners.

Week Three - Strength - Kindness

Kindergarten - Darcy Bear - for showing kindness to others and always lending a hand

Claire Raines - for her creativity and persistence in story making

Stage 1 - Nevaeh Peters - for the kindness she shows to her peers each and every day

Annabelle Marshall – for her persuasive writing on the topic 'why I need a pet'

Stage 2 - Jeremiah Raines – for his display of kindness to his peers, particularly helping other students in their learning

Charlotte Saunders - for her great efforts in ensuring she writes dot points using her own words when researching

Stage 3 - Shykiah Walters - for continuous effort in MACLIT sessions

Jeremy Hopkins - for always using kind words with those around him

Principal's Awards:

Chad Booth - for his excellent attitude towards the Spelling Bee competition

Shyanne Beeney - for her leadership skills and excellent teamwork in working with her reading group.

Mr Ashley Borg Principal

Ringer Deadline!

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

by Mondays, at 12.00 noon



Cassilis Public School



STUDENT OF THE WEEK- TARSHA

Tarsha has earned the student of the Week title for her commitment to learning, effort to work hard and consistently showing respect to others.

She is improving her writing and maths by having a go at every task and listening to the teachers. Tarsha loved the sewing lesson and happily stitched away while chatting to her friends.

Tarsha knows the importance of coming to school everyday and how much coming to school will improve her learning even more. Tarsha listened attentively and was an outstanding participant during lessons. She loved sharing what she had learnt about skateboarding with the class. Tarsha is very excited when mum or dad listen to her read at home and she remembers to bring in her home reader.

She calmly spoke to students when there was a problem, which helped to resolve it. Tarsha always appreciates all the extra opportunities given to her by saying thank you and showing respect. She shows creativity in playground games and always plays games in a positive manner.

Congratulations Tarsha on your efforts, positive

attitude, and behaviour. You should feel very proud of yourself.

UNDERWATER WRITING

The Year 3-6 students are working on information texts this term. Their unit of work of writing and creating an informative text follows the theme of 'Living Underwater'. Each student has chosen an animal that lives underwater to investigate and research, to write a well-informed text about their animal.

As the term moves along the students will conduct research, write a draft report, edit, revise, and publish. They will also complete an art project, sewing activities and cooking that is related to their animal. Stay tuned......



The animals the students have chosen are:

Paul – Electric Eel

Skylah – Green Sea Turtle

Skye – Bluebottle

Olivia – Yabby

Gordie - Grouper

Ben – Horseshoe Crab

Angus – Great White Shark

Students' writing is benefiting from learning that writing is a process which includes planning, composing and revising, and publishing. Ms Sanders has been learning more about the Seven Steps of Writing program to support student's writing. Mrs Burgess uses a very similar approach to structuring writing lessons.



TOKYO 2020 OLYMICS

Students continued learning and writing about different Olympic sports last week including skateboarding (with Keegan's incredible win!), BMX riding and weightlifting.

BMX riding at the Olympics looks very hard. Pumping your legs are the continuous pedalling strokes. A BMX rider stands up on the bike most the time and shifts their weight. - Gordie

The students are really excited about the Paralympics starting in two weeks and learning more about these important games.



Congratulations to Olivia for reaching 100 nights in home reading. Every night makes a difference!



Digby has been spending more time on the bike.



CBCA BOOK WEEK 2021

The Children's Book Council of Australia is celebrating 75 Years of promoting a love of reading to both our children and adults.

This year the theme is: Old Worlds, New Worlds, Other Worlds



Every year the school purchases a range of quality books recommended by the CBCA. These books can be easily found on their website if you are interested in buying.

The teachers are excited about sharing these stories with the students.

To celebrate Book Week, students and staff will be having a Book Parade and Fair on Tuesday August 31.

The book fair will feature pre-loved books for low prices. More information in next week's newsletter.

Ask you child to start thinking about their favourite book and bring it along to school to share and start making their costume. Costumes can be made at school, however your child will love it if you want to help them out at home creating something.

UNDERWATER SEWING

Levi created a fish. It's so soft and squishy.



Nairne Mrs created another fabulous sewing opportunity for children. our Their animals are looking amazing and there are many benefits to learning to sew. It's so calming, and great for fine-motor development.



Get Ready to Start Soon!

Three Rivers Little Athletics is excited about starting its 3rd season.

Little Athletics is a Foundation sport that focuses on learning and developing fundamental skills with a focus on Family, Fun and

Fitness! Athletes participate in running, throwing and jumping events each week in their age groups. Accredited coaches with great learning activities and lots of equipment means that there are many opportunities to practice and improve.

Season length: Monday 30 August to Monday 22 November. The 30 August is a 'Try it Session' which is free to attend. Athletes will need to register afterwards to continue the season. The season is 10 weeks long and excludes school holidays.

When: Monday from 4pm to approx. 5:30pm at Bowen Oval in Coolah. Tiny Tots finish at 5pm.



Who: Children who have turned 3 to 17 years old.

Cost: \$75 for Tiny Tots (aged from 3-5) and \$100 for school aged students (Active Kids Vouchers can be used to cover the entire registration cost).

Registration opens on 15 August. Follow our Facebook page for more details.

COVID 19 UPDATE

We are aware that the Western NSW Local Health District has reported the detection of fragments of the virus in sewage samples taken from the Mudgee and Dubbo treatment plants.

At present, there are no confirmed cases of COVID-19 anywhere in the Western NSW Local Health District.

Schools in our area are fully operational for oncampus learning and following all Covid-19 safe guidelines.

The Department of Health will notify schools and communities if there is any further concern. In turn, we will notify families of any updates from the Department of Health. Meanwhile, continue to follow all Covid-19 safe practices and be vigilant by staying home if you are unwell and get tested if you have any Covid-19 or flu-like symptoms.

LEARNING ABOUT THE HUMAN SKELETON

Our health learning this Term focuses on the human body. The skeletal system is our first part to learn about.

Check out our awesome skeletons and our

writing from the K-1 students.

Did you know that:

- Your skeleton is made of more than 200 bones.
- The body has two types of bone.
- Bones are filled with a spongy tissue.
- Babies are born with 300 bones.
- The smallest bone in the body is in your ear.
- The longest bone in the body is in your leg.

Next lessons students will be learning more about how they can help keep their skeleton healthy and hopefully break free.



Tarsha wrote: When you fall off a bike you could break your skeleton.



Primary investigated mass (weight) in maths by completing an activity about marbles. They were asked to first weight a jar and then fill it with marbles to 1000g or 1kg. The students have been learning to estimate (have a clever guess using information) the numbers of marbles. Afterwards they counted them, with some marbles being smaller than others. Without using a weighing machine, students had to solve the question about how much each marble weighed.

There were lots of great re-thinking, reasoning and communicating with the group. Their answer was only 14g short!

In another mass activity, students engineered and tested a skateboard to see how much weight it could hold. Bens held 3.5kg or 3500g.





Primary students enjoyed teaching Mrs Gray a place value game called Ten Thieves which Ms Sanders taught them.



Tarsha showed some great learning by counting on from 10 and adding another 9. She wrote the total and then represented it with dominos. So much practice!

Katie Burgess Principal

Ringer Deadline!

Please remember to place your articles

and advertisements into the

Merriwa Ringer

at 12noon.



JUNIOR COOKS CORNER

Bread In A Bag

Ingredients

- Cooking spray, for mini loaf pans
- 3 c. plain flour, divided
- 1/4 c. sugar
- 1.25-package active dry yeast
- 1 c. warm water
- 3 tbsp. extra-virgin olive oil
- 2 tsp salt

Instructions

- 1. Preheat oven to 375° and spray mini loaf pans with cooking spray. In a resealable plastic bag, place 1 cup flour, sugar, and yeast and add warm water.
- Seal bag and squish together with your hands to mix. Let rest 10 minutes at room temperature. (Yeast should activate.) Add 1 cup flour, oil, and salt to the bag, then seal and squish together.
- 3. Add remaining cup of flour and mix until combined. Remove from bag and knead 5 minutes until smooth. Halve dough and place in two loaf pans. Cover with a kitchen towel and let rise 30 minutes.
- 4. Brush top of bread with olive oil or melted butter and bake until golden, about 30 minutes.

https://www.delish.com/cooking/recipeideas/recipes/a54346/bread-in-a-bagrecipe/



Sandy Hollow Public School



STAFFING

It is a great privilege to be asked to relieve as Principal of Sandy Hollow Public school while Mrs Fuiono is on leave. I wish Jane all the best in her recovery and hope she is feeling back to herself as soon as possible.

My name is Liz Osmond and my substantive position is Assistant Principal at Scone Public School. I have two teenage children, Chloe and Harrison, two fur babies, Teddy and Ruby and enjoy reading and relaxing in my spare time.

I have fond memories from my childhood growing up in the area but also when I was teaching at Cassilis Public School and coming to Sandy Hollow for the Pittman Cup! What a wonderful event full of fun and sportsmanship.

I look forward to getting to know all the children and their families while I am here and making more memories.

Please feel free to contact me at any time if you have any questions or concerns.

Liz Osmond Relieving Principal

STRENGTH SUPERHERO

Strength of the week: Teamwork

Working well as a member of a group or team.

This week's focus strength is 'Teamwork'.

This week and over the next week we will be focusing on this strength. Students will be encouraged to look for it happening at school and staff will be looking for this strength in the way the children interact with each other. Our Character Strength Super Hero this week is Za'Kiah

TEAMWORK SUPER HERO

Za'Kiah was chosen for helping her classmates with their learning when they are having difficulty.



Well done, Za'Kiah!

WEEK 2 AWARDS

- Lucas YCDI Getting Along For being a kind friend to others and always using his manners
- Bohdee For using learned strategies to spell unfamiliar words
- Hannah Excellent spelling test and dictation results.

WORKERS OF THE WEEK



Zoe



Riley

STUDENT OF THE WEEK



Leo – For being respectful and responsible in the classroom

SPORTSPERSON OF THE WEEK



Mya – Demonstrating fantastic sportsmanship

BRONZE AWARD RECIPIENTS

Hannah

WEEK 3 AWARDS

- Eli YCDI Getting Along Getting along with • everyone at all times
- Zoe For working independently during ٠ literacy activities
- Knox YCDI Persistence for persisting with • his spelling activities.

WORKERS OF THE WEEK

Elisha



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STUDENT OF THE WEEK

Mikaela – Demonstrating school values at all times



SPORTSPERSON OF THE WEEK

Leo – For demonstrating great ball control skills at cricket



SILVER AWARD RECIPIENTS

- Bohdee
- Elisha

Jane Fuiono Relieving Principal



Anglican News Phone: 0429 996 769

REFLECTION - PENTECOST 12 – John 6:51-58

Todays Gospel is the whole purpose of this long discourse, for today's passage focuses on the Christian Eucharist. The very first disciples all had personal experience of Jesus. The were able to be with him, to hear his words and to express their belief in him directly. By the time John's Gospel is written, most of the community would be second or third generation Christians who have not had such personal contact. Where can these Christians experience Jesus' presence and express their faith in him? The Gospel points to the presence of Christ in the celebration of the Christian Eucharist.

At this point you and I are drawn into this Gospel, for like the Johannine community we have not encountered Jesus of Nazareth. Our encounter with Jesus must be through the sacramental symbols of bread, wine, the word and the community gathered to celebrate the Lord's Supper. Again the contrast is made between the Eucharist and the manna, for the life Jesus offers us is forever. The Jewish Christians of John's first community have not lost touch with their traditions, nor have they lost touch with the God of their ancestors who fed them bread from heaven. In and through Jesus, God's nourishing gift of life for the world is available to all people of all ages.

But what is our response? The invitation is given 'Come and eat my bread and drink my wine', but some find this too hard to accept. This long Gospel passage continues with this question next week. (From 'Sundays Under the Southern Cross' by Mary Coloe PBVM)

DIARY DATES

- 10.00am Sundays second and fourth Sundays Eucharist at Holy Trinity
- 10.00am First and third Sundays Morning Prayer at Holy Trinity
- 10.00am Friday Eucharist at Holy Trinity
- 11.00am Friday Extended Eucharist at MPS or Hostel alternating.

We had no church last Sunday because Bishop Peter had cancelled all church services in the Upper Hunter. We hope we will have church next Sunday.

Merriwa Rotary BACK TO 2015

Merriwa Rotary Club has hosted many 12 month overseas exchange students as well as sending many students from our district abroad The students have come from and gone to many overseas countries where they are generally hosted by local Rotary families.

At our last dinner meeting, before this publication deadline, we were delighted to welcome back to our club, Kristyn Telfer who was sponsored by our club to spend a year in Lower Saxony, Germany. Kristyn made the very best of her trip...her top mark in the HSC when she came home, was in Advanced German.. she remains in contact with her host families

Kristyn now is in the employ of ARTC, the Australian Rail Track Corporation, servicing the Hunter and west to Ulan and north to the coalfields in the Gunnedah area. She is part of the team which monitors the condition of the tracks in the area,



where an enormous amount of coal is being moved in trains up to 100 wagons long and sometimes as little as eight minutes apart.

It was our pleasure to welcome you back to Rotary Merriwa, Kristyn.

Our club, like all

of our community, mourns the death of Pam Kemp, a treasured citizen of our community, wife of past Rotary Merriwa President, the late Philip Kemp. Our deepest sympathy goes to Pam's family.

Rest In Peace, Pam.

Mark Smith





Community Notice Board Merriwa Landcare Merriwa Surgery

MERRIWA LOVES NATIVE PLANTS!

Our native plant sale to mark National Tree Day was a great success. The sale raised funds for the Landcare group and will go towards more planned activities.

Thanks go out to our green thumbs ladies: Shirley, Deidre, Mary, Shirley, Kim, Penelope (and anyone else I have forgotten) for volunteering their time in staffing the stall and Neil Hunt representing the Men's Shed for loaning us tables and providing general assistance. A special thanks goes out to Tash Taaffe from council who was the driving force behind the green thumbs program to get the community growing native plants.

The stall was a hive of eager buyers right from the get-go. Given the high level of community interest, we will be holding another stall in Autumn 2022.

We even planted a few shrubs in the Merriwa tourist welcoming centre front garden.

As part of nurturing the next round of plants, a propagation day will be held in October 2021 so if you are interested in being involved or want to know more about Landcare activities, please contact Julia Hardy Phone: 0408 492 335.

The 2021 National Landcare Conference and awards was held online last week. The education resources from the conference are available now and the recorded sessions will be available from next week. Go to: https://nationallandcareconference.org. au/education-resources/ and have a look. The conference streams were: Sustainable agriculture, Environment and Climate Change, Community partnerships in action and Landcare Impact.



Catherine Conroy

For all your medical needs Opening hours Monday to Friday 8.30am -5.30pm Closed for lunch 12.30pm to 1.30pm daily For bookings please call the surgery on 02 6548 2305

Merriwa Surgery would like to advise Dr Jasem will be on leave from July 15, 2021 until September 6, 2021. For those that are concerned Dr Jasem is returning following his leave and will continue to provide ongoing healthcare to the community.

During this time Dr Plaskitt will be in the practice three days per week working Monday's through to Wednesday's, unfortunately the surgery will need to be closed for one week during Dr Jasem's leave commencing Monday August 9, 2021 through to Sunday August 15, 2021.

As of September 1, 2021, we would like to advise changes to our billing, we have previously been a Bulk Billing practice, this is no longer feasible for the practice and changes to mixed billing will commence in September, this means that unless you hold a pensioner concession card or are a child Under 16 years, there will be a fee for your consultation. These fee's will be available in the surgery in the coming weeks.

Merriwa Surgery continue with our Covid vaccination clinics, please phone reception for more information.

Dr Emad Jasem Merríwa Touch Football

NOTICE OF ANNUAL GENERAL MEETING

Merriwa Touch Football Assoc will be holding its Annual General Meeting:

When: September 13, 2021

Where: Merriwa Sports Club

Time: 6.30pm

All positions will be declared vacant. Please consider taking on a position as touch football can not go ahead without a committee.

Positions needed: President, vice-president, treasurer, secretary, junior coordinator, COVID marshal, ref coordinator.

Kate Morgan Merriwa Ringer



Comunity Notice Board Merriwa Hospital Auxiliary Hunter Medical Practice

MERRIWA HOSPITAL AUXILIARY ANNUAL GENERAL MEETING

WHEN: Friday August 20

TIME: 1.00pm

PLACE: CWA Rooms Bettington Street

GUEST SPEAKER: Marina Lee -Warner, Hunter Homeless Support - Heart to Heart Project

Afternoon Tea will be available, everyone is welcome to attend

Covid -19 Restrictions will apply. Please sign in on arrival.

Robyn McAlister

Merriwa CWA

The Hunter River Group of the Country Women's Association has available the following Grants:

- 1. The Hunter River Group Educational Grant valued at \$500.00, for a student entering Tertiary Educational in 2022, whether it be for University, TAFE, or College
- 2. The Jean Latham Educational Grant valued at \$300.00. This grant is available for Year 11 students entering Year 12 in 2022 and reside in the bounds of the Hunter River Group.

To be eligible the student must meet the following criteria:

- Reside within the bounds of the Hunter River
 Group
- Demonstrate a need for financial assistance.

Mature students may apply.

Every application will remain confidential.

Applications should be returned to the branch secretary by September 30, 2021.

Robyn McAlister Merriwa CWA

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. Merriwa 6532 5013 Denman 6547 3955 Muswellbrook 6543 1717

As from Monday August 16 opening times for our Merriwa, Denman and Muswellbrook practices will be:

Merriwa – Monday, Tuesday and Thursday Denman – Monday, Wednesday and Friday Muswellbrook – Monday, Tuesday, Wednesday, Thursday and Friday.

Carol Cronin

Merriwa Senior Citizens

General Meeting followed by Hoi - Tuesday August 24 at 12.30pm at the Merriwa RSL -Squatters Corner

New Members are always welcome - a yearly \$5.00 membership fee applies. Covid rules and restrictions still apply. Masks must be worn and those attending must check in. **PLEASE NOTE CHANGE OF STARTING TIME.**

Barbara Cronin

Mental Health First Aid

We are looking for Expressions of Interest to attend a FREE 2 day Mental Health First Aid course in Merriwa and Cassilis.

Participants will learn the signs of common and disabling mental health problems in adults, how to provide initial help and where/how to get professional help and how to provide first aid in a crisis situation. The course will be delivered by the Rural Adversity Mental Health Program Hunter Valley Coordinator and psychologist Matthew Milne. The course is for any interested adult. (Please note this is an education course, not a therapy or support group.)

The course will be run over two full days from 8.30 am to 4.30pm - the dates are yet to be advised.

If you would like to attend one of the workshops, please email UHSC Community Services Officer Tash Taaffe on ttaaffe@upperhunter.nsw.gov. au or text 0458 574 015 your preferred location (Merriwa or Cassilis), full name, contact number and email address by August 20,2021.

Tash Taaffe

A Walk Down Memory Lane with James Constable

that at the time, all wool was washed on the sheeps back and facilities at Belltrees was particularly good for washing.

Alexander Kenneth Mackenzie was the secretary of the Bank of NSW. He purchased 5,000 acres to the immediate north west of where the town of Merriwa is now situated. He was authorised to occupy the land on the 3rd May, 1825. He sold the land to Wentworth in 1827.

Wentworth built his residence on a hill overlooking Coulson's creek on the property known as Galla Gilla. Most people will remember it as the remains of the old gaol which was still visible from the road in the 1950's and 1960's. Little trace remains today.

Of historical importance is the sun dial on the obelisk at the entrance to the Central School in Mackenzie street. The sun dial once stood in the garden at Cullingral. The obelisk at the school entrance was built, using the stone from William Charles Wentworth's residence at Galla Gilla.

An article from the Mudgee Guardian, Saturday 15 September 1923 reads "The news of the death of Mr Alfred Blaxland, one time owner of Cullingral, reached here recently. He also had a property at Barraba called "The Pinnacle". Whilst living at Cullingral, he had brought here the sun dial which was used by Gregory Blaxland when he crossed the Blue Mountains. It would be a valuable asset to the Mitchell Library".

Information and photos courtesy of various online sites.









Info courtesy of the book "The Lure of the Land", Australia 70



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Business Merriwa Newsagency

ORGANIC GARDENER

 Unlocking the mystery of soil. In this edited extract from his new book 'Soil', Matthew Evans explores the underground economy and the role of microbes in soil and their previously little understood connection with plants. Bacteria dominate the landscape, even if we don't see them. Did you know, there can be 10 billion living things in a teaspoon of healthy soil? The germs we are taught to fear are discovered to be working night and day to gift us life.

CAMPER AUSTRALIA

- New England High Country Adventures! Most commonly explored northbound from Sydney is the New England area and it is one of the country's best touring destinations!
- Station Stays, Kimberley style; with nearly a dozen station stays available along the Gibb River Road, it's a destination that has plenty to offer.

HOME BEAUTIFUL

- 100 forever kitchen and bathroom ideas, inspirations, insider tips and must- have buys.
- Spring clean; design ideas for lovely laundries
- Blissful bedrooms plus a buyer's guide to bedheads. Versatile enough to anchor a space, create a focal point or inject colour and texture into your sleep space, bedheads are a one stop style solution!
- Leading Lights; cast your outdoor spaces in the best possible light and turn your attention to stylish options to illuminate the exterior of your home. A thoughtful lighting plan doesn't compete with the landscape, it disappears, leaving behind a warm diffused glow

HOME DESIGN

 The Design Issue; find your style with these hot new trends and inspiration from homes in Denmark, South Africa and the USA. Also included, your guide to the best in fireplaces and heating with the latest products from Australia and abroad.

THE AUSTRALIAN CAMPDRAFTING MAGAZINE

• 2021 Stallion Edition Part 1; Campdrafts,

profiles, stallions and much much more!

A TWIGSEEDS MOMENT

There is only one happiness in life, to love and be loved.

BEANIE BOO

My name is Reagan

My pink curly hair is my claim to fame, as hard as I try I can't keep it tame!

My birthday is April 2.

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

Leanne and Neville Hook and the newsXpress

Quote for the Week



Upper Hunter Shire Council

OUTCOMES FROM COUNCIL MEETING - JULY 26, 2021

MR358 UPDATE

At the July Council meeting, Council supported the recommendation commence works on the worst section of land slip on Coulsons Creek Road

Council is in the process of planning the earthworks remediation for the highest risk area, this is planned to commence late August subject to contractor availability and weather conditions. These works will involve the excavation of the placed materials and benching to; reduce the volumes and weight of the material, restrict the infiltration of water into any remaining placed fill, provide geotechnical information for structural design components and lessen the environmental impacts of the placed fill continuing to move downslope. For a full MR358 update please visit upperhunter.nsw. gov.au

COMMUNITY ACTIVITY GRANTS NOW OPEN FOR 2021

The Upper Hunter Shire Council Cultural Activity Grants are now open for 2021.

These grants are available to assist local nonprofit organisations in a range of activities and projects.

In 2020, 20 local organisations shared \$15,000.00 in funding for a range of projects ranging from \$200.00 to \$1,500.00 each.

This program increases awareness of what cultural activities are available in our shire and assists the organisations to offer them.

To apply for a Cultural Activity Grant, please visit Council's website: upperhunter.nsw.gov.au

Applications close on Friday September 3 2021. For further information, please contact Community Services on 6540 1100.

MERRIWA AND CASSILIS WORKS SCHEDULE

The following construction and maintenance works are happening in Merriwa and Cassilis this week.

- Toilets, garbage
- Parks, sports fields and reserves mowing and maintenance
- Public toilet maintenance

- Playground inspections and maintenance
- Capital works tree planting
- Bunnan Bridge to Kars Springs construction works
- Bettington Street footpath
- Resheeting Dales Creek
- Cassilis Community Hall, construction works
- Murrurundi Youth Centre maintenance
- Pool maintenance inspection
- Langley Street units maintenance
- Driver Reviver ongoing works
- Golden Highway, road maintenance
- Golden Highway patching works and guardrail installation.
- Maintenance Grading –Pembroke Road, Summerhill Road
- Action requests as required

The following roads are to be inspected next for the grading/maintenance program:

- Glenroy Road
- Avocado Road.

Hannah White

Merriwa Wellbeing

Superspreaders

Our Merriwa Wellbeing Superspreaders came together for the first time last week for a '101 on Wellbeing' followed by a delicious Lebanese themed dinner at Eat@153.

During the workshop on Wellbeing, the Superspreaders learned about the concept of Positive Psychology which is the scientific study of what makes life most worth living.

Professor Martin Seligman is regarded as the founder of Positive Pyshchology (he's also a big fan of what's happening here in the Upper Hunter) and he came up with a framework for wellbeing that uses the acronym 'PERMAH' as a guide for what to work towards.

PERMAH stands for:

Positive Emotion - the right balance of heartfelt positivity that boosts resilience

Engagement – this is the regular development of your strengths – the things that you're good at and enjoy doing. It's like when you're so caught up in what you're doing you totally lose track of time.

Relationships - this is where you create authentic

and energising connections. Could be family, friends, colleagues.

Meaning – this is where you have a sense of connection to something bigger to yourself. It might be your job, your family, your volunteer work.

Accomplishment – this is where you have the belief and ability to do the things that matter to you most. It might be something as simple as baking a cake, cleaning the shed.

Health – eating well, moving regularly, sleeping deeply

Over the next three months each of the Superspreaders will work with a Wellbeing Coach to identify goals that help them achieve PERMAH. We'll be sharing these goals via @ merriwawellbeingsuperspreaders on Instagram and Facebook and monitoring how they're impacting the lives of the Superspreaders and their families.

They've already come up with some really great



goals and we can't wait to share them with you.

Polly Yuille

Merriwa Create and Grow Playgroup

Merriwa Create and Grow Playgroup got into the spirit of the Olympics last week and it was gold medals all round!

Toddlers thoroughly enjoyed tennis with pool noodles and balloons, jumping their 'horses' over the hurdles in a show jumping show down, shot putting with frogs (the 'stuffed' variety) and twirling their rhythmic ribbons along the balance beam for some riveting gymnastics! As always our creative coordinator Toni Gorlick was in the form of her life, donning her Olympic torch and decorating the old library (near the VIC) with Olympic glory. It would be fair to say 'athletes' young and all had a ball.

Atticus was a stand out in the balloon toss tennis while big sister Clara was a natural in the throws. Mahli was content to carry the Olympic flame around to her fellow relay mates and Andiah meant business in the 'show jumping' with her green and gold outfit and piggy tails.

Our next playgroup play date is on Thursday August 19 from 9.30am. Text coordinator Tash Taaffe on 0458 574 015 to be added to the text reminder list (you will get a text the day before) and don't forget parents and carers need to wear their masks until further notice. Playgroup is for any child 0-6. Gold coin donation to go towards craft much appreciated.

Tash Taaffe



Ringer Deadline!

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

at 12noon.

Baiting Program for National Parks

1080 POISON - WILD DOG AND FOX BAITING PROGRAMS: MAY 17 – NOVEMBER 17, 2021

The NSW National Parks and Wildlife Service (NPWS) will be conducting ongoing aerial and ground wild dog and fox control programs using 1080 poison with fresh meat, meat bait products and ejectors. 1080 poison baits will be delivered aerially from a fixed wing / rotary aircraft or on the ground from May 17 – 17 November 2021.

The reserves included are Avisford Nature Reserve (NR), Capertee National Park (NP), Dapper NR, Durridgere State Conservation Area (SCA), Gardens of Stone NP, Goodiman SCA, Goulburn River NP, Manobalai NR, Mugii Murumban SCA, Munghorn Gap NR, Wollemi NP and Yarrobil NP.

These programs are designed to minimise the impacts of wild dogs and foxes on neighbouring stock and wildlife including threatened species such as the brush-tailed rock-wallaby, following an unprecedented bushfire season in 2019-20.

Domestic animals may be affected. 1080 Poison is lethal to cats and dogs. Residents should restrain domestic animals and ensure they do not enter the baiting location during poisoning operations. It is recommended that working dogs are muzzled if they are required to work near the baiting location during or after poisoning operations. In the event of accidental poisoning seek immediate veterinary assistance.

For further information contact the NPWS at Mudgee on (02) 6370 9000 during business hours.

Vera Wong Project Officer – Pests, Monitoring and Catchments



Creative Corner



MARS BAR MELT CAKE

4 Ingredients - 3 Method Steps

- 100g butter, chopped
- 8 x 47g pkts Mars Bars, halved lengthways, coarsely chopped
- 2 eggs, lightly whisked
- 150g (1 cup) self-raising flour

Step 1

Preheat oven to 180C/160C fan forced. Lightly grease a 20cm (base measurement) square cake pan and line the base with baking paper, allowing two sides to overhang.

Step 2

Melt the butter in a saucepan over mediumlow heat. When the base of the pan is covered in butter, add three-quarters of the Mars Bars. Stir until the Mars Bars is melted and only some lumps remain. Use a balloon whisk to whisk the mixture until smooth. Remove from the heat and set aside for 5 minutes to cool slightly.

Step 3

Add the eggs to the chocolate mixture and whisk until combined. Add the flour and stir until evenly combined. Transfer to prepared pan. Top with remaining Mars Bars. Bake for 30 minutes or until just firm. Set aside in the pan to cool completely. Cut into squares to serve.

https://www.taste.com.au/recipes/caramilk-dumpcake-recipe/mihtlvhj?fbclid=lwAR1rHXAWMoDb M 2 9 R T y Y b y z 2 i S h D s S 1 9 D d sxyZ7de7nneZmklqTJZj6qPs





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Clubs/Sports Merriwa RSL Club

The Friday night Members Lucky Badge 7.00pm draw for \$220.00 was won the number was 149, This week it jackpots to

\$240.00.

The 8.30pm Members Badge draw worth \$1350.00 was not won the number was 55, this week it jackpots to \$1400.00.

The 9.00pm Members Badge draw for \$120.00 was won the number was 443, this week it commencing at \$140.00. LTPS/19/36118

The Sunday Members Badge Draw for \$1300.00 was not won last week the number was 533, this week it jackpots to \$1350.00 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.

Nominations for Board of Directors are now closed.

Voting will commence on August 27 and close September 5, 2021.

Wednesday Nights from 6.00pm - \$6.00 PINTS.

Dine and Discover vouchers – please register and download or print your vouchers and use them before they expire on August 31, 2021. If you don't have a smart phone or computer, contact the local Service NSW department at the UHSC Merriwa office.

Saturday nights-free juke box, pool comp\$100.00 first prize, \$5.00 schooners and House spirits. From 6.00pm till 10.00pm.

Courtesy Bus – the clubs courtesy bus if available for pickups on Friday's from 5.30pm (you must book by ringing club), with drop offs at 9.15pm and 10.00pm.

HAPPY HOURS

Friday 5.30pm to 7.30pm

Saturday 6.00pm to 10.00pm

Sunday 11.30am to 12.30pm

Bistro hours – lunch Thursday – Sunday 12/2.00pm, Dinner Monday – Thursday 5.30/7.30pm Friday -

Merriwa Sports Club

SATURDAY NIGHT RAFFLES

Come along and enjoy our Saturday night raffles, ten meat trays, two fruit and veg trays, an IGA voucher and two snack pack up for grabs. The trays and packs are amazing, thanks to Merriwa IGA and Max's Country Cuts. Raffle begins at 7.30pm. The members draw was drawn on Saturday night, member was not present so the badge draw jackpots to \$875.00 this week. Drawn anytime between 6.30pm and 8.30pm, you must be there to win.

FRIDAY NIGHT CHOOK RAFFLES

Friday night Chook Raffles held every Friday night with tickets on sale from 4.30pm to 6.30pm. Must be there to claim your prize. \$2.00 per tickets.

HAPPY HOURS

Friday 5.00-7.00pm

Saturday - ALL DAY! That's right, all day happy hours. \$5.00 schooners, house spirits and wine. ALL Day. Happy Satdy everyone.

POOL AND DARTS COMPETITION

We have had a great few weeks of darts, with a new winner every week. Join us for pool and darts on Thursday nights. Names in by 6.00pm. \$5.00 entry for each competition, winner takes all.

CLUBS OPENING HOURS

Mondays to Friday 3.30pm to close Saturdays to Sundays 12.00pm to close

HONKI HAUS RESAURANT

Honki Haus now doing lunch time specials on a weekend. Come on in for a delicious meal, whether it's for lunch or dinner. Honki Haus Restaurant closed Mondays and Tuesdays. Open for dinner Wednesday to Saturday 4.30pm to 8.00pm. Sunday dinners 4.30pm to 7.00pm. Open for lunch Saturday and Sunday 12noon to 2.00pm. For bookings and take away – 0460 817 606.

DRAG SHOW - POSTPONED

CanAssist's Drag Show they were hosting has been postponed, the date is to be confirmed, Watch this space!! Tickets are \$50.00, this includes

a two course meal, provided by Eat@153, and a fabulous show. There will be games, prizes and a lot of fun. All money raised will go directly to CanAssist Merriwa. Book your table of eight today, tickets are selling fast!

2021/22 MEMBERSHIPS

Membership renewals for 2021/22 have been sent out, keep an eye in the post for your renewal.

Brendan Cowell



Thank you to everyone for coming along, thanks to the Merriwa RSL Club (Matt Morgan), who dropped us off and picked us up, thanks to the tennis club for letting us use the courts and thanks to everyone who organised the day.

We are still unsure about this up and coming weekends game or what will happen with last weekends games.

We are hoping to still have Old Boys Day, if you wear an old Merriwa Magpies jersey, you will get

free entry to our home game this weekend against Denman.

I'll add any information about the upcoming weekend and whether it's going ahead, on our Facebook page, Merriwa Magpies Reserve Grade and Monarch Blues Tag.

Let's go Magpies

Jessyca Morgan

Merriwa Pony Club

Merriwa Pony Club celebrated it's birthday this month on what is also known as the horses birthday, August 1.

86 riders came from across the Zone as well as Walcha, Forbes, Rylstone, Coolah and Mudgee in what was without doubt one of the best President's Cup turnouts held in the Zone for many years.

The weekend started with a bang as the Showjumping Gala Day kicked off on the Saturday with a fabulous course kindly designed by Ron Porter.

Stand our performances from our Merriwa team included Georgia Maben (E Grade), Roy Lawler (D Grade) and Nicole Martin (B Grade)

Merriwa Rugby League Football Club

On Saturday July 31, we had a bye, so the reserve grade, monarch blues, committee and their partners got together to play tennis. It was a great bonding session, the last two teams were Taylah and Jeremy v Maddilyn and Lachlan, well done to Jeremy and Taylah who won the day. who each took out their respective jumping grades. While Jake Tomlinson (Forbes) and Harrison Baxter (Murrurundi) were outstanding coming champion and reserve in A Grade.

Special thanks to Paula Hockings, Heather Proctor and Bryce Hockings who very generously gave up their time to judge the jumping over the weekend.

On Sunday it was time for our riders to polish the boots and the tack for the hack, rider and

handler classes followed by showjumping and Wright, Cassie Howley and Bruce Withers who sporting in the afternoon.

It was wonderful to see two new members Isla Moore and Amelia Frampton have such a great time, no doubt picking up a few tips from the more experienced riders along the way.

There were plenty of winners donning the light blue and maroon shirts this weekend!

Congratulations Merriwa Age Champions Isabelle Pryor (U7), Maddie Maben (7U9), Eddie Raines (7U9), Georgia Maben (11U13), Ben Patterson (11U13), Roy Lawler (13U15), Anastasia Martin (Assoc) and our Reserve Champions Claire Raines (U7), Holly Martin (7U9), Mitchell Maben (9U11), Nicole Martin (Assoc).

The Merriwa Presidents Cup High Point Girl Under 17 this year was awarded to Georgia Maben along with the S and L McNaughton Horsemanship Award, Ray McRae Memorial Highest Pointscore Girl and Leggett Best Kept Gear awards. Outstanding results Georgia!

The Williams Cup nominated team of four went to Merriwa riders Anastasia, Nicole and Clancy Martin and Roy Lawler meanwhile the Ray McRae Memorial Highest Pointscore Boy Merriwa went to Clancy Martin.

Merriwa also dominated the Fastest sporting times of the day with Georgia Maben, Roy Lawler, Anastasia and Nicole Martin attaining 5 of the seven perpetual sporting trophies.

Anastasia Martin was also awarded a very special new perpetual trophy this year for best overall sporting horse presented by life member Margaret Wright. The award was given in honour of Margaret and Arthur daughter, Anthea Wright whom will always hold a special place in Merriwa's hearts.

did a wonderful job as always.

Huge thanks also to our sponsors kindly coordinated by Ainsley Maben for this very special event.

CRT Merriwa for the bags of feed for the age champions, Nutrien Merriwa for horse drenches for the reserve age champions, Elders Merriwa for the Coprice Horse feed awarded to the show jumping champions, Marsh Carney Saddlery for encouragement prizes and Maben Performance Horses for the rug for Highest scoring under 17yrs competitor (aptly won by Miss Georgia Maben!).

Of course we couldn't hold an event without a canteen and committee, so a big shout out to Courtney Gillis and her band of merry helpers in the canteen and the super duper committee for making it all come together.





Sincere thanks to our hacking judges Margaret









Tash Taaffe Publicity

Ringer Deadline!

Please remember to place your articles and advertisements into the **Merriwa Ringer** is back Monday July 12 at 12noon.



MENTAL HEALTH FIRST AID

ENTAL HEALTH PROGRA

Would you know how to help a person experiencing a mental health issue or crisis?

When: Date to be advised

- Where: Location: Merriwa Meeting Room (Old Library next to Merriwa VIC)
- Cost: FREE Lunch included each day
- RSVP: Tash Taaffe 0458 574 015 ttaaffe@upperhunter.nsw.gov.au

RAMHP Coordinator:

Matthew Milne Hunter Valley Coordinator



The 2-day Standard Mental Health First Aid course is for any interested adult.

You will learn about the signs and symptoms of common and disabling mental health problems in adults, how to provide initial help, where and how to get professional help, what sort of help has been shown by research to be effective, and how to provide first aid in a crisis situation.

Please note that this is an education course, to learn how to give first aid to others, and is not a therapy or support group.





The **Merriwa Ringer** is proudly published by

MERRIWA CENTRAL SCHOOL

Address: Bow Street, Merriwa, NSW, 2329 Tel: (02) 6548 2119 Fax: (02) 6548 2534 Email: merriwa2-c.school@det.nsw.edu.au Web: www.merriwa-c.schools.nsw.edu.au

ALL MATERIAL DUE 12 noon MONDAYS

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