## WATERSHED NEWS

PO BOX 60 WICKEPIN WA 6370 ABN 96 234 351 594 A fortnightly paper for the areas of Dudinin, Toolibin, Tincurrin, Harrismith, Yealering and Wickepin

23rd March 2021



Thought for Today:
"Yesterday's the past, tomorrow's the future,
but today is a gift."

#### WATERSHED NEWS INC - COMMUNITY NEWSPAPER

#### CONTACT INFORMATION:

Watershed News is located at the Wickepin Community Resource Centre.

Address 24 Wogolin Road, Wickepin 6370

Postal Address PO Box 60 WICKEPIN WA 6370

Phone 9888 1500

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Fmail: watershed@wn.com.au

PRESIDENT: Denise Corke SECRETARY: Sandra Podmore TREASURER: Pam Carden

#### IMPORTANT INFORMATION

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Advertising Rates	Full Page \$30.00	½ Page \$15.00	‡ Page \$8.00	Business Card \$5.

- Publishing is Fortnightly on Mondays.
- Submissions need to be in by 1pm on day of publishing.
- All submissions would be preferred in Word.
- All advertisements, classifieds must be submitted with clear contact details, including a postal address, phone number and email.
- Watershed News is printed in black and white only.
- Shire of Wickepin Community groups are entitled to  $\frac{1}{2}$  page advertising, free of charge.

#### Disclaimer

The views expressed in the publications of the Watershed News are not necessarily those of the editor/s or other volunteers who produce it. We reserve the right to not print articles that we feel are not appropriate.

NEXT EDITION OF THE WATERSHED NEWS
TUESDAY 6TH APRIL 2021

#### **Community News**

Due to the Power Outage on Tuesday 23<sup>rd</sup> March 2021 the Watershed News will not be available to the public until Wednesday 24<sup>th</sup> March 2021

OWING TO THE PUBLIC HOLIDAY, EASTER MONDAY 5<sup>TH</sup> APRIL 2021, WATERSHED NEWS WILL BE PUBLISHED TUESDAY 6<sup>TH</sup> APRIL 2021, AND AVAILABLE TO THE PUBLIC WEDNESDAY 7<sup>TH</sup> APRIL 2021.

Birthday wishes to Damien Riley, Brigette Bayley, Derek Taylor, Katherine Thompson, Daphne Tetlow, Kate Bennier



Brest

Jessie Davey had many visitors on the 17<sup>th</sup> March 2021 for her 87<sup>th</sup> birthday including her son Michael from Mandurah .

Sincere condolences to Cheryl Adams and family on the recent loss of Cheryl's father in Perth. Her father was just short of his 102<sup>nd</sup> birthday.



Folk from all parts of our shire and further afield filled the Wickepin Town Hall on Saturday night for the production of A Fortunate Life by AB Facey.

The audience were treated to a most professional production by the highly skilled actors. While most of those present knew the story of Albert Facey, growing up in extreme poverty and living through the time of two World Wars and the Great Depression, for us to see his life re-enacted with such clarity, humour and feeling, transported the audience back in time to gain an understanding of the Albert's amazing ability to survive and persevere through such tough times and to then relate through the story, his memories of, in his words "A Fortunate Life".

A wonderful production. Many thanks to all those involved in bringing this experience to Wickepin for us all to enjoy.

Cheerio to Allan Hemley who is recovering at home from recent surgery. Best wishes Allan.



Best wishes to Mrs Mavis McColl who is due to have a medical procedure in Perth.



VERY BEST WISHES FOR A HAPPY EASTER AND SAFE TRAVELLING TO EVERYONE VISITING FAMILY FRIENDS.

#### **CURTAIN RODS ---**

On the first day, he sadly packed his belongings into boxes, crates and suitcases.

On the second day, he had the movers come and collect his things.

On the third day, he sat down for the last time at their beautiful dining-room table, by candle-light; he put on some soft background music, and feasted on a pound of shrimp, a jar of caviar, and a bottle of spring-water.

When he'd finished, he went into each and every room and deposited a few half-eaten shrimps dipped in caviar into the hollow center of the curtain rods.

He then cleaned up the kitchen and left.

On the fourth day, the wife came back with her new boyfriend, and at first all was bliss.

Then, slowly, the house began to smell. They tried everything; cleaning, mopping, and airing-out the place.

Vents were checked for dead rodents, and carpets were steam cleaned.

Air fresheners were hung everywhere. Exterminators were brought in to set off gas canisters, during which time the two had to move out for a few days, and in the end they even paid to replace the expensive wool carpeting. Nothing worked! People stopped coming over to visit.

Repairmen refused to work in the house. The maid quit.

Finally, they couldn't take the stench any longer, and decided they had to move, but a month later - even though they'd cut their price in half - they couldn't find a buyer for such a stinky house.

Word got out, and eventually even the local realtors refused to return their calls.

Finally, unable to wait any longer for a purchaser, they had to borrow a huge sum of money from the bank to purchase a new place.

Then the ex called the woman and asked how things were going. She told him the saga of the rotting house. He listened politely and said he missed his old home terribly and would be willing to reduce his divorce settlement in exchange for having the house.

Knowing he could have no idea how bad the smell really was, she agreed on a price only 1/10 nth of what the house had been worth ... but only if he would sign the papers that very day.

He agreed, and within two hours her lawyers delivered the completed paperwork.

A week later the woman and her boyfriend stood smiling as they watched the moving company pack everything to take to their new home ...... and to spite the ex-husband, they even took the curtain rods!

I LOVE A HAPPY ENDING, DON'T YOU

#### What's On In Wickepin Shire

Mondays:

Watershed News -8th February - 13th December 2021

Fit Pursuit 6.00am-6.45am @ Wickepin Community Centre

Floorball @ Community Centre: kids 4 – 5pm, adults 5 – 6pm

Tuesdays:

She Shed He Shed - @ Old Recycling Shed Richter St- 9am-12noon

Pathology Service~ Appointment Only @ Wickepin Health Centre

Body Pump 5pm-6pm @ Wickepin Community Centre

Yoga at Dudinin Hall 6pm – 7.30pm – all welcome

Wednesdays:

Every Wednesday- Social Arts & Crafts @ 9.30am - Joyner St

Thursdays:

Fit Pursuit 6.00 am to 6.45am @ Wickepin Community Centre

Wickepin Playgroup 9.30am ~11.30am during school term

Local Vocals with Mazz - 6pm in Narrogin

Fridays:

Wickepin Bowling Club - Social Roll Up from 5pm

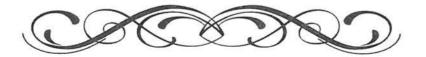
Saturdays:

Banksia Bowmen Archery- Wickepin Community Centre @ 9am

Club Equipment Available

Sundays:

Anglican Church every 1st & 3rd Sunday @ 8am



#### HAZEL'S RETIREMENT - Presented by Wendy Butler

Thank you for all coming to be a witness to Hazels retirement, something I never thought would happen and I fully expect her back in on Monday!

Hazel has been working for Wickepin Health since before record keeping was mandatory so suffice to say she is the foundation on which the rest of us have built on and around.

Hazel is an exceptional facilitator both at work and in the Community. She is a natural teacher and communicator and knows how to get the job done in the real world. She isn't adverse to stretching the boundaries to make things happen. It has been long accepted that Hazel will just do it and if you really want something done don't ask for details.

Hazel is a font of information and connected communities long before the internet was heard of. She has a passion for history and makes a point of welcoming visitors and newbies to town sharing her wealth of local knowledge and connecting family histories. Hazel looks out for the lonely and frail aged, visiting and making certain that no one goes hungry. She is an expert at matching an abundance of fruit with those that want it in her quest to minimise waste. She has covered the gaps of service in the community by providing meals and transport in her own time and at her own expense. She constantly volunteers to make sure the Wickepin Community is the best it can be. After 50 years of service to the Ambulance she has spent years on the CRC Committee and is ever willing to lend a hand to catering for the Golf Club. Hazels first thought is selfless – How Can I Help?

I have worked alongside Hazel for years and truly value her generosity, wisdom and tireless enthusiasm to serve others. She taught me to swim as a child and she and Irene inspired me to do Ambulance and both have continued to guide and mentor me throughout my adult life teaching me all those pearls of wisdom that have yet to be written in one concise book.

As Hazel has been threatening a low key exit for years, that Ive chosen to ignore or insist on a Plan B that retains her on staff, the time has come for her to be the recipient of a helping hand and some time to enjoy a more restful life at a slower pace. Hazel has been self depreciating for years always understating her contribution and ability to facilitate words into actions, connect people and get the job done. I have relied heavily on her and will miss her happy willingness and quick laughter enormously. I hope she continues to be a regular visitor on Tuesdays.

I recently shopped for an appropriate gift for Hazel to mark this occasion and it was not an easy task. I realised that if you live long enough:

- you already have one,
- you're battling to keep one alive,
- you're storing one
- and you're pretty confident you never needed one to start with

With weight watching, reduced stamina, losing balance and dexterity in the garden, more medals than a veteran, and a house already filled with treasures what does someone give a giver? The Answer? A standing Ovation!

As a symbol of our gratitude, respect and admiration for everything that you do for all of us and for being a wonderful friend I ask that everyone stands and puts your hands together for our Hazel. Thank you Hazel! We wish you a long happy and fulfilling retirement.



Irene Moore



Hazel Green



HACC employees past and present



## Easter Services For

Wickepin and Narrogin

Narrogin Town Hall—Friday 2nd April—combined Churches Good Friday service—9.30am Narrogin Anglican Church—3rd April, Easter Saturday service @ 7.30pm Wickepin Anglican Church—Easter Sunday 4th April, @ 8am

## Wickepin Art & Craft

Joyner Street, Wickepin, WA, 6370 Contacts: Kathy 0416 007 164: Elaine 0428 898 025: Charlotte 0437 418 289: Irene 0437 801 026

There will be a general meeting on Wednesday 24<sup>th</sup> March @ 10am at the arts & craft centre. All welcome.

Thank you to the shire for fixing the taps in the craft rooms.

Anyone interested in making snuggle hearts for NICU (Neonatal Intensive Care Unit) is invited to come along and help make these hearts. We have pattern, machines, fabric and scissors. These hearts are used for premmie babies. Mum/Dad will put one against her/his skin then they put it under the baby, so the baby will bond with their scent.



We welcome anyone who would like to come along to enjoy a cuppa and a chat.

## WICKEDIN COMMUNITY SHED (SHE SHED/HE SHED)

Swap Meet & Sale of Items Made by Members
SATURDAY MAY 8 -2021

9-30am

Bays Available

Contact: Jenny 9888 1041 Carol 0458 196 154

#### COUNCIL NOTES © 23 MARCH 2021



#### LIGHTS, PROJECTOR, A FORTUNATE LIFE - ACTION

On a very warm Saturday evening, 20 March 2021, the Wickepin Town Hall was transformed in to a live theatre complete with actors, projector and movie screen and a sold out crowd, all ready to be immersed in a performance of Albert Facey's A Fortunate Life.

The AB Facey's A Fortunate Life journey commenced many months ago with representatives from Theatre 180 visiting Wickepin to meet with the Shire, Albert Facey Homestead Committee and Facey family. They returned shortly after to record the sights and sounds of the unique Wickepin flavour and Wheatbelt authenticity that was prevalent throughout the production.

This is an exciting development for theatre which incorporates a full cinema sized screen behind the 3 actors who remain on stage for the full 1 ¾ hour performance. The screen played an integral part in showing different locations or situations in a video or photo format which added a whole new dimension to the show. It could indicate the route the family took from Victoria to Fremantle and then in an instant became the window of a moving train complete with trees rushing by. The most famous and well known part of the story which takes place at Cave Rock situated in the Pingelly Shire gave the story authenticity and transported the audience to that time with ease. The three performers took on over 80 roles with a switch of a hat or just a change in stance and voice within seconds to take the audience through the life and incredible times of Albert Facey.

A question and answer session after the show gave an insight into the background of creating the show that has been seen at cinemas throughout the metropolitan area and also in halls in regional areas. The audience came from Kulin, Narrogin, Perth and beyond and included the Chairman of the Theatre 180 board who chose to come to the Wickepin performance especially.

A sundowner was hosted by the Shire and Albert Facey Homestead Committee on the Friday night on the verandah of the homestead for the cast and crew, which gave those in attendance a chance to share their stories of their own links and involvement with our 'Facey country'. The cast and crew stated many times how much they had been looking forward to this performance, as a kind of homecoming not only for Albert but for them also, such is their connection to the story.

Thank you to Theatre 180 and Cinemastage, Shire of Wickepin and Albert Facey Homestead Committee for ensuring this amazing theatrical experience came to Wickepin. A special thank you to Linley Rose and Libby Heffernan who volunteered many hours to assist with the organising of the event. Your tireless dedication to continually promoting and showcasing our community is to be commended.







#### 23 MARCH 2021











#### COMMUNITY DEVELOPMENT OFFICER FULL TIME POSITION

An opportunity exists for an enthusiastic, self-motivated person to fill the position of Community Development Officer at the Shire of Wickepin 38 hrs per week.

Remuneration will be based on the Local Government Industry Award 2010 starting at a Level 4 up to Level 5 depending on qualifications and experience.

For information on how to apply, please contact the Shire Office on 9888 1005 or email <a href="mailto:eso@wickepin.wa.gov.au">eso@wickepin.wa.gov.au</a>. Details are also available on the Shire of Wickepin website <a href="https://www.wickepin.wa.gov.au">www.wickepin.wa.gov.au</a>.

Applications close with the undersigned Friday 16 April 2021 at 4.00pm and should be addressed 'Private & Confidential.'

Mark Hook Chief Executive Officer Shire of Wickepin PO Box 19 Wickepin 6370

#### **RATES INSTALMENTS**

Final rates instalments are due by 25 March 2021. To avoid interest charges, be sure to make your payment before the due date.



	UPCOMING MEETINGS/EVENTS 202	1
Fri 26 Mar	Clean Up Australia Day	9am
Wed 21 Apr	Ordinary Meeting of Council	3.30pm
Thur 22 Apr	WA Local Govt Grants Commission Hearing	9am
Sun 25 Apr	ANZAC Service Wickepin	9.30am

#### COUNCIL NOTES (III)



#### 23 MARCH 2021

#### WOGOLIN RD RECREATION AREA

Council has accepted the tender from Nature Play for Stage 1 and 2A at a tendered price of \$676,979. Work is expected to commence in the next couple of months. Unfortunately council only has funding at the moment for Stages 1 and 2A and will work on funding for Stage 2B which is the skate park.



www.m. Ward ta

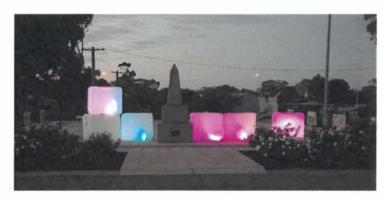


Wogolin Road Recreational Area Nature Play Space Staging Plan 01

#### WICKEPIN HARRISMITH RD CULVERT SLK 5.92

Council has directed the Manager of works to undertake a hydrological assessment for the culvert and water ways on the Wickepin Harrismith Rd at SLK 5.92 next to the Tilbrook property. The hydrological assessment is to look at the rainfall for up to a one in a hundred year flood event.







#### COUNCIL NOTES (III)



#### 23 MARCH 2021

#### LOCAL GOVERNMENT BOWLS DAY

On Thursday 18 March 2021 the Shire of Wickepin hosted a Local Government Bowls Day. This was once an annual event aiming to encourage surrounding Shires to enjoy a day together outside of the workplace environment, and councils were keen for it to resume.

There were 14 teams competing on the day which consisted of 6 shires and a number of sponsors.

- Shire of Wickepin
- Shire of Kulin
- Shire of Corrigin
- Shire of Dumbleyung
- Shire of Cuballing
- Shire of Narrogin
- Hitachi
- Conplant
- Westrac
- Twinkarri Tree Pruning Ashley Borgas
- BKS Electrical Blake Stott
- AC & EJ Fulford & Co Mark Fulford

Congratulations to the following winners:

- 1. Shire of Corrigin
- 2. Shire of Dumbleyung
- 3. Shire of Narrogin



The Shire of Wickepin would like to thank all the competitors and sponsors, the Wickepin Bowling Club Ladies Committee and all others who contributed to the successful day.







#### STAFF HOUSING

The Staff house to be located at 14 Smith St, Wickepin is progressing well and is due to be delivered onsite mid April.

#### **ANZAC DAY SERVICE**

The Shire of Wickepin ANZAC Day service will be held on Sunday 25 April, 2021 commencing at 9.30am at the Wickepin War Memorial.





BEST WISHES TO EVERY-ONE HAVING A BIRTHDAY.

Kaiser Bushby 26/3/2016

Jordon McColl 27/3/2012







## DS CORNER







FOR ADULTS

Come along to **Food Sensations**® for Adults for a **FREE** hands-on nutrition and cooking experience.

Over 4 sessions, you will learn to cook some tasty, easy recipes and get involved in some fun nutrition activities.

To register please contact the Wickepin CRC on 9888 1500 or wickepinlibrary@westnet.com.au











Food Sensations for Adults is funded by the Department of Health.



#### Autumn Plants for Free..

Autumn is the season to start Planting. Gardeners love this time of year as it is all about Renewal and Regeneration. With soil that is still warm, you will just need to water plants well, to get them off to a good start.

Also, with the passing of Summer, now is a great time to grow your own plants from cuttings. There is less risk of them drying out, but temperatures are still warm enough to encourage root formation and the establishment of new plants before Winter.

Cuttings taken now generally use Semi-hardwood (or new season growth that has partially hardened) or Hardwood (older growth that has not fully hardened). Don't be too worried about getting it exactly right. Just look for material that seems to have "toughened up" a little, and isn't super-soft or bendy.

Step-by-Step Guide to Planting Cuttings

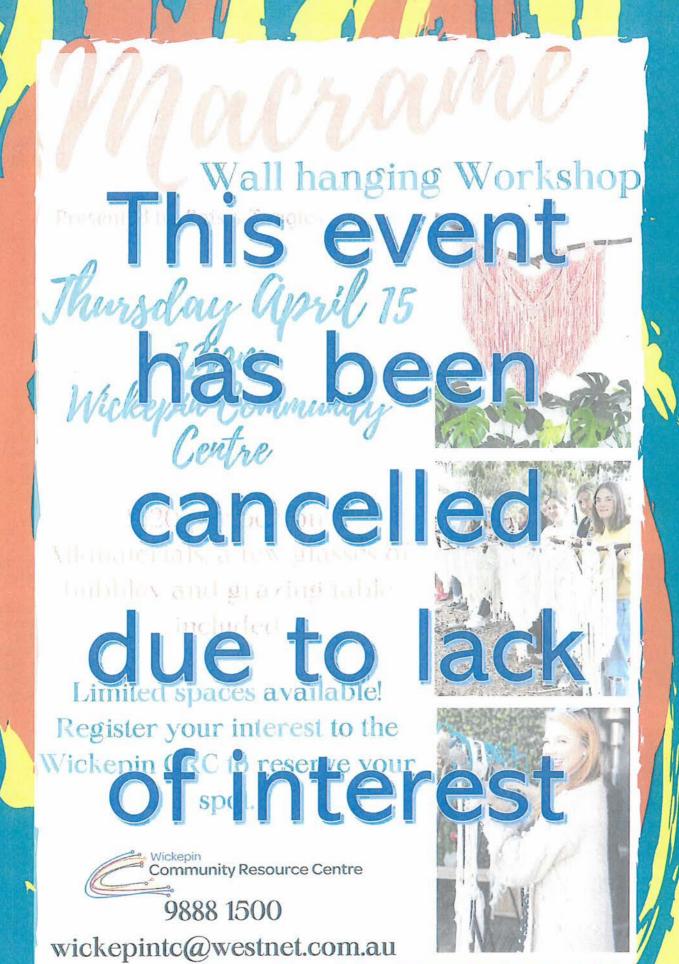
- 1. Water the mother plants thoroughly the day before to ensure cuttings will be fully turgid when taken.
- 2. Select strong stems that have no signs of pests or diseases. Cut 10-20cm long pieces, ensuring each piece has at lease one node under the ground, and one node above the ground. The top of the cutting should be trimmed to just above a node, and the base trimmed to just below the node (the node being the growing point from where the "roots and shoots" will develop).
- 3. Prepare the cutting by gently stripping off all leaves, except for a few at the top. If the remaining leaves are large, they can be cut in half to reduce moisture loss.
- 4. You can use honey or commercial hormone powder in which to dip the base end in to encourage faster root development.
- 5. Poke a hole into the potting mix with your finger, or a stick to avoid damage to the cutting stem, then insert the cutting into the hole (bottom, "dipped" end down.)
- 6. Water well, cover with a plastic bag and keep "just moist" until roots develop commonly 4 to 8 weeks, but some plants take much longer, so be patient, and resist the urge to pull at the cutting to "check" if the roots are forming Also, due to their nature-deciduous plants won't show any "growth" until Spring.
- 7. Open the bag to reduce humidity and "harden off" the cuttings. Water and fertilise as required, and when the cutting is big enough in spring, you will be able to plant it out in the greater garden.

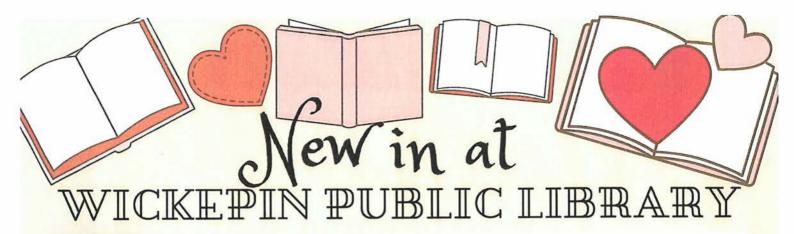
Easy plants to try: Abelia; Azalea, Geranium, Hydrangea, Hebe, Indian Hawthorn, Rhododendron; Cordyline, Correa, Eriostemon; LillyPilly; TeaTree; Westringia; Lavendar, Rosemary, Citrus, Passionfruit.



## IN THE KITCHEN







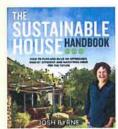


#### Adult Fiction Tarryn Fisher - The Wrong Family

Have you ever been wrong about someone? Juno was wrong about Winnie Crouch. Before moving in with the Crouch family, Juno thought Winnie and her husband, Nigel, had the perfect marriage, the perfect son—the perfect life. Only now that she's living in their beautiful house, she sees the cracks in the crumbling facade are too deep to ignore. Still, she isn't one to judge. After her grim diagnosis, the retired therapist simply wants a place to live out the rest of her days in peace. But that peace is shattered the day Juno overhears a chilling conversation between Winnie and Nigel... She shouldn't get involved. She really shouldn't. But this could be her chance to make a few things right.

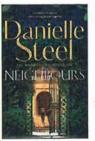
Because if you thought Juno didn't have a secret of her own, then you were wrong about her, too.

#### Adult Non Fiction Josh Byrne - The Sustainable House handbook



A comprehensive guide to building an affordable, eco-friendly and energy - plus water-efficient green home for the future. In this book, sustainability expert and Gardening Australia presenter Josh Byrne takes takes readers through the process of planning a 10-Star rated high-performance home according to the Australian Nationwide House Energy Rating Scheme, and outlines how it is possible to build with conventional materials, in an accessible and cost-effective way. Illustrated throughout with photos, plans, charts, diagrams and useful statistics and measurements, The Sustainable House Handbook is an accessible, easy-to-follow resource for anyone planning their dream house, or thinking about how to live more sustainably.

#### Large Print Danielle Steel - Neighbours



Movie star, Meredith White, has spent the last fifteen years living life as a recluse behind the walls of her magnificent mansion. She withdrew from public life following the death of her teenage son in a boating accident. Lonely and alienated from her daughter and granddaughter, Meredith knew nothing about her neighbours who lived on the same block. That is until the night a major earthquake stunned the city. Meredith's stone-built mansion survived the shock, but the imposing Victorian homes in the neighbourhood were mostly wooden structures and were largely destroyed along with the power and gas supplies. When Meredith opened the gates of her home to help the residents, she also unlocked what was missing in her life. Purpose. Each of her neighbours needed help beyond shelter. In the

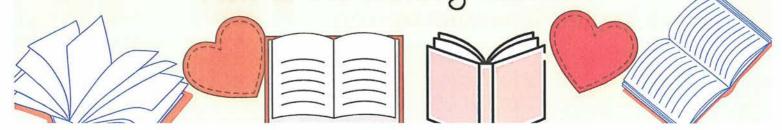
weeks that followed, as they spent time together sheltering in Meredith's home, each of them experienced the rewards and the true spirit of community.

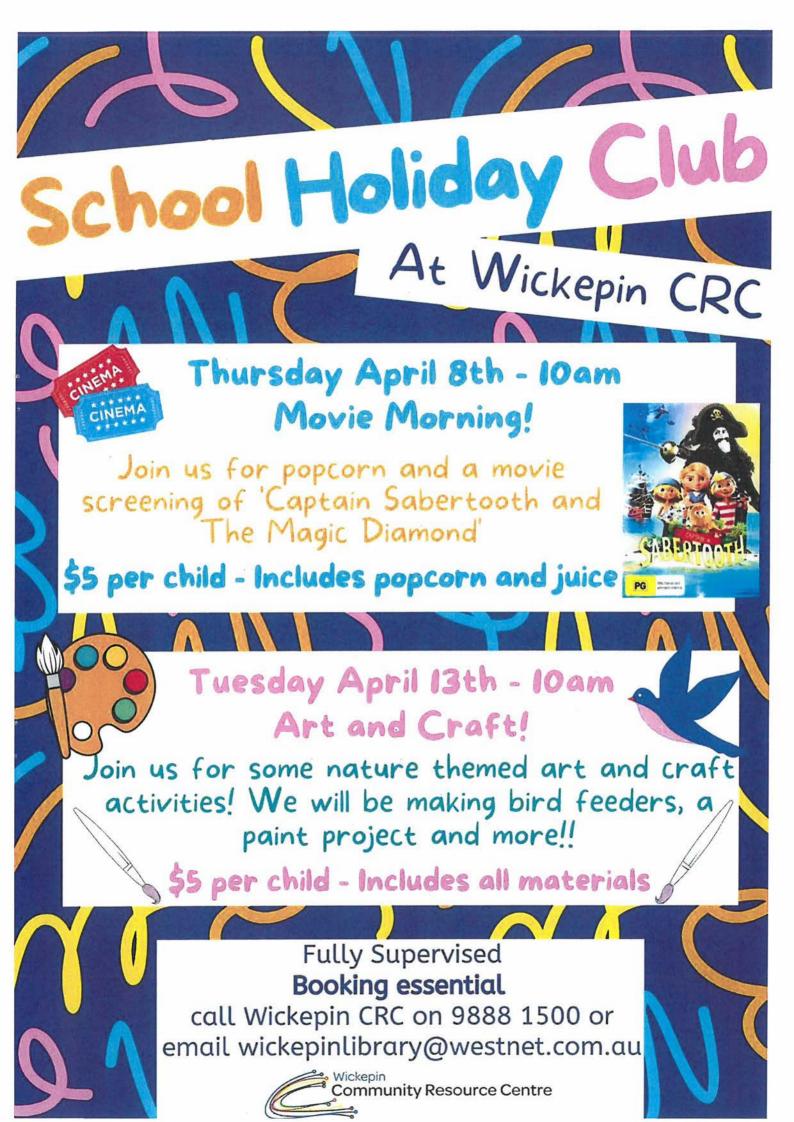


#### **DVD** Lazy Susan

Directed by Nick Peet, this comedy follows Susan (Hayes), a self-centred oddball who lazily skates through life with her families grudging support until one day she wakes up to realize she's middle-aged with no job, no relationship, and an increasingly estranged family. She finally decides to take charge and turn things around, but never having done anything herself before, the struggle is real as Susan becomes the woman she always wanted to be, all on her own. Written by Sean Hayes (Will and Grace).

Plus more! Make sure you check out our 'New to the Library' section!





WICKEPIN 2022 CALENDAR

# **Photography Competition**

# Storms in the Wheathett

- Each applicant may enter up to 4 photos.
- Photos must be in digital format, landscape orientation and of sufficient size/resolution (generally 1MB or larger).
- Photos must be taken within the Wheatbelt
- There will be a public vote to determine the winning photos
- Successful applicants will receive recognition of their photo in the 2022 calendar and their own free copy









#### **How to Enter**

Photos can be submitted to the Wickepin CRC on a USB or emailed to wickepinlibrary@westnet.com.au





#### Jessie House Social and Respite Centre

Located in Narrogin, the Jessie House Social and Respite Centre provides overnight and short stay respite to people over 65, living in the community. The respite centre has been designed so that carers can have a break from their caring role, post hospital stays and emergency respite in a community setting.

- . Small and intimate with only 2 private rooms
- 24-hour care provided by trained and qualified staff
- Home cooked nutritious meals
- Services tailored to meet the needs of the individual person
- · Includes day-time and groups activities at Jessie House
- Opportunity to interact with other clients or space to just sit and relax
- . Spend time in the workshop or gardens in an activity.

Call 9890 0700 for more information or to arrange a tour or email jessiehouse@narrogin.wa.gov.au





#### SCANLAN WOOL PTY LTD



## Home of WA's own merino sweater "The SWOOLLY"

- Low fixed rate brokering @ 9 cents per kg
- Price on sheep's back spot and forward
- Shed clean ups
- No bulk class, interlotting or storage charges
- Hobby farmer spot purchasing
- Shearing advances
- Insurance covered from sheep's back to our store at no cost.
- Sponsors of the Wickepin "Merino Fours" event
- New packs available at cost



TREVOR SMITH	0448 445 540	wool@scanlanwool.com.au
STEVE NOA	0417 621 659	www.scanlanwool.com.au
PETER SCANLAN	0438 337 989	www.swoolly.com.au
HEAD OFFICE	08 9 337 9891	

Aromatherapy Massage: choose between Stress relief, Sleep easy, Woman well-being, Pain combo, Circus flow or Sports combo. A gentle massage using essential oils for their therapeutic benefits.

60 Min \$105

Swedish Massage: a classical relaxation full body massage

• 60 Min \$100

Specialized Swedish Massage: therapeutic choice of massage balm to pamper the body. Choose between Relax, Invigorating or Fluid Retention mixtures.

Body Remedy Massage: includes back scalp and foot massage. -60 Min \$100

Peaceful Escape Treat: includes back foot and scalp massage combo

•90 Min \$150

Bamboo Massage: a relaxing massage utilising natural bamboo for a deep pressure to release tense muscles.

• 30 Min \$60

•60 Min \$105 •90 Min \$155

#### Hair and Makeup:

Wedding Makeup \$120Wedding Hair \$120

Special Occasion Makeup \$90

•Special Occasion Hair \$90

Spa Therapy: this treatment is the perfect system for weight loss, anti-cellulite, anti-aging, massage, de-stressing, sleep/meditation energy boost, detoxification, and skin rejuvenation. Includes Steam, Infrared, Tropical Rain, Vichy Shower, Scottich Shower, Underbody Massage, Foot Massage, Vibratory Bed, Aromatherapy, Chromotherapy.

•30 Min \$50

•Tuesday \$30

#### **Body Wraps and Scrubs** Anti-Cellulite Body scrub and Wrap

. 60 Min \$80

• 90 Min \$100

Salt Therapy - good for skin and lung ailments and your general well-being below is all of the conditions salt therapy can help with which include: Hay fever, Pneumonia, Pulmonary, Fibrosis, Sinusitis, Snoring, Sport Recovery, Acne, Dermatitis, Eczema, Asthma, Bronchitis, Bronchiolitis, Bronchiectasis, Cold and Flu, COPD, CROUP and Emphysema.

+30 Min \$15

•Additional Child \$5

Powertone Pilates - supervised one on one & group sessions (2-6 people) with power-assisted exercise machines- can be used by almost anyone especially people with long term conditions. Ideal for injured sports people, seniors, unfit/ overweight people, young mothers & anyone else! •Initial Session \$40

One-on-one \$35 /session

•Group sessions min 2 max 6 people \$25 pp/session

www. narroginnaturaltherapies.com.au narroginnaturaltherapies@gmail.com 2/31 Fortune St, Narrogin







#### **Beauty Treatments**

Hand and Foot Treatments:

•Express Pedicure 45 Min \$50

(soak, scrub, cut, file, shape, massage, paint)

Deluxe Pedicure 60 Min \$60 (soak, scrub, cut, file, shape, massage, paraffin mask, paint)

•Express Manicure 45 Min \$40

(soak, scrub, cut, file, shape, massage, paint)
•Deluxe Manicure 60 Min \$50

(soak, scrub, cut, file, shape, massage, paraffin mask, paint)
-Little Princess Manicure 30 Min \$30 (soak, scrub, cut, file, shape, paint)

#### **Waxing Treatments:**

•Eyebrow Wax \$15

Underarm Wax \$20Lip Wax \$10

•Chin Wax \$10

 Half Arm Wax \$25 •Full Arm Wax \$30

•Half Leg Wax (inc knee) \$30

¾ Leg Wax \$35

•Full Leg Wax \$40

•Sides of Face \$20 •Bikini Wax \$25

•Extended Bikini Wax \$35

•Brazilian Wax \$70 •Full Leg, Bikini and Underarm Wax \$80 •Half Leg, Bikini and Underarm Wax \$60

Tinting:

•Eyebrow Tint \$10 •Eyelash Tint \$15

•Henna Eyebrow Tint \$20 Eyelash and Eyebrow Tint \$20

•Lash Lift \$40



Classical \$802D Lash Set \$90

3D Lash Set \$95

Spray Tan: • \$25

Kosmea Facial: Using an Australian all-natural brand to nourish your skin. Good for all skin types. Includes cleanse, steam, scrub, massage, mask and day cream. •45 Min Express Facial \$70

•60 Min Deluxe Facial \$90 •45 Min High Frequency \$70

•60 Min HydraDermabrasion \$100

30 Min HydraDermabrasion \$6015 Min Mini High Frequency \$15

#### Men's Treatments:

•Sportsman's Foot Therapy 60 Min \$60

(foot soak, scrub, cuticle work and massage)

•Manicure 45 Min \$40

(soak, scrub, cut, file, shape, massage)

•45 Min Facial \$70 •45 Min High Frequency \$70

•Eyebrow Wax \$15

•Ear Wax \$15 Neck Wax \$20

•Shoulder Wax \$25 .Back or Chest Wax \$30

•Full Arm Wax \$30

•Full Leg Wax \$40

\$10 Add-ons to your treatments:

·Add a scalp Massage to your Salt Therapy or Spa Capsule Treatment Add a Nail Polish Treatment while getting your Brows or Lashes



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2/31 Fortune St. Narrogin | Narroginnaturaltherapies@gmail.co (Located inside Church Square) | www.narroginnaturaltherapies.com.

0478 488 658

#### Services Brochure



#### Narrogin Natural Therapies

Book online or call

0478 488 658





#### **Massage Treatments**

Remedial Massage: this massage helps to deal with tight and painful muscles in the body. Breaks down scar formation. Us additional techniques like dry needling and stretching of the muscles. Private Health Rebates apply.

•30 Min \$60

•45 Min \$75

-60 Min \$100 •90 Min \$150

Pregnancy Massage: this massage is gentle and helps to relitension. Supportive pregnancy cushioning places the clients a safe relaxing position. Note: Massage should not be performed in the first trimester. No essential oils are used.

-30 Min \$60

•60 Min \$100

Hot Stone Massage: this treatment originated from volcanic stones. During a Hot-Stone Massage warmed basalt stones ar used to warm and stretch out the muscle fibres, the hardnes of the stones allows more detailed work and pressure. This treatment is especially good during the winter season.

Back of Body 60 Min \$105

•Full Body 90 Min \$155

Relaxation Back Massage: this massage focuses on tense muscles of the back, neck, and shoulders.
•30 Min \$60

Scalp Massage: includes neck and shoulders.

Foot Therapy: includes pressure points.

## A cordial invitation is extended for all interested to view The proceedings of the April 2021 191st Annual General Conference of

# THE CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS

The World-wide General Conference will be virtual, being held on Saturday 3<sup>rd</sup> and Sunday 4<sup>th</sup> April 2021

Proceedings will become available for all who desire uplifting messages and guidance at the following links.

Live U.S. Mountain Daylight Time

https://www.churchofjesuschrist.org/?lang=eng

Archived

https://www.churchofjesuschrist.org/general-conference?lang=eng

#### ABOUT GENERAL CONFERENCE

General conferences are the semi-annual worldwide gatherings of The Church of Jesus Christ of Latter-day Saints. Church members gather to receive guidance and encouragement from Church leaders about gospel living based on the teachings of Jesus Christ.

General and Semi Annual General Conferences are conducted usually on the first weeks in April and October of each year.

Between General Conferences timely guidance, encouragement and instruction may be found <u>each calendar month</u> formerly in

Ensign / new Liahona magazine for adults and families

For the Strength of Youth ages 11 to 17

The Friend for children

https://www.churchofjesuschrist.org/magazine?lang=eng

Learn about the Saviour, Jesus Christ, and how the basic beliefs of His Gospel can enrich our lives.

https://www.comeuntochrist.org/

Old Testament-Isaíah Ch 2:2 And it shall come to pass in the "last days, that the bmountain of the LORD's house shall be destablished in the top of the mountains, and shall be exalted above the hills; and all enations shall flow unto it.

<u>3</u> And many people shall go and say, Come ye, and let us <sup>a</sup>go up to the <sup>b</sup>mountain of the LORD, to the <sup>c</sup>house of the God of Jacob; and he will <sup>d</sup>teach us of his ways, and we will walk in his paths: for out of <sup>e</sup>Zion shall go forth the <sup>f</sup>law, and the word of the LORD from Jerusalem.

<u>New Testament - Revelation Ch14:6</u> And I saw another "angel fly in the midst of heaven, having the beverlasting gospel to be preach unto them that dwell on the earth, and to every enation, and kindred, and tongue, and people, Saying with a loud voice, "Fear God, and give glory to him; for the hour of his bjudgment is come: and worship him that made heaven, and earth, and the sea, and the fountains of waters.

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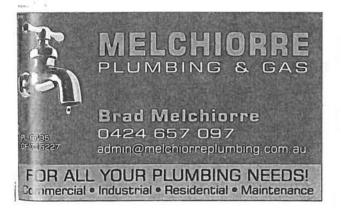




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#### **Wickepin Cricket Notes**

After a bus trip to Armadale golf club for 9 holes, lunch at the Ye Old Narrogin Inn, and then back to the wicky pub for our cricket windup, our cricket awards went to-

#### 2020/21 trophies

Cricketer of the year- Dave Wilson 572pts – sponsor TC Williamson

Batting - Dave Wilson 232 runs @ 38.67 - sponsor Sportspower Narrogin

Bowling - Marty McLean 18 wkts @ 13.33. – sponsor Elders Wickepin

Hat trick - Marty McLean vs Harrismith 4/12. – sponsor Patron KC Martin & Family

Captains award Flynn Spark - sponsor Dave Wilson

Duck award (3) Cal Sims - sponsor Ewen Rural Supplies



#### LAKE YEALERING BOWLING CLUB

Lake Yealering Bowling Club **WON** the Upper Great Southern League 2<sup>ND</sup> Division Men's Pennants Finals 2020-21 played in Narrogin on Sunday 21<sup>st</sup> March against Williams.



#### To the Runaway

Maxine L. Mc Ilvenie

Why do you want to leave familiar ground To live a life so far away from home? Is it a little more than just a wish For pastures new or a desire to roam? What must you face to make a life anew? To sever all the long held kindred ties,

To wonder at the start of every day
When strange and untried challenges arise.
Perhaps in the surroundings that you leave
Are matters far too painful to endure,
But even with a positive approach
Can life ahead of you be more secure?
To run away would need some careful thought.
Make wise decisions now, for time is short.

\*\*\*\*\*

#### WICKEPIN BOWLS

Unfortunately our ladies pennant teams on Wednesday 10<sup>th</sup> March had one win and a loss but missed the finals by percentage to Brookton. Pingelly and Williams also had close games and Williams finished by percentage on top of the ladder. The final was played at Pingelly on Wednesday and in the morning Brookton defeated Pingelly. Following lunch Brookton then played Williams in the Grand Final and Williams are the Pennant Winners for this season.

#### CONGRATULATIONS

Marj, Kayleen, Leanne B, Robyn and Alison as our Manager travelled to Gnowangerup along with the other three clubs and very happy to come away as the winning League. This is a great effort considering we would be one of the leagues with the least amount of bowlers. Gnowangerup did a fantastic effort with the organisation of the three days.

#### Saturday pennants:

1st Div Narrogin 84 Wickepin 79 score was Narrogin 7 points Wickepin 1 point.

2<sup>nd</sup> Div Unfortunately Wickepin lost to Brookton in the Semi Final.

Saturday Pennant Grandfinals today saw Williams win the 1st Division and Lake Yealering the 2nd Div.

Mens Singles Championship has been completed and CONGRATULATIONS to **WINNER**: Barry McKenna **RUNNER-UP**: Chris Moore

The Shire Bowls Day was well supported by surrounding Shires and thankyou to all that assisted with the catering and preparing the greens.

Ladies Country week starts 22<sup>nd</sup> March and hopefully Marj, Kayleen, Judy, Robyn, Claire and Alison will enjoy the week and play some good bowls.

The Afgri/Edwards Isuzu Ute Triples is on April 10<sup>th</sup> and the nomination sheet for this is at the club.

#### DATES TO REMEMBER:

31<sup>st</sup> March – Wednesday - Wickepin will be hosting the League Ladies Singles Championship and we will need some helpers in the kitchen so if you are available to assist please let either Joan or myself know. It will be mainly between 9am and 1pm.

Friday 9<sup>th</sup> April will be our clubs Wind-up and Presentations. Please keep the evening free as we hope to see a good number of our members and community members if they wish - there to finish off the 2020/21 season. Christine Hill from Yealering will be catering so we can all enjoy the evening. Please ring Marion 0407086231 ASAP or add your name to the list at the club.

#### **Harrismith - Dudinin Cricket Notes**

On Saturday Boddington met Harrismith Dudinin in the B Grade Grand Final.

Boddington, batting first, battled against some sharp bowling and fielding, being all out for 56 runs.

Excellent bowling by Derek Taylor, 5 wickets for 12 runs and Danny Bayley 3 wickets for 13 runs.

In reply Harrismith made the necessary runs loosing just one wicket. Luke Crouch was not out for 35runs,

Matthew Orchard out LBW for 17 and Dane Angwin was not out for 7 runs.

Players from both teams and supporters enjoyed a sausage sizzle and much socialising following the game.

#### LAKE YEALERING BOWLING CLUB

J. Hamilton

P. Stribling

K. Cochrane

W. Dunwell

Saturday 13th March 2021 1st and 2nd Semi Finals at Pingelly

J. Williams
S. Elson
K. Coxon
B. Shipley

R. McLeod
L. Shipley
T. Hill
J. McKenzie

**RESULTS**: YEALERING V WILLIAMS SCORE WILLIAMS WON RESULTS: WICKEPIN V BROOKTON SCORE BROOKTON WON

Saturday 20th March 2021 Preliminary Finals at Wickepin

J. WilliamsG. PoultneyJ. HamiltonS. ElsonL. ShipleyP. StriblingK. CoxonT. HillK. CochraneB. ShipleyJ. McKenzieW. Dunwell

RESULTS: YEALERING V BROOKTON SCORE YEALERING WON RESULTS: WICKEPIN V WILLIAMS SCORE WILLIAMS WON

Saturday 21st March 2021 Grand Final at Narrogin

J. Williams
S. Elson
L. Shipley
P. Stribling
K. Coxon
B. Shipley
J. McKenzie
J. Hamilton
P. Stribling
K. Cochrane
W. Dunwell

RESULTS: YEALERING V WILLIAMS SCORE YEALERING WON (CONGRATULATIONS)

Sunday 7th March 2021 CHAMPION CLUB SINGLES (Sponsor T & J Elsegood)

WINNER:

Lois Shipley

RUNNER-UP:

Jim Williams

League Singles in Pingelly Sunday 28th March 2021

#### **CORPORATE BOWLS**

#### **10TH MARCH 2021**

Weather perfect, 19 players plus spectators. Night Winner "Mike" who promptly donated his winnings back to the Club saying he had thoroughly enjoyed the evening. Mike is a member of the Shearing Team who supported Corporate Bowls this season.

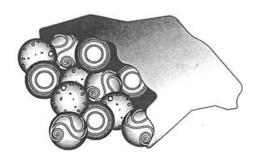
17TH MARCH 2021 No Corporate Bowls because of the Summit Fertiliser Triples

24TH MARCH 2021 Will depend on the weather.

17TH MARCH 2021 SUMMIT FERTILISER TRIPLES (B. COXON)

WINNERS: J. Hamilton, K. Cochrane, G. White (Yealering Team)
RUNNER-UPS: G. Poultney, K. Coxon, P. Bransby (Yealering Team)

THIRD: C. Nottle, J. Andrews, G. Burbery (Pingelly Team)



23. Divide 470 marbles between three boys so that Andrew gets 120 more than Bill who receives 70 more than Chris. How many does each boy receive?

#### **COMMUNITY CALENDAR**

#### MARCH

Tue 23rd	Facey Group and	Wheatbelt NRM Livestock	Management—8.45am—2pm
1 40 2514	raccy Group and	W Heatbelt Midw Livestock	Management—6.45am—2pm

@ Wickepin Community Centre

Fri 26th Clean up Australia Day

#### APRIL

Thu 1st	School Term 1 ends
Fri 2nd	Good Friday - Public Holiday
Sun 4th	Easter Sunday - Public Holiday
Mon 5th	Easter Monday - Public Holiday
Tue 6th	Watershed News
Thu 8th	School Holiday Club -Movie morning @ Wickepin Community Resource Centre 10am
Tue 13th	School holiday club-Art & Craft @ Wickepin Community Resource Centre 10am
Thu 15th	Macrame wall hanging workshop 12pm @ WCRC (CANCELLED)
Mon 19th	
Mon 19th	School Term 2 starts
Tue 20th	Food bank-Food Sensations for Adults @ CRC 10am-12.30pm (4 wk program)
Sun 25th	Anzac Day
Mon 26th	Anzac Day - Public Holiday

#### MAY

Mon 3rd	Watershed News
Tues 4th	Drum Muster 8.30am to 4.30pm bookings essential
Sat 8th	Mothers Day Markets - @ 10am Wickepin Town Hall
Sat 8th	Wickepin Community Shed—Swap Meet and Sale 9.30am.
Sun 9th	Mothers Day
Mon 17th	Watershed News
Thu 27th	Australia's Biggest Morning Tea, Community Centre from 10.30am
Mon 31st	Watershed News

#### JUNE

Mon 7th	Western Australia Day - Public Holiday
Mon 14th	
Mon 21st	Shortest Day
Mon 28th	Watershed News
Fri 2nd	School Term 2 ends
Sat 3rd	Wickepin CRC 20th Anniversary
Mon 12th	Watershed News

#### JULY

వైద్య నివిధ చినిని చిన

Sat 3rd	Wickepin CRC 20th Anniversary
Tue 5th	Drum Muster 8.30am to 4.30pm bookings essential
	Watershed News