

BEVERLEY BLARNEY

July 2015
No Charge



Comedian Matthew Hales winner of 3 national comedy awards, Matt Hale is an international comedy stage hypnotist based in Australia. Matt's shows are fast paced, funny and very memorable. Even Mike Tyson told him 'You are AMAZING!'

Derrick McManus was formerly a Sniper, Special Ops Diver and Counter-Terrorist Operative with the elite Special Tasks And Rescue (STAR) Group of the South Australian Police. During a high-risk arrest in 1994, he was shot 14 times in less than 5 seconds with a high-powered rifle. He was left lying on the ground, bleeding to death, for 3 hours before being rescued. There are many reasons he survived so be sure that you don't miss out on this unique interstate guest speaker.



Karl Langdon is one of WA's leading sports commentators and radio personalities. He was one of the highest profile AFL players during his 100 games career with the West Coast Eagles. He was a member of the West Coast Eagles team which won the club's first AFL Premiership in 1992. Karl is still active in various rolls in the multimedia.

PLUS...... Regional Men's Health - Below the Belt and lunch catered by Porta Pizza

When: Monday 24 August 2015

Where: Beverley Amenities Building, Forrest Street, Beverley

Time: Doors open at 9.30am for a 10.00am start, finishing at 2.30pm

Call Beverley CRC 9646 1600 or email: accountsbcrc@westnet.com.au and RVSP for catering purposes

Proudly supported by









President Report

July 2015

Beverley Industrial Land

Council continues to alternate between optimism and frustration regarding the long awaited and much needed development of industrial land in Beverley. Regular contact is maintained with the Department of Lands, Landcorp is ready to proceed when given "Bulldozing the Avon" Presentation to Council the go-ahead, and a further delay is being followed up through the office of the Hon Mia Davies MLA.

2015/16 Budget

The Shires 2015/16 budget is nearing completion with Council aiming for review and adoption in July.

Corella Control

The Shire of Beverley has a license for the control of little and long billed corellas in the town. This will involve shooting at different times during the next few months by delegated registered individuals.

Town Signs

Work has commenced to install the updated Visitor Dee Ridgway Information Bay signage near the Dead Finish Museum. The Town Entry Statements have arrived in town and are due to be installed in the near future, subject to main Roads endorsement of their location, which has been pending for many months.

Footpath Planning

Information is being collected regarding location, lengths, widths and condition of current town footpaths. Data will be collated into a Path Maintenance and Replacement Programme in the same manner as the Shire has a 10 Year Road Programme. This will assist at budget time and would also support grant applications to improve the age friendliness of our communities as is being considered by the Beverley, Brookon and Pingelly Aged Support and Care Alliance.

RV Friendly

Council has resolved to submit an application to become an RV Friendly Town and nominate Apex Park as a maximum 48 hour stopover location. It is proposed to include a donation box at the site and request visitor details. The process to become designated as RV Friendly takes approximately 4 – 6 weeks. Council has requested that a complete review of this proposal be undertaken in June 2016.

Mens Shed Painting Project

Thank you to the Beverley Mens Shed who have taken up the challenge to paint the building where the Community Bus is kept (next door to the Mens Shed). Their assistance is greatly appreciated!

Monjerducking Catchment Group Funds reclaimed

Thanks to the efforts of Wayne and Heather Kendrick, funds from the former Monjerducking Catchment Group which had been sitting idle as "unclaimed moneys" have been reclaimed and forwarded to the Shire of Beverley. Council was receptive to a suggestion that the funds be used for future rehabilitation of County Peak, linking in with the Shire's Trails Masterplan.

Following Council's June meeting local author Mr Fred Bremner presented two signed copies of his most recent production "Bulldozing the Avon". These will be kept in the Town Library.

July Already!

It's somewhat hard to believe we are into the second half of 2015. The recent rain was much needed by everyone, particularly the agricultural industry. Hopefully this will continue for a favourable season and frost does not become the crippling factor for that to

be achieved.

Shire President



Photo on right: Shire President Dee Ridgway receiving "Bulldozing in the Avon" by local author Mr Fred Bremner.





Compulsory Microchipping for ALL DOGS as of 01 November 2015

The Shire of Beverley has received notice from the Department of Local Government and Communities that from 01 November 2015 it is compulsory for all dogs to be microchipped.

Amendments to the *Dog Act 1976* made in November 2013 provided that from 01 November 2015 the owner of a dog that has reached 3 months of age must ensure the dog is microchipped.

A dog is exempt from the microchipping requirement if a veterinarian issues a certificate stating that the implantation of a microchip may adversely affect the health and welfare of the dog. The certificate cannot apply in respect of a dog that is under three months of age.

When a person registers their dog, they will be required to provide proof that the dog has been microchipped by providing their local government with the microchip number.

More information about the *Dog Act 1976* and microchipping is available on the Department of Local Government and Communities website: www.dlgc.wa.gov.au

SP Gollan

Chief Executive Officer



COMMUNITY GRANTS

Does your incorporated organisation have a project that needs some extra financial help?

Round one of the 2015/16 Shire of Beverley Community Grants Program is now open. Information and application packages are available from the Shire of Beverley with submissions due by 4:00pm on Friday 31st July 2015. Late submissions will not be accepted.

- 1. Minor Community Grant Funding of less than \$1,000 with no matching funds from applicant
- 2. Community Grant Funding between \$1,000 & \$5,000 50% matching funds from applicant

All the grant terms and conditions can be found in the information and application package.

For further information please contact the Shire of Beverley T: 9646 1200 E: admin@beverley.wa.gov.au



Shire of Beverley

Position Vacant

Parks and Garden Utility Worker

Applications are invited from suitably qualified persons to fill the above position full time for 9 days a fortnight.

The successful applicant will work as a team member to upkeep and maintain the Shire of Beverley's parks, gardens, building surrounds, streetscape and other assets in accordance with Council standards and requirements.

It is desirable that the applicant has skills and knowledge in the following areas:

- Sound plant and equipment operation skills, preferably on a number of different types of plant (e.g. Tractors, Mowers, Minor Plant);
- Basic mechanical and vehicle maintenance skills:
- Follow all Occupational Safety and Health legislation, directions policies and procedures;
- Practical knowledge of horticulture, parks and gardens and maintenance techniques;
- Gardening and landscaping skills, including pruning, fertilizing, mowing;
- Understanding of weed control methods and use of Pesticides and application;
- Knowledge of turf and installation, maintenance and use of Reticulation and associated equipment; and
- Current C Class Motor Driver's license, with a willingness to obtain MR class.

A copy of the position description and selection criteria can be obtained by contacting Reception on 9646 1200 or via email to admin@beverley.wa.gov.au

Written applications addressing the selection criteria should be received no later than 4:00pm Friday 31 July 2015 and addressed to:

Mr Stephen Vincent Manager of Works Shire of Beverley PO Box 20 BEVERLEY WA 6304

AIRSTRIP LIGHTS - A PROVEN SUCCESS STORY.

The airstrip lights have shown, rather shone, their worth again, and again, and again, and again. The Royal Flying Doctor has already had to land at night in Beverley four times since the opening ceremony was held on the 29th April. This is remarkable when you consider the RFDS only came six times in the previous 12 months.

There is no doubt that the installation of these lights has strengthened our capabilities to provide quality emergency care to the people of our community and its visitors. Well done Beverley! Together we are strong.

139th Annual Act - Belong - Commit BEVERLEY SHOW

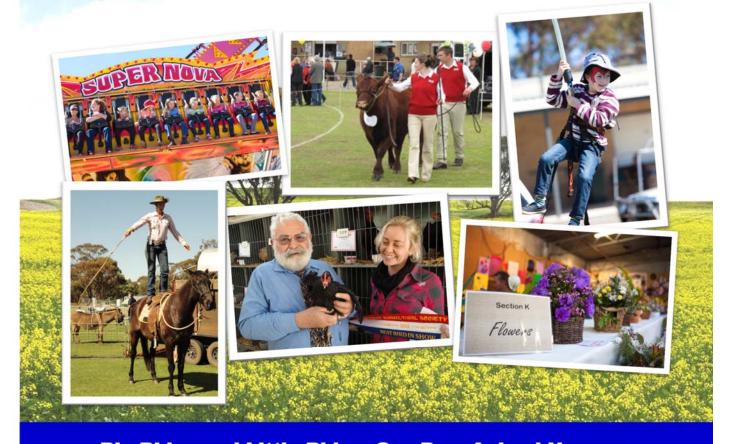


Saturday 22 August 2015



Showgrounds, Forrest Street, Beverley

www.beverleyagsociety.com



Big Rides and Little Rides, GymBus, Animal Nursery, Face Painters, Live Kids Entertainment, Sheep Dog Demo, Side Show Alley, Equestrian Events, Exhibition Shed, Poultry, Fireworks, Band & Movies for the kids at night.

\$25 per family membership. Individuals: \$13 Adult, \$5 Pensioner Children 16 and under go free if accompanied by an adult OR \$5 unaccompanied children.

Proudly supported by



















BEVERLEY SUB-BRANCH MEETINGS Next Committee Meeting July 8th 6.30pm 2015 ANNUAL GENERAL MEETING

The Annual General Meeting of the Beverley Sub-Branch of the Returned & Services League will be held on August 12 at 6.30 pm in the RSL Hall.

All positions will be declared vacant at this meeting, however, please don't let that keep you away as many of our current committee members are happy to stand again. So please come along and give your vote of support to your local Sub-Branch as we wind up a very successful year of commemoration and launch into the next cycle of planning for the remaining three years of commemorating WW1.

Stay on your Feet Classes



Classes for Tuesday's
Stay On Your Feet will
commence at 9.30am
for the duration of the
winter months.
(Until the end of August)



RSL Indoor Markets



July 4th Sellers from 7.30am, buyers from 9.00am - 12.00noon

Free coffee for anyone dressed in red, white and blue!

Stall holders include: crafts, jewellery, bric-a-brac, dog coats, local olive oil, candles, massage therapist and much more.

Come and browse and enjoy hot food and drink while you do.



York Dental Surgery

Now located at the York Wellness Centre (Old Primary School) 6 Howick St York

Opening Hours: Mon, Tues, Wed: 8.30am – 4.30pm Thurs: 8.30am- 12noon

Dental surgeon Dr John Fenn has provided comprehensive dental care in York for over eighteen years. With forty years of dental experience you can be assured of a professional high quality service as well as providing friendly and gentle patient care.

Come in and see John, Sue and Julie.

Experience our new rooms and the benefits of friendly, gentle and proficient dental care.

To arrange an appointment please phone: 9641 2925 or email: yorkdental@westnet.com.au

Follow us on: www.facebook.com/yorkdentalWA

Thank you

Bette and I thank all those who sent to us their kind thought and best wishes during my recent illness.

We especially thank Dr. Olay of the Beverley Medical Practice, the staff of the Beverley District Hospital, John and Jenny of the Beverley St John Ambulance Sub Centre and nurse Sing for looking after me while in their care.

As residents, we are very grateful to have the medical services available to us and appreciate our volunteers who give freely of their time.

Fred Bremner.

Sewing and Knitting Day

The date for the sewing and knitting day for the needy has been set. We welcome any help on the day, so if you can spare some time it would be greatly appreciated. We will be working on squares into rugs, scarves and beanies.

Date: Wednesday 08 July 2015

Where: St Mary's Church Hall located on John Street

Time: 9.30am onwards

Soup will be provided, if you have any further queries please contact Leslev Heal 9646 1193

Buy and Sel

For Sale

Metters Stove - Built in type. Not been used since reconditioned. \$265 - P: 9647 2035 or M: 0428 731087

FOR SALE - TOYOTA PRADO LANDCRUISER 3.0 LITRE D4D Turbo Manual, 131kms, \$26,000. Tractor MF65 FEL, bucket & forks 3PL PTO 2562hrs \$6.500 Phone 9646 1580

WANTED TO BUY USED CORRUGATED IRON

In reasonable condition suitable to line my kangaroo undercover areas. Phone Phyllis 0437 483 175

Piano Tuner in Beverley 28th & 29th July

Wendy Murray at 9646 1336.

Or Bernard Beeson 0411 645 395.

Kindy Enrolments for 2016

Please collect an Enrolment Form from the school office. Completed Enrolment forms are due back by Friday 24th July 2015. Children who were born between 1st July 2011 and 30th June 2012 are eligible to attend Kindergarten in 2016.

An Information Session will be held at the Kindergarten at a later date.



ATTENTION MEMBERS

Annual General Meeting of the Beverley CRC will be held on

Monday 14 September 2015 at 5.30pm at the CRC.

Light refreshments will be served after the meeting. Enquiries - 9646 1600

Productive Partnerships



Summit Fertilizers 1800 198 224



Elders Beverley 9646 1008

At Summit we recognise the importance of relationships. That's why we work alongside Elders Beverley to bring you SUMMIT quality fertilizers and services.

Max Hunter's **Firewood Supplies** Ph: 96461 236



The Jarrah Bush Wood is sold by the tonne. Delivered in truck or trailer loads.

















The Wheatbelt International Year of Soils

Youth Soil Photo Competition

Prizes

1 x Overall winner receives an iPad*

(*or cash equivalent)

3 x Category prizes of \$100

3 x Runner-up prizes of \$50 iTunes vouchers









who can enter?

This competition is open to students of the WA Wheatbelt aged 12 – 25 years old. Prizes will be awarded in three categories:

- Year 10 and under
- Years 11 & 12
- Tertiary

Photo theme

The theme is 'Our Soils Our Future'. Sustainable soil
management is central to ensuring
productive food systems, improved
rural livelihoods and a healthy
environment. Photographers
are encouraged to send in their
interpretation of this theme as they
like and may include pictures of
problems, practices and solutions.

Closing date 24 July 2015

More information and entry details from:

www.wheatbeltnrm.org.au/photocomp

Watheroo Cup 6 June 2015

The Watheroo Cup is a Year 7 Football Competition, played to recognise and identify up and coming regional talent.

The boys played four games for East Avon but unfortunately were unable to win any matches.

The eventual winners of the Cup was the Avon Association comprising of York, Northam and Toodyay boys.

Congratulations to all of boys for taking the opportunity to represent Beverley in the 2015 East Avon side.



Pictured above: Liam Gollan, Riley Nichol, Sam McLean, Declan Kilpatrick and Jayden Woods

Beverley Photography Group



- Social interaction with all levels of like minded photography enthusiasts who wish to be challenged to improve their skills.
- Providing opportunities to shoot beyond images they would normally take.
- Aim to learn together and promote photography in the local area.

Keen photographers of any level welcome. We meet once a month. Contact Colleen Sleer for more information caugust@bigpond.com or 0408 319 022.

Apologies from the Editor

In the June edition of the Blarney the Beverley Opportunity Shop community notice had a typing error.

The article was meant to read that the Hospital Auxiliary committee purchased two shower chairs (not curtains). The value of the chairs are approximately \$1,000 each.

Many apologies to the committee for the error.



Your Country Music Store
view catalogue at
WWW.INSIDEMUSIC.COM.AU
view other products at

www.number90galleryandmusic.com.au
Contact Peter Byfield
N° 90 Gallery & Music

90 Fitzgerald Street NORTHAM WA 6401 Mobile: 0418 906 307 Email: number90@westnet.com.au



Cake Stall Saturday 4 July



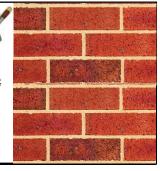
The Beverley Ag Society will holding their annual cake stall on Saturday 04 July. Funds raised go towards the running of the Beverley Show day. There will be lots of yummy things for sale and raffles with great prizes won. All donations of goods to sell will be gratefully accepted. Contact Sue 9646 4073

DJ YATES

Authentic Heritage Restoration

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- ✓ Designing and planning

Guy Slingerland

0403602335



SAMBA - Card Game

WHEN: Saturdays at 1.00pm
WHERE: CWA Hall, Dawson St.
Afternoon Tea provided. Enquiries 9646 1271

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LOCAL RESIDENTS RAISE FUNDS FOR RFDS

The Outback Air Race, held every three years to raise funds for the Royal Flying Doctor Service (RFDS), is a challenging event for pilots and their passengers spanning two weeks flying over some of Australia's most geographically challenging and stunning landscapes.

The challenge reflects those often faced by the RFDS as they assist those in remote areas during medical emergencies, and also as they go above and beyond in their daily delivery of health, family and community support. Despite growing demand for services, Federal Government funding has remained largely unchanged since 2006.

Our team, (*Team ATOM*), is registered to participate in this year's race and aims to raise \$20,000 by the conclusion of the event in September 2015.

We invite you to please make a donation to our team, wether it be monetary or way of items for an auction to be held at Greenhills Inn on July 25th 2015. Your generosity will therefore help us help the RFDS. Donations can be easily made online by visiting this link to our team's fundraising page or if you wish to donate items for the auction please contact either of us:https://oar2015.everydayhero.com/au/atom

All donations go directly to RFDS to be utilised in the purchase and maintenance of specialised medical equipment and to fund the incredibly dedicated teams of doctors and nurses who in 2014 on any given *day* made an average of 773 patient contacts, 148 patient transports and flew 72,358 kilometres.

All donations over \$2 are tax deductible and you will be provided a receipt at the time of your donation. Alternatively, please forward your donation to us at,

Alan & Jo Sattler PO Box 164

Beverley 6304

Alan : 0429 461 569 Jo : 0447 461 502

You can also find us on Facebook by going to www.facebook.com/pages/Team-

ATOM/1544945792441490

Auction items can be seen at www.facebook.com/events/323077047902127/

I will then process it and provide you with an RFDS receipt.

Please follow our progress and that of the race through the Outback Air race website, www.outbackairrace.com.au and through our facebook page.

Outback Air Race

RFDS Auction at Greenhills Inn

Saturday 25 July 2015





Locals Alan and Jo Sattler are raising money for the RFDS

The Outback Air Race is a GPS-based navigation time trial throughout the remote Australian outback. With as many as 60 competitors in 25 aircraft, pilots nominate an elapsed time between two visual waypoints, receiving points for both time and location accuracy.

With the aim to raise funds for the Royal Flying Doctor Service. All funds go towards outfitting RFDS aircraft with essential medical equipment, vitalfor treating sick and injured patients and saving lives of those who become critically ill and require urgent medical assistance.

To support Alan and Jo with their goal of \$20,000 there are a number of ways to donate:

- 1. Fundraising Page https://oar2015.everydayhero.com/au/atom
- 2. Fly money on the ceiling at Greenhills Inn test your skill in using a 50 cent piece and a thumb tack to get your note to stick to the ceiling. It has been done, and every note will go directly to the RFDS.
- 3. RFDS Auction Saturday 25 July 2015 6.00pm at Greenhills Inn. All items donated from local and supporting businesses. Come and grab a bargain for a great cause!

AT THE BEVERLEY SHOW

WOULD YOU RATHER QUEUE?







OR GO STRAIGHT THROUGH?





BEVERLEY SHOW MEMBERS RECEIVE:

MEMBERS ACCESS ENTRY ON SHOW DAY (FOR MUM, DAD AND ALL THE KIDS).

FREE AFTERNOON TEA ON SHOW DAY.

ACCESS TO A RANGE OF FREE ENTERTAINMENT ON SHOW DAY.

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Beverley Agricultural Society (Inc) Membership Form

Family Ticket \$25 (2 adults and children under 16 years)

Add	Address					
Con	Contact Phone					
Prefe	erred Email					
Che	Please indicate your payment method. BSB – 016 540 Account - 2599 03452 Please include your Membership name in the notation/message/reference field. Please continue to complete this form and post back to the above address. Made payable to 'Beverley Agricultural Society Inc.' Please write your Membership name on the back of the cheque. Please include your cheque with this form and post back to the above address.					
3. Adu	Tickets required? Its (max 2) Children					
	We will be mailing the tickets to your contact address in June. Would you like any of the following uded with your tickets (please circle)? w Schedule 2015 YES NO					

Receipt of payment YES NO





HOME AND COMMUNITY CARE (HACC)

Working together for a healthier country WA

About HACC

The HACC Service is part of the Beverley Health Service Multi Purpose Service (MPS), in which the Commonwealth funding for residential aged care, HACC and State health care funding have been combined with the aim of providing flexible health services to meet the health needs of the local community.

Who can access services

The HACC target population comprises of persons living in the community who, in the absence of basic maintenance and support services, are at risk of premature or inappropriate long-term residential care, including:

- (i) older and frail persons, with moderate, severe or profound disabilities;
- (ii) younger persons with moderate, severe or profound disabilities; and
- (iii) their carers.

HACC service provided

- * Meals on Wheels
- * Home Help
- * Home Maintenance
- * Day Centre
- * In- Home Respite care
- * Local Transport

If you are in need of any of the above services, please contact Beverley Health Service 9646 3200 or the HACC Coordinator 9646 3213 to arrange a visit by a regional assessor who will determine your eligibility.

HACC Coordinator Retirement

We have said farewell to our HACC Coordinator, Dorothy Sampson who has retired after almost 18 years of dedicated service to the community of Beverley. Thank you Dorothy for all you have done to assist HACC clients with their various needs and for your management of the many HACC staff members over the years.

We wish you well and now you have retired, we wish you every success in the many activities you can begin and enjoy as you will have so much spare time !!!

A note from Dorothy

On the occasion of my retirement, I wish to thank the HACC staff and volunteers, past and present for all the support and assistance they have given me over the last 18 years. I must specially thank Lorraine, Heather and Sandy who made my job so much more enjoyable with their hard work and ongoing friendship. Together with the many loyal volunteers they have made my job easier. Thank you all.

DAY CENTRE happenings

Clients and volunteers have been busy making lots of winter blankets, beanies and scarves for our "winter warmers" stall. It was decided funds raised would be donated to Motor Neurone Disease Research. With the help of the community of Beverley, who supported this fundraising by guying goods and raffle tickets, we were delighted to be able to send a cheque for \$902.20 to the foundation.

Raffle winners were First prize Sheryl Moulton Second prize Reg Behn

Our Values: Community | Compassion | Quality











Inviting all past and present members of the

Beverley Horse & Pony Club



To celebrate our 50th Anniversary

Join us for Lunch, Riding Displays and many memories From 10am at the Pony Club Grounds

Sunday 30 August, 2015





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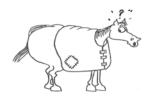
Ph/fax Alan on 9646 1607 or a/hrs 0428 129 575

GOOD YEAR

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Horse Rug Repairs



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"Get your rugs ready for
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Email sales@beverleyelectrical.com.au

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ABN 52 164 525 3586

BRIDGE - Card Game

If you would like to come along and enjoy a game of bridge.

We welcome all new members to join us.

WHEN: Mondays TIME: 1.00pm WHERE: CWA Hall

KARRADALE LIVESTOCK TRANSPORT YORK LIVESTOCK TRANSPORT ABN 64 054 007 721

We service Beverley, Brookton, York & surrounding districts

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CWA - BEVERLEY BRANCH COUNTRY WOMEN'S ASSOCIATION

At the June meeting of the Beverley Branch of CWA, we will motions which voted on the 27 presented at the Annual State Conference to be held in Dunsbrough at the end of July.

Brookton Branch has invited our members to join them for their International day on June 23rd when they will serve meals as would be eaten in Tibet - which is the current country of study. Proceeds from the lunch will go towards the roof restoration fund. A great way to keep in touch with fellow members from nearby branches. Four of our members have accepted the invitation.

Four Members have also accepted the invitation from Tammin Branch to attend their WA Week Lunch and entertainment.

Branches have to vote in preferential order between Russia, Botswana or Croatia and the Country of Study for 2015/2016 will be announced at the conference.

Our branch is to have a water fountain positioned at the Beverley oval near the amenities and playground area to commemorate 90 years of service to the community by members over the years. We take this opportunity to thank the Beverley Shire staff for their co-operation and the Weight Watchers for their great contribution towards this project.

A generous donation has been received from Mrs. Emily Marchesi whose grandmother, Mrs Broun and mother, Mrs Chester, were hard working and dedicate members of Beverley Branch and Emily herself was as a very community minded member and Office Bearer of the Brookton Branch of CWA and also the Divisional President of the Avon Valley Division. Grateful thanks must go to these ladies and also to Branch members who have also contributed generously.

Beverley Community Resource Centre has written to our group, as members of the CRC, offering the opportunity of a FREE online safe food handling course. Whether in paid or voluntary positions, all can acquire this certificate.

Letters of thanks have been received from King Edward Hospital thanking our Branch for the little caps and quilt covers for babies in the special nursery and from CWA for the knitted rugs made by our members. The little caps were made by members of the HACC Day Centre group. All volunteer work is sincerely appreciated by the recipients.

Until next month - do keep warm and we hope there will be a good rain soon.

Lorraine Sims, Branch Secretary.

Beverley Garden and Tree Society

Sixteen members gathered at the CWA rooms for our June meeting and enjoyed the wood stove which we lit to heat up our casserole lunch.

We also had a bring and buy and what a many and varied things there were for us to buy. Plants, vegies, succulents, preserves, pie melons (which were grabbed up as we remembered our mothers making melon and ginger jam) and cakes.

We spent some time discussing the Rose Show and are looking forward to combining with the CRC and the RSL to keep this popular show as part of our year's calendar.

A lot of fun was had discussing the show and the theme of 'Sustainability'.

We are still waiting for decent rain to kick our gardens along but there are things to do while we wait. Remember to feed your citrus and remove any fruit which is diseased and cook it in a plastic bag to stop it spreading. Many mandarin tree owners have reported fruit fly so be vigilant.

Sometimes the garden can be a disappointment and no matter what we do the results are less than we expect. We need to remember to add trace elements a few times a year and doing soil tests can help a lot.

Poppy seeds and everlastings can still be planted. Just rake them in and water well and off they will go. Vegetable seeds like cabbage, cauliflower, kale can still go in and the seedlings available like leeks, onions, broccoli.

Happy Gardening Everyone

T.M. Hair Design

Family Hairdressing at very reasonable prices.

Our hairdressers are here to provide local service

& are fully across all facets of hairdressing with constant updates
from our Sydney based technical advisor who visits regularly
with the latest trends & techniques.

If you have wondered about trying salon colour,

ABSOLUTE 3 is the best place to start. Our beautiful ammonia free colours have no smell, great coverage & lasting.

TM Hair Design is one of the few salons in WA to provide this amazing new product.

Phone for an appointment in advance as bookings are essential.

We are offering a special price for Senior Gents, please ask your hairdresser about it.

At Secrets......Keep warm this Winter with our beautiful wool jumpers & cardies, coats & jackets, gloves & scarves, socks & beanies & comfy leather boots.

Keep warm in the bedroom with our flannelette sheets & feather light microfiber rugs. So light, but soooo warm.

If you don't like heavy bedclothes these are the rugs for you.

A new pillow will add to your comfort also.

Add fresh & fluffy new towels in your bathroom & you will feel much cosier this winter.

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NEW OPENING TIMES

WEDNESDAY 9.00am - 5.00pm THURSDAY 9.00am - 5.00pm FRIDAY 9.00am - 5.00pm SATURDAY 9.00am - 12.30pm





Contact Penny Burns

Phone 0429 027 718 Email ubeauty.country@gmail.com



132 Vincent Street, Beverley WA 6304 PO Box 310, Beverley WA 6304 P: 08 9646 1600 F: 08 9646 1295 E: beverley@crc.net.au W: www.beverley.crc.net.au

EVENTS MAD MEN'S MUSTER 2015

Be sure to save the date for this years seminar, **Monday 24 August**, 10.00am - 2.30pm at the Amenities Building. We have returned back to the original venue due to popular demand and yes the seminar is still fully catered and this year we will have wood fired pizza's that will be supplied by Porta Pizza's. We have a fantastic line up of guest speakers - **Derrick McManus** former Sniper of the elite STAR Group of SA, former AFL player **Karl Langdon**, The blokes from Regional Men's Health will be there plus this year we have in international comic hypnotist **Matthew Hales**. Please RSVP for catering purposes on 9646 1600 or email: beverley@crc.net.au. This event is proudly supported by One Life and is still free of charge and no chicks allowed.

GUIDE DOG FUNDRAISER

Community Resource Centres state-wide have taken on the opportunity to partake in a CRC Guide Dogs Challenge with the aim of making a difference and supporting this valuable charity by sponsoring the training of one guide dog. Every guide dog costs over \$30,000 to train and be matched to their future blind or vision impaired owner, so please help us help them by giving whatever you can. Beverley CRC has registered and donations can be made at the following online site https://crc.everydayhero.com/au/beverley-crc. We will be hosting a fun dog race for the community in August, feel free to dress up your dog for the event and on the day bring your friends and family to enjoy the fun. Look out in the Bulletin Newsletter for the August date and venue.

WELCOME TO THE TEAM

The recently advertised Customer Service Officer position was well received we would like to thank all the applicants who applied. The committee and staff would like to welcome the successful applicant Melinda Cartner to the CRC team. Melinda will be out and about in the community and working on various events and workshops, we hope the community of Beverley will make her feel welcome.

ATTENTION LEGO CLUB MEMBERS

LEGO club will not be run during the school holidays. The club will resume on Monday 27 July at 2.45pm. The LEGO Club has been running for one year and we love that the kids are enjoying the sessions with numbers remaining high, so if your child would like to be part of this creative group of kids please contact the centre for more details.

YEARLY PLANNER

We will be contacting all community groups, clubs and organisations to provide dates and details of sporting fixtures, calendar of events and workshops etc. as we are compiling a yearly planner for the community. The aim of the planner is to assist businesses, individuals, clubs and groups to be able to select the best dates when planning cake stalls, fundraising events and of course ensuring events dates do not clash. Please forward details to admincrc@westnet.com.au, call 9646 1600 or otherwise Melinda will be in touch over the next few months.

TAX TIME

The CRC are your local access point for the Australian Taxation Office. We will have our Tax Help volunteer coming in to assist those eligible residents to lodge their individual tax return, free of charge. Details of eligibility are available on the ATO website or contact the CRC. Dates and times have not been confirmed for this service as yet, if you wish to register your name, please feel free to at the centre.

The latest version of Etax is on the computers at the centre. If you wish to lodge your tax return online, in a private area, please call us and we can set aside a time for you to ensure your privacy. This is a free service to the community.

*Please note that staff are not able to do the lodgement for you.

SENIORS BRAIN TRAINING CLUB

The centre has been successful in attaining funding from Wheatbelt Regional Development Digital iSeeds Program. The Seniors Brain Training Club has been developed to get seniors using their devices such as iPads and Android Tablets which will assist in developing their IT skills and also assist in increasing memory. There are apps available for brain training, word games and memory challenges plus free Wi-Fi and tutors on hand to assist. To get the club started in July we will be hosting weekly sessions on Wednesday's from 10.30am - 12.00pm, light refreshments will be provided at each session.

READING CHALLENGE FOR YOUTH

A new initiative has been developed by our centre to encourage literacy amongst the youth in our community. You will need to get your Reading Passport at the CRC, so whenever you read a book from either the school library, Shire library or a book from home your passport needs to signed by your parent/guardian. There will be monthly prizes for different age groups, for the most books read, most pages read, etc. Pop into the CRC today to receive your passport and details of entry.



Station Gallery & Platform Theatre News

Station Gallery

😭 At last restorations to the Station building are about to commence! Shire has approval from the State Heritage Office and all going well we should be back into the Station within 8 weeks. We had two separate artists visiting Beverley within a week of each other hoping to book residencies this year so it was pleasing to be able to inform them that this is now possible.

And more good news this month was the recently announced Royalties for Regions' Creative Regions program which will see the State Government invest \$24 million dollars in the arts and culture in regional Western Australia over four years. And how thrilled were we to receive a phone call from Country Arts WA to be told that BSA is to receive \$10,000 of this funding! See the full media release on page 21 of this Blarney edition.

Our association with Country Arts WA also provided BSA a professional development and networking opportunity at the King Street Arts Centre on Saturday 20th June in Perth when Secretary Sarah Miller attended a Digital headed by workshop digital Sarah catching up with Marie O'Dea from Mt Barker at the Digital Marketing workshop in Perth



Is there anyone in the community interested in giving of their time (paid or voluntary) to restore the carriage (ZJA Brakevan) at the Station? We have a conservation plan drawn up by an historian, heritage and museum professional some years ago which will guide you through the restoration. If you can help, or know of someone who would be right for the job, please contact one of the Station Arts committee, or leave your name and contact details at the Shire.



Artist-in-Residence

The AiR (Artist-in-Residency) Grants Programme with Charlotte O'Shea at the Beverley School (funded by The Australian Government, The Australia Council for the Arts, Department of Culture and the Arts Government of Western Australia, Department of Education, Government of Western Australia, Artsedge) is going ahead in leaps and bounds with some of the 'sustainability' projects for the Beverley Ag Show nearing completion, and Word has it that the RAS Central Group (York, Toodyay, Northam, Beverley Ag Soc) might like to use the show displays produced by the school and our AiR for the Royal Show display! It would be part of a bigger display promoting Beverley and other towns in the Avon. Monday after school art classes are proving popular. Previous Station Artist in Residence Mandy Evans likes our town so much she has decided to relocate to Beverley and is renting a home in Dawson Street. Welcome Mandy, and we wish you all the best with your artistic endeavours whilst living here.

For information on residencies check with Artist in Residence Coordinator Marylou Hutchinson on 9647 1027 / 0427 085 511 or email: <u>hutchinson@wn.com.au</u>

Artists in Residence programme for 2015:

July/August: Charlotte O'Shea - AiR at School

September/October: Charlotte O'Shea - AiR at School

November: Hilly and Jos Coufreur - visual artists

December: Sue Brook-Roberton - visual artist

Photo to right: Year 6 Boys working on their salt affected tree





Left: The Girls having fun making leaves for their healthy tree. Above: Collage Works from After School Art Class Below: At play with recycled hair



Beverley Station Singers

The Station Singers have been invited to join the celebration of the inaugural Desert Heart Song Festival in the City of Kalgoorlie Boulder from Friday 14 to Sunday 16 August 2015 when choirs from around Western Australia will muster for a vibrant weekend of singing and friendship. There is much practicing in store for the eleven singers committed to the trip - not so for the three 'support crew' going along for the ride! Kelly Newton Wordsworth directs the group on a monthly basis (\$35pp) - the next meeting being Wednesday July 1st at 7pm in the Green Room of the Platform Theatre at the Station.

Anyone interested in joining the singing group contact Tracey Fleay- Mob: 0409 481 029 or E: traceyfleay@hotmail.com



Platform Theatre

If any community group is looking to raise funds please keep it in mind that the Platform Theatre is available for events such as movie nights. With just a minimal hire cost of screen and projector, it makes for an easy fundraiser.

Calendar of Events:

September: Saturday 12th - Country Choir Bash presented by Voice Moves

November: Saturday 7th - Rolling Stones and Rock Montage Tribute

December: Saturday 19th - Family Christmas Concert

February: TBA - Fringe Festival Touring

March: Saturday 13th - OPERA on the PLATFORM "Diva Licious"

March: Thursday 25^{4h} - Monday 28^{th} - 48^{th} ANNUAL ART PURCHASE EXHIBITION (presented at the

Town Hall) with OFFICIAL OPENING Thursday 25th April

If you would like to be included on the email list for notification of coming events (so you can forward to friends), email secretary Sarah Miller miller@reachnet.com.au

Beverley Station Arts Membership

To become a member of Beverley Station Arts Inc (Friend of the Station) please see Treasurer Pauline at the Newsagency, phone 96461042. Membership forms can also be downloaded from www.beverleywa.com (NB cheques to be made payable to Beverley Station Arts) and send to PO Box 112, Beverley 6304.

The Station garden is available for public use at any time, just open the gates and enjoy! Station Gallery Open Hours

(CLOSED TILL FURTHER NOTICE)

Jenny Broun, President, Beverley Station Arts: 9646 1500 / 0419 040 063 / brounj@westnet.com.au



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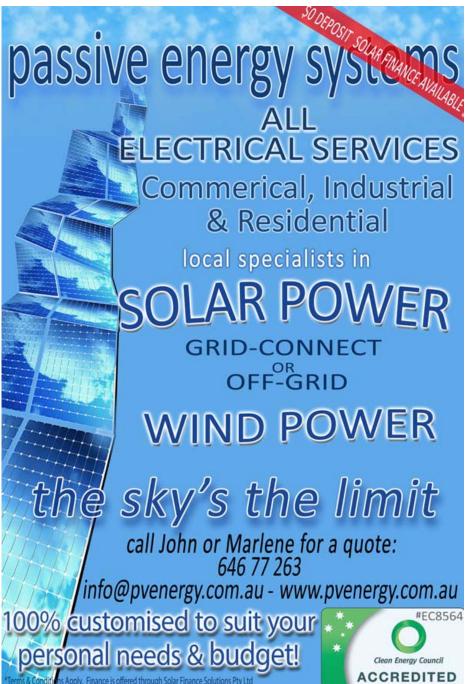
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Mobile: 0429 491 039 (Natalie)



MEDIA RELEASE

June 2015

MAJOR INVESTMENT FROM ROYALTIES FOR REGIONS - CREATIVE REGIONS PROGRAM TO FOCUS ON CREATIVITY THROUGH REGIONAL WA

Beverley Station Arts is proud to announce that they are receiving funding from the recently announced Royalties for Regions' Creative Regions program which will see the State Government invest \$24million in arts and culture in regional Western Australia over four years.

Jessica Machin, CEO of Country Arts WA which four years ago called on the State to open its eyes to the wide ranging benefits delivered to regional communities through culture and the arts congratulated Beverley Station Arts and praised the State government on its investment which was unveiled this week by the Minister for Culture and Arts The Hon. John Day and Regional Development Minister Terry Redman at the Bunbury Regional Entertainment Centre on Wednesday 10 June 2015.

Ms Machin said the allocation of funds is the largest and most significant investment in regional arts in Western Australia and across the country would support vibrancy and capacity building and positive social impact for the regions.

Known as the Royalties for Regions - Creative Regions program, the initiative will be delivered through a memorandum of understanding between the Department of Culture and the Arts (DCA) and the Department of Regional Development (DRD).

Beverley Station Arts is thrilled to be one of the recipients of the funds which will further enhance the delivery of its arts programme and performances at the Beverley Station Gallery and Platform Theatre. As a launch pad for continuing growth, the funding will be used to develop a website and business plan to ensure the long term future of Beverley Station Arts.

For further information:

Jenny Broun, President Beverley Station Arts

Phone: 0419040063 or Email: brounj@westnet.com.au

Overview of Scheme 4

Scheme 4 will be managed by Country Arts WA on behalf of the Department of Culture and the Arts. It will expand on existing partnerships and develop new partnerships and programs to strengthen regionally based arts and cultural organisations in Western Australia. The funding will provide services to regionally based arts organisations, artists and art workers across all art forms. Programs will be informed by regional funding priorities identified in a 2013 survey which revealed strong support for the arts for regional people. More info www.countryartswa.asn.au

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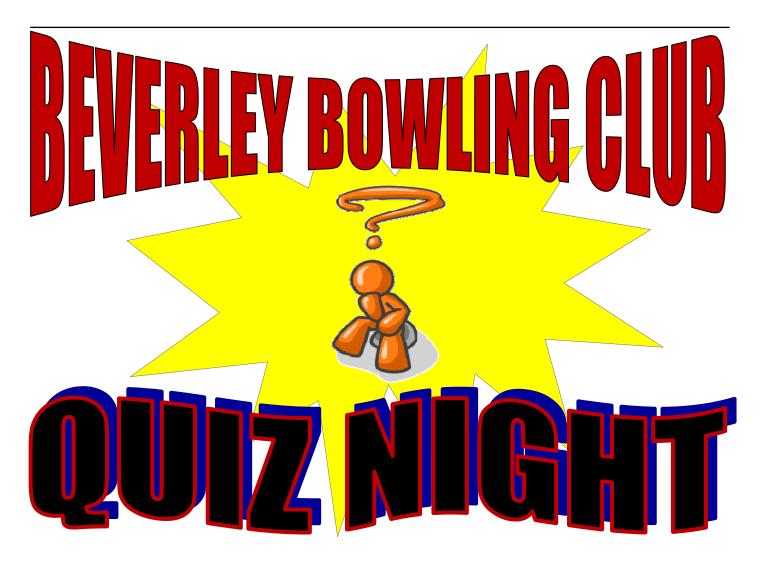
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Everyone is welcome!

Contact Jo Copping to book now bevbowls@gmail.com 0438 972 335



BEVERLEY HISTORICAL SOCIETY

A good roll up of members attended our last meeting, with only one apology.

We have had chairs from the Morbinning Hall sitting in our store room for some time. These have now been placed on the verandah for usage. This has freed up more space in the store room again, which is really great.

Our WW1 exhibition is still on display, if you haven't been to see it yet, please come along and have a look. Learn about the local men who enlisted and the happenings in Beverley during the war years. We have booklets that can be ordered and purchased.

Following titles are \$5 each:

- A Helping Hand 'Over There'
- * Those who helped at Home
- * Movies of the War Years
- World War One Cemeteries and Memorials

The following titles are \$10 each

- We Will Remember Them Great War, 1914 - 1918, Beverley and Districts
- Those Who Served and Survived Great War 1914 - 1918 Beverley and Districts

At the moment research is being conducted on the airstrip and town defence WW2.

The next meeting of the Beverley Historical Society will be on Monday 13 July at 2pm at the Dead Finish Museum.

Gail Alabach Hon. Secretary

Enquiries bhsdeadfinish@gmail.com



Do you have any information or memories relating to the Defence of the Beverley Airfield during the World War 2?

Given that we are fast approaching the 70th anniversary of the end of the Second World War, we would like to compile as much information on the local defence in the Beverley District as possible.

If you were involved in the defence of the local Airfield, have memories of local defences or can assist with acquiring more information, please contact RSL President, Irene Oram on 9646 0470 or 0439 923 501.

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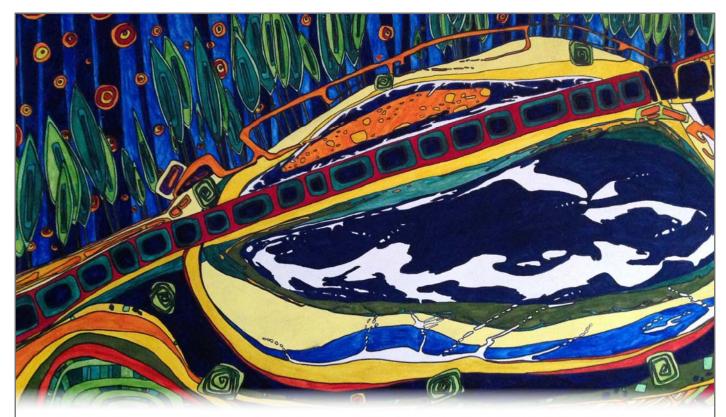
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» Quairading Salt Lake - acrylic and ink on archers paper by Art Lecturer Robert McCaffrey. Inspired by the ecological artist/architect Freidensreich Hundertwasser.

C.Y. O'CONNOR INSTITUTE WINTER ART SCHOOL GESAMTKUNSTWERK (A TOTAL WORK OF ART) 15 - 18 July, 2015

at Muresk Institute, Northam
Four days of art classes and workshops

Set in the historic Avon Valley, the C.Y. O'Connor Institute Winter Art School is the perfect place to indulge your creative senses. Just an hour out of Perth, Muresk Institute is nestled in a rural landscape, right alongside the Avon River, allowing you to relax and focus on your artwork. Gesamtkunstwerk - a Total Work of Art, is a four day Winter Art School in which you can explore and experiment, learn new techniques and develop ideas and concepts in creating works based on the Viennese artist/designers. Complete a nationally recognised unit of competency. Accommodation is available at Muresk Institute. See over for more details.

BEVERLEY HEROIC



It's time to start training for the 2015 Beverley Heroic, riders will start and finish from in front of the Beverley Town Hall on SUNDAY 04 OCTOBER 2015 at 6.30am.

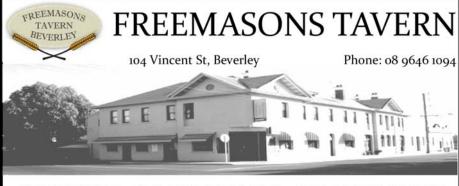
Registrations are now open at www.theheroic.com.au

See where the wheatbelt and great races began. Enjoy quiet roads, riverside riding, checkpoints in historic towns.

- 100 mile "The Heroic" with 25 miles gravel dirt roads or
- 50 mile "Brevet Populaire" only 14 miles dirt roads
- Ride groups of up to 30 riders on gravel and country roads. Choose your ride:
- ⇒ Heroic bikes- think steel frame, downtube shifters and muddy faces.
- ⇒ Single and 3 speed bikes- new or Heroic.
- Fast or Slow groups any bike, carbon, steel or spaghetti.
- The new spring classic granfondo challenge.
- The Beverley Heroic Town Ride- a map led adventure around the town.<10mile.

ON THE DAY

- 6.00 am Registration 100 miles "The Heroic"
- 6.30 am Start 100 miles "The Heroic"
- 7.00 am "The Heroic" Breakfast-York Olive Oil Co.
- 9.30 am Registration 50 miles "Brevet Populaire"
- 10.00 am Start 50 miles "Brevet Populaire"
- 10.30am The Beverley Heroic Town Ride
- 2.00 pm Riders return -Afternoon Tea
- 3.00 pm Presentation.



WHAT'S HAPPENING AT THE TAY

THE SUNDAY SESH @ THE TAV

Mindy performs live at the Tav on Sunday 5th July and Sunday 19th July It's \$12 Sunday with \$12 Fish n' Chips or \$12 Steak n' Chips.



🗽 🗽 CHRISTMAS IN JUL



Every Saturday during July we will have a set menu of all of the delicious food that we love at Christmas, only \$35 per person, book now.



EVERY WEEK @ THE TAV



PICK A BOX - Wednesday and Sunday

CASH COW - Thursday

TOSS THE BOSS - Friday

And finally....all the staff and patrons at the Tav, wish both Pam and Ken a safe and happy holiday. Good Luck Pam!!!





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Juices versus Smoothies

Juice is basically a smoothie with the fibre removed. This means that fresh green juices are an opportunity to seriously load up on nutrients, at much higher densities than with smoothies (and I really mean it... you will load up!) that's because you can only drink so much, and with a smoothie, the fibre adds volume that fills you up using a fraction of the produce that your stomach can hold if you removed the fibre and drank it as juice. So the question is which one is better, smoothies or juices, and the answer to this is "both" have their place in a raw way. I am not referring here to orange juice, pineapple, carrot or beetroot juices. Those are all fine for what they are (liquid desserts, basically), but today I am writing about juice and smoothies as a way to add a daily megadoses of pure liquid vitality that is almost magical, due to high nutrient density and chlorophyll, stemming primarily from the heavy use of greens and vegetables. The reason that not all juices are equal is that there are some juice recipes which have a high fruit content (same for smoothies), which isn't always the healthiest route to go. Don't get me wrong, I am a fan of ³ "whole" fresh fruit and vegetables by chewing them which is necessary for our teeth and digestion too. Organic fresh-pressed green juices rarely need any fruit because using cucumbers and celery in them mellows out any bitterness or intensity from dark greens. As for green smoothies, I am more liberal with the fruit and I'll usually include 2 pieces or Add your liquid. sometimes one piece fruit and a small carrot plus greens, water and any other nutrient-dense additions I feel like adding, such as protein powder, cacao nibs, and herbs. Sea vegetables such as kelp or dulse flakes are nice to add to smoothies to, there are heaps of ways to make a smoothie tasty and if you are hungry there is no better way as to make a smoothie. We all know fibre is important. Fibre plays a vital role in health. That's precisely why I opt to have both green juices and green Add your base smoothies in my life. While I see green juice as a powerful nutrient-dense elixir that is healing, energizing and massively health promoting, I see green smoothies as satiating, choose one or the other perhaps because you are just starting out and only want to buy one machine for your kitchen at a smoothie. However, there a couple of considerations that will help guide you in picking which to start with. First, if you are in need of a way to quickly and dramatically improve your health, perhaps because you are fighting disease, then I would go with green juice, hands down. On the other hand, if you are simply looking for more healthy options in your life, you are not in ill health, and you are a cheerleader for the mantra that 'prevention is hot', then smoothies are a great way to start. Or, if you are looking to get more nutrition in your life, but you don't want to spend a lot of money on the produce, then consider green smoothies. Or if you are looking to add health to your life while taking very little time out of your day, green smoothies are much faster and easier than juicing. If you would like to lose weight, the fibre in smoothies makes them very filling as a super healthy, low-calorie meal replacement. only a blender. A quality high-speed blender such as a Vitamix (which is my favourite) will save time but is on the expensive side, however in theory any blender will do. Macca,

Average blenders cost less than juicers and can be used for a lot of things in the kitchen beyond making smoothies. Juicers, in contrast, are more complicated machines and tend to cost more and are usually used only for juicing. It's worth repeating: I think having both machines and drinking both juice and smoothies is the ideal way to go. They really do different things for different purposes, and both are important.

How do you get green smoothies to be thick and creamy?

Creamy smoothies mean extra content (more protein, fibre, carbs, etc.). This makes creamy green smoothies a great replacement for meals or post-workout drinks. Without further adieu, check out four of my favourite cream boosting tips:

Use fruits with soluble fibre. Soluble fibre makes your stomach feel full. It attracts water and forms a gel-like consistency, which helps to slow and regulate the digestive system making you less hungry. Here are some fruits that are high in soluble fibre and can thicken up a smoothie quick:

- Bananas frozen or fresh are great (I keep overripe bananas, peeled and chopped up, in the freezer), Avocados, Mangos, ripe Pears, and Peaches.
- Frozen fruit helps thicken and chill our green smoothies.
- Use a creamy liquid-base such as Almond Milk, Coconut Milk, Rice milk or any other Nuts. Nut butter is great too as long as its salt less.
- Add chia seeds. Chia seeds have tons of nutritional value and they also do a great job of boosting the cream factor. Soaking the chia seeds for 10 minutes before blending makes it a thick creamy gel. The benefit on chia seed will be explained in my section "Super food" because that's where they belong to.

The first thing to add into your blender is the liquid, which is usually around 1 to 2 cups. Keep in mind the more liquid you add, the more watery or runnier your smoothie will be. If you prefer a thicker consistency, use slightly less liquid. Liquids to use are filtered water or real spring water (no tap water please), nut milk, coconut milk or water, fruit juices, green or black tea, fermented liquid such as rejuvelac or kefir.

The base is what will provide a creamy smoothie texture. Think of it as the body of your smoothie. Many smoothie recipes call for a banana or two. They are a terrific base and grounding and colon-cleansing (from the fibre). But if I had to provide your smoothie with a nice creaminess and sweet taste. Overripe bananas are great to use up. Other fruits mentioned in my article will also do the trick. Water rich fruits like time... I would go more for a green juice than a green watermelon and pineapple won't give you that creamy smoothie consistency. Adding ice is a quick and easy way to thicken a smoothie full of water laden fruits.

Add fruits and/or Vegetables

Now that you have got your liquid and base ready, it is time to add the fruits and/or vegetables. This is also a great time to experiment, get creative, and have fun exploring the various combinations. If you are making a green smoothie with the likes of spinach, kale, beet greens, dandelion greens, arugula, or lettuce, you may want to cut the greens into smaller pieces depending on the power of your blender. You also may want to add the greens into your blender last, after adding any optional add-ons.

Optional Add-ons This is where you can really take your smoothie to the next level of nutrition and tastiness, and have lots of fun doing so. Many of the add-ons below can be And finally, there's the equipment cost. Smoothies require incorporated into a number of recipes. After some different approaches you will intuitively know which add-ons to use in which recipes. Add-ons such as Nutritional Yeast, Kelp, Continued from page 26

Quinoa, Wheat grass or Spirulina, Hemp Seed.

Sweeteners

Most smoothie recipes include enough sweet fruit to bypass a sweetener but if not, there is always honey, stevia, maple syrup and dates. Sweeteners such as agave nectar or Xylitol are very controversial so you better stick with honey or extra fruits.

Salt

A dash of a high quality salt will increase the minerals and improve the taste of your smoothie. I prefer Celtic sea salt or pink Himalayan salt. There are a plethora of good salts to choose from just make sure to avoid white table salt, there is too much fake in it to be nutritional.

Spices

You can also adjust the taste and healthiness of your smoothie by using common spices. Cinnamon, vanilla, ginger, nutmeg 1 cm fresh ginger root and cayenne are a few of my favourites.

Protein powder

If you are making an after workout smoothie or simply 1 carrot (skin on, cut in half) looking to get more protein into your diet, add a high quality 1 cup ice cubes protein powder. My very favourite is a good hemp protein powder. This is available in organic form and I also use hemp Place all ingredients into the Vitamix container or in your high seeds for making milk.

Super foods*

There are an abundance of superfoods available to boost the Process for 30 seconds on high speed (not longer). nutrition of your smoothie such as raw cacao (not cocoa), macca, flax seeds, Goji berries, Spirulina, coconut products (oil, shreds, flakes, meat), bee pollen, acai powder and juice, aloe vera.

Blend it up

Now that you have added all your lovely ingredients into your blender, it's show time.

Add some ice cubes to keep the whole thing cold. Depending on your blender and smoothie ingredients, you may need to start out on a low setting or pulse before getting up to top blending speed. Some fancy blenders even come with a handy smoothie button for extra easy smoothie making. I like to blend my smoothies until the liquid is fully circulating within the blender for about 5 seconds. Total blend time is usually between 30 - 60 seconds depending on the ingredients. It may take you a few stop and goes to get the thing moving. You will soon get the hand of it and soon you will be an expert too. Blending is like riding a bike, once you have learned it you will not forget.

*Super Foods will be covered later



Recipe Corner - Happy blending

Valerie Gunsch

Tip for making any smoothies. The base is always liquid. You can use good filtered water, rejuvelac or what I always have at hand is green tea. I brew green tea in larger amounts say 3-4 cups, fill it in a bottle and keep it in the fridge. I use it most of the time as a base for all my smoothies. Green Tea one of the healthiest teas on Earth. I will go into it some time later.

Love Your Heart Smoothie

This simple and delicious smoothie is packed with healthy nutrients.

1/4 cup water or cold green tea

Juice of one lemon

1 cup spinach leaves

1/4 cup mint

1 medium beetroot (skin on, cut into quarters)

1 apple (skin on, cut into quartes)

powered blender in the order listed and secure lid.

Start on low, increase speed until you reach highest setting.

Drain in milk bag squeezing out all the liquid, drink straightaway.

Good Morning Green Smoothie

½ cup water, cold green tea or rejuvelac

1 cup green grapes

1/4 cup cucumber

½ kiwi peeled

½ medium apple seeded

3/4 cup broccoli

½ inch slice lemon peeled

1 cup ice cubes

Place all in your high speed blender, increase speed as you go to highest position, and blend for about 1 minute.

Smoothie Combination:

Beetroot – Carrot – Ginger – Apple (red)

Kale - Parsley - Carrot - Apple

Beetroot – Carrot – Celery - Cucumber

Triple Berry Smoothie

With their high levels of antioxidants, vitamins and minerals, berries have been linked to all kinds of health benefits, including heart health, enhanced brain function and improved eyesight.

1 ½ cup water, cold green tea or rejuvelac*

½ cup vanilla low-fat yogurt

½ cup red grapes

½ cup each frozen berries (strawberries, blueberries, raspberries

Place all ingredients into blender, increase speed until you reach highest setting, blend for 1 minute or until desired consistency is reached, using the tamper to press the ingredients into the blades. You don't need to add ice cubes if the berries are frozen.

*Rejuvelac is a fermented drink. I will cover this topic at a later stage.

One hundred and ten years of Freemasonry in Beverley

The Beverley Masonic Lodge number 73 on the register of the Grand lodge of Western Australia was founded on the 17th February 1905.

Since that time the Lodge has met monthly except for recess each February. On the 23rd May this year 2015, 41 local and visiting Freemasons attended the 110th Installation ceremony, when popular resident Daryl Storer was installed as Master of the Lodge for the coming year. Daryl will be assisted by the following brethren as officers for the Lodge for the coming year.

Tom Collins, Haydn Rayner, Geoff Rayner, john Martin, Barry Ross, Lew Shaw, Barry Knight, Peter Gogol, Wally Wright, Heng Ee, John Starling, Vin Szczecinski and Fred Bremner.

Three long serving and respect members in Peter Bremner 65 years, Bill Wansbrough 54 years, and Harold Fleay 52 years, intimated that while they will continue to enjoy the Lodge and the fellowship it offers, they no longer wish to be actively involved in the ceremonial activities of the Lodge.

Our Ladies

We appreciate the support we receive from our ladies each year and thank Daryl's wife Lee and those ladies who helped her on the night of the Installation. We look forward, as usual to enjoying their company social events planned the year.

Passing of Merv. Davis and Walter Swan

During the year the Lodge mourned the loss of two dedicated Freemasons, the late Walter Swan and Alfred Mervyn Davis and we thank Olive and Annette for inviting the Lodge to be involved in their funeral services.

New Members

During the year we welcomed Martin Topp as a new member to our Lodge. Martin and his wife Rosie have resided in Beverley for the last 14 years and it was through his mutual connection with local Freemasons who are members of the Beverley Men's Shed that prompted Martins interest in joining the Lodge.

We also have a close connection to the Dangin (Quairading) and York Lodges, where a number of their members have become associate members of our Lodge and a number of our members have done likewise by joining those Lodges.

Freemasonry as a charitable institution

Freemasonry is recognised by the Commonwealth Taxation Office as a charitable institution. Apart from funding charitable works such as Masonic Scholarships and Constable Care, the Board of Freemasons Homes for the Aged currently administers 440 retirement units in 7 metropolitan villages and 239 rental units in 10 metropolitan and country communities together with the Howard Solomon Nursing Home in Lynwood.

Another major contributor to the benevolent fund has been the Freemasons WA Ladies Group headed by Mrs Beth Jancec, wife of the current Grand Master Steve Jancee.

This group will, in October, present Dr. Fiona Wood with a cheque for \$50,000 towards to Fiona Woods Burns Research Foundation.

For information regarding Freemasonry in general or the Beverley Lodge in particular, please contact any of the brethren mentioned above or the Secretary Barry Ross on 9646 0073.

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Well it's been a bit of a quiet month here at Avondale, we have had a bit of rain and the paddocks have all started to green up like the rest of the district. We were lucky to have Joondalup Coach lines come through for a luncheon early in the month and I would like to thank Terry and Glenda Robinson for the lovely food they cooked on the day and also to Mr John Pratt for helping me with the

tours on the day. Many compliments where shouted out to the chef as the food was outstanding.

We have a new addition to Avondale 'Jazz' the pony who has come in very handy over the last couple of weeks, helping to keep the big horses company.

Once again, the section 95 work crew from Wooroloo Prison have visited and resumed their monthly visits and I am extremely grateful for the work the boys put into the place each time they visit.

I always talk about the volunteers that come to Avondale and give me a hand especially with the horses, but I always seem to forget someone. Young Simon and his carer Nick have been a massive help in getting the gardens in the homestead sorted out. Young Simon and Nick have been a huge help with transplanting old plants to the planting of new ones and helping me get some beautiful roses and society garlic plants planted in some of the empty garden beds. The garden is showing signs of being loved once again.

Lastly, a massive thank you to Mark and Bronwyn from Alnwick Clydesdales, and the ladies and gents from the WA Donkey Society for bringing a couple of their little fellas out on Sunday 21st of June. We all had a fantastic day with lots of laughs and enjoyed some delicious morning tea. The weather played nice just enough for us to do what we needed to do and have a bit of fun long reining two little guys at once. Well that's all for now. Mon





Above left: Mikayla and Lady being Long Reined by Mark from Alnwick Clydesdales.

Above right: Donkey's being geared up ready for a Long Reining session

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19th September 2015

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THE BLUE LINE **Beverley Police Station**

57 Hunt Road, Beverley WA 6304

Phone: 08 9646 3333 Email: beverley.police.station@police.wa.gov.au

Hello Evervone

man flu and had to go off sick. I else had **ALL** of the symptoms, I was **Some dogs have fleas.....** weak, sick, hurting everywhere Before I start I'll let you know that for it then we can be found at and in dire need of TLC. I I've heavily edited this section and @BeverleyPol. mentioned to Jane that I thought I it looks nothing like the original interesting actually....... was coming down with a cold to because, apparently, even drug Before I go..... which I got back, "Oh I expect it's dealing pondlife have feelings. Man Flu is it?" This response caused immediate deterioration in I know it's a turn of phrase but it's ANZAC Day ceremonies. I thought my condition. It's real ladies, ask a phrase that is starting to annoy the Dawn Service in particular was any man. Anyway, I'm better now, me. That phrase is "I'm not a dog". superb and thanks for asking......

Crime

was chatting to a Richmond Tigers in town. player who had been on the same flight as me. I asked him who they From what I can work out, being 'a through town just as the march

We've had quite a few livestock thefts taking place which we are You see, my definition of 'a dog' is Take care everyone, until next of items of clothing from washing out of control. A dog would protect Ian & Nick. lines. This, I have to say, is those they love and unusual. A vehicle was reported bite those who do which was believed may have harm to those they been involved in this incident and love. enquiries are still going on in relation to that. What did happen So come on, bring out though is the car was stopped a your inner dog. Tell us short time later and due to diligent who's doing what. By work by Nick both the driver and doing so you'll be passenger were charged with a looking after those number of offences.

What this goes to show is despite protecting those you everyone's hard work we can love. never, ever let our guard down as the ferals are always out there. It's Just leave the biting to our job (the police AND the us.

community, because we are all Technology For all the men out there you'll 'the community') to keep an eye For those who use it we are now understand this, for all the ladies, out for things that don't seem right. on Twitter. Every Police Station in please take note; I recently had Which brings me onto something WAPOL will have their own Twitter

I've heard it a few times recently, everyone involved in it, from those particularly whilst speaking to who organised the day to those I was at the airport recently and people about the supply of drugs who turned up at a very cold 4am

were playing to which he replied dog' seems to mean that you was about to take place was a "The Dockers". I told him he might consider letting us know who is stroke of genius. Well done to as well get back on the plane as supplying people in town with John Lane for arranging that! they would get beaten easily. drugs unacceptable. To be a bit At least it warmed up later on...... Richmond beat The Dockers. I more brutal, you think letting us should have kept my mouth shut. know who is doing harm to your Not a great lot more to say apart Likewise, I should have kept my friends, family, and loved ones is from it's getting wetter so watch mouth shut about last months not the done thing. You think that out on the roads. crime figures being way down drugs are bad but letting the police I've just sniffed again so I'll dash because they've gone way up know who's supplying them is off and have some chicken noodle actually worse. Am I right?

investigating and a few odds and different. A dog wouldn't just stand time, ends in town including the stealing by and let their friends lives spiral

you love. You'll be

accounts by the end of the year. If you use Twitter or want to sign up lt's auite

I forgot to mention the other week what a great turnout for both credit goes (I couldn't find my jumper so I was ridiculously cold!). The train going

soup.....



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Valenti Lawyers will be at the Quairading Community Resource Centre on Wednesday, 29 July 2015 from 10.00am to 5.00pm to take instructions in relation to estate and succession planning, property and commercial matters.

Any person wishing to obtain advice in any of these matters should contact our Kim Valenti's personal assistant, Simone Poor, on 9224 6222 to arrange an appointment or feel free to call in on the day.

Please visit - www.valentilawyers.com.au

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12.00 – 1.00 4.30 - 9:00	Soul & Inspiration - Susan Metamorphosis – Bob
MONDAY 6.00 – 10.00 10.00 – 1.00 1.00 – 4.00	Monday Breakfast - Bob Mustang Sally - Susan Folk/Swingin' Jazz Club - Peter
4.00 – 7.00 7.00 – 10.00	Celtic Note - Joe Classical Sounds - Chris
TUESDAY 6.00 – 9.00 9.00 - 12.00 12.00 - 3.00 7.00 – 10.00	Tuesday Breakfast - Bob Around The World – Leila Country Roads with Joe – Joe Old Guys Rock - Terry
WEDNESDAY 9.00 – 1.00 1.00 – 4.00 4.00 – 7.00 7.00 – 9:00	/ A Little Bit of Everything - Joe Potpourri - Peter Legends and Locals - Mark Back to the Future – Frank
THURSDAY 6.00 - 9.00 9.00 - 12.00 12:00 - 3:00 3.00 - 6.00 6.00 - 9.00	Thursday Sunrise - Rhonda Mustang Sally - Susan Kaleidoscope – Chris Sweet with a Beat - Keith True Rock 'n Roll - Milo
FRIDAY 6.00 – 10.00 10.00 - 1.00 1.00 – 4.00 6.00 – 9.00	Friday Breakfast - Bob Tessography – Tess Kornucopia - Kazza Friday Night Country - Milo

Station Phone Number 9641 2422

Show - Terry

11.00 – 3.00 Saturday Mix – Graham

9.00 - midnight Late Night Nic - Nic

SATURDAY

6.00 - 9.00

5:00 - 10:00

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Facebook.com: Voice of the Avon 101.3 FM

Saturday Morning Variety

The Time Zone - Kazza

- with live streaming

Website: www.voiceoftheavon.org.au – live streaming Voice of the Avon 101.3 FM 90.5 hours of local presenters each week.

Effective 24 March 2015





Small landholder news

Small Landholder Information Service



At this time of year plants will start to slow down but there is still plenty to do around your property.

If you are intending on doing any grafting later in the year collect dormant wood from stone or pome fruit and store in a cool room/fridge, wrapped in damp paper sealed in a plastic bag, until spring.

Monitor stock for a drop in condition as cold weather sets in. You may need to increase roughage supplement as cold slows pasture growth. Livestock need to have enough food to ensure that they can maintain their body temperature.

Your animals will also require shelter. If you have manmade shelters for your animals check after rain events to ensure that they are not excessively muddy or waterlogged. Shelters which remain wet for long periods after rain can cause problems for animal's hooves. Consider improving the facilities for next season and if significant works are required, put in temporary measures.

Pretty but poisonous and harmful; the three prime targets which need to be controlled now before they develop flowers and seed heads are cape tulip, Paterson's curse and arum lily. For information on control methods and management strategies visit the Department of Agriculture and Food website agric.wa.gov.au.

An updated version of the Department of Agriculture and Food's 'The Land is in your Hands' is now available electronically for property owners looking for information on managing their property more sustainably. For a copy of the revised document contact the Small Landholder Information Service small.landholder@agric.wa.gov.au.

Don't forget to rotate the different families of vegetables in your vegetable patch e.g. brassicas, legumes etc. This practice will maximise yield by minimising pests and diseases, reduce chemical use and manage nutrient requirements. Continue planting beetroot, broccoli/cabbage/cauliflower family, carrots, celery, lettuce, peas and parsnips. Last plantings of potatoes and strawberries.

If you are getting low on fire wood and you harvest your own remember to keep yourself safe by: wearing the appropriate PPE, never operating a chainsaw alone, considering the tree (you don't want it to move unexpectedly) and don't overdo it. Cutting and stacking wood can be tiring so take breaks and get someone to give you a hand. Store wood out of the weather so that it can dry out if damp.

For more information on other small landholder events, visit our SLIS Facebook page (<u>facebook.com/DAFWAsmalllandholders</u>) or website (<u>agric.wa.gov.au/slis</u>).

Until next time, Jodie.



Notice of Annual General Meeting Avon Zone WAFarmers

All Members, Non Members, Interested or Prospective Members welcome to join us to maintain our Zone by electing office bearers who we want to attend industry meetings on our behalf.

We have a few office bearers who hold positions at State level so Succession Planning required to keep Zone relevant. Paid Coordinator's position available contact Sue.

Head Office will be reporting in the General Meeting 4.20 pm on progress of the Reconnect Campaign, Updating Policy, Clarifying as much as possible the Chain of Responsibility legislation - Compliance & Enforcement, CBH, Tier 3 & Transport, Opportunities for Agricultural Trainees, DAFWA, BAMA reports and other. It is a great opportunity to listen, question and raise your point of view where it could make a difference and we are grateful to Stephen Brown CEO and Dale Park President for making the commitment to attend all Zone meetings so come and enjoy a cup of tea or a drink at the bar with us all.

Open House - Greenhills Tavern

Date: Thursday 2 July 2015

Time: 3.30 pm Cuppa for 4 pm Meeting

Location: 8 Greenhills Road, Greenhills 6380 Phone: 9641 4095

Crop Inspection in transit - Grains Report in General Meeting.

Pool Competition – new room



WAFarmers & PGA versus the Rest. Come & join in from 6 pm. Contact Sue Pike Volunteer Coordinator - Mobile 0488 423 888 with your RSVP for catering or Head Office 2100. Avon Zone WAFarmers - Beverley, Brookton, Cunderdin, Quairading, Tammin & York Districts.

CRANA Aboriginal Corp Inc.



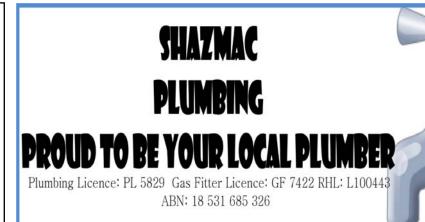
From the 01 July 2015, CRANA Aboriginal Corporation will be in operation from 12 Hope Street, Beverley.

It is our groups intention to seek clarification from South West Aboriginal Land and Sea Council, in regards to settlement that may have been reached between Premier Colin Barnett and the Indigenous Land Owners.

In the meantime Mal G Roberts is seeking legal advice on behalf of our corporation, an emergency meeting will be held after all information has been gathered.

Mal G Roberts Adviser

Mitch Henry President



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beverley Playgroup Inc.

Come along Thursday mornings from 9.30am at our new venue.

We are now located at the Amenities Building at the Beverley Oval.

All children 0 - 4 years old and their carers welcome.

Bring a hat, sunscreen and a piece of fruit to share.

Yearly fees (one off):

- Normal \$30 insurance + \$5 rental contribution
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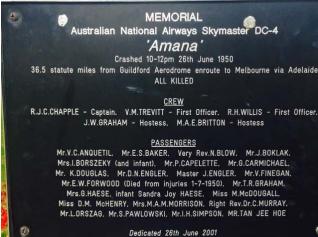
65th Anniversary of the 'Amana'

On Friday 26th June 2015, flowers were laid at the 'Amana' memorial site in front of the Aeronautical Museum on Vincent Street, to mark the 65th anniversary of one of WA's worst air disasters.

The Douglas DC-4 Skymaster aircraft departed from Perth, Western Australia for an 8 hour flight to Adelaide. It crashed 18 minutes after take-off, 32 nautical miles (59 km) from Perth Airport. All but one of the 29 occupants were killed in the accident and the sole survivor died six days later.

It has been a long standing tradition in the Beverley community that 29 flowers are laid at this site on the anniversary of the crash.

Mr Peter Chapple (son of the Captain of the Amana) bought both sons James and Rob from the Eastern States to see the crash site, located 19kms NW of York with Roma Patton and Shorty McNamara. The family members visited Beverley on Thursday 25th June and looked through the Aeronautical Museum and then on Friday 26th June laid flowers at the Amana wheel.





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BEVERLEY PATCHWORKERS AND QUILTERS

Somehow we missed the June issue, it all happened whilst we were in the midst of our move into the Moash building at the school, thanks to the generosity of the school principal. The move went very smoothly and efficiently thanks to everyone pitching in, along with several husbands with trailers.

A great deal of fun was had by us all when Janine ran a 'bear making' workshop, as our special day in June. Most of us went home with bears in various stages of completion. The assembling process proved tricky but at the same time beary amusing. We had bears with heads on crooked, feet put at the top of legs, stuffing holes stitched over and paws put on the wrong way round. All these hiccups provided us with lots of laughs, some frustration but altogether a great day. Well done Janine and we thank you for your efforts.

Some very creative projects are emerging from our fabric dyeing day back in May, and this is great to see. It really is amazing what we can come up with when we have a go.

If anyone in the community would like to join us, we meet each Tuesday from 10am. Even if you don't sew or are not sure come along, have a cuppa and just check us out. Call Jan Sherwood on 9646 0796 for details.



Above - In their new premises at the Moash Building.



Above - Bear Workshop with Janine

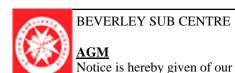
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upcoming Annual General

Meeting:
When: Tuesday 28th July, 2015

Time: 7.30pm

Where: The Beverley Sub centre

We have four positions becoming vacant on the committee. Nomination forms are available from Beverley Farm Services or Avon Trading Co, or email request to the secretary bevsja@westnet.com.au
Nominations must be completed and lodged with the secretary by Tuesday, July 21st or mail to: PO Box 152, Beverley 6304.

All members of the community are welcome to attend. If you wish to participate in the voting, you will need to be a member of the Sub Centre and pay an annual membership fee of \$5 to the secretary by 11th July (local benefit membership is not the same.) Current active volunteers of the Sub Centre and Life members have automatic membership. We would appreciate if all current volunteers could attend. We look forward to your support. If you need further information, please contact our President John Lane on 9646 1306 or our Secretary Sharvn Morrell on 9646 0646

Promotions Officer Wanted

Position responsibilities include:

- 1. Writing the quarterly communique.
- 2. Monthly notices in the Beverley Blarney.
- 3. General promotion of St John Ambulance within the community.

If you are looking for a way to serve the community or you find enjoyment in writing, then this position could be for you. Contact Michelle Drury on 9646 1208 for more information.

Thinking about volunteering?

Our current crew of volunteers are very busy people and we need more committed, community minded people to get involved in our sub-centre so the high quality service we provide can continue into the future. You will learn valuable, life-saving skills, and be a part of something very rewarding. Do you want to make a difference? You can!

To find out how you can get involved, email our subcentre at

bevsja@westnet.com.au for more info.

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Anglican Parish Beverley/Brookton Times for services for: July 2015



Date	CHURCH LOCATION	TIME	SERVICE
Sunday 05 July 2015	St Mark's Brookton	8.30am	Holy Communion
**Sunday 05 July 2015	5 July 2015 St John in the Wilder- ness, The Dale		Holy Communion
Sunday 12 July 2015	St Mark's Brookton	8.30am	Prayer, Praise & Proclamation
Sunday 12 July 2015	St Mary's Beverley	8.30am	Prayer, Praise & Proclamation
Sunday 19 July 2015	St Mark's Brookton	8.30am	Holy Communion
Sunday 19 July 2015	St Mary's Beverley	10.30am	Holy Communion
Sunday 26 July 2015	St Mark's Brookton	8.30am	Prayer, Praise & Proclamation
Sunday 26 July 2015	St Mary's Beverley	8.30am	Prayer, Praise & Proclamation
Sunday 2 August 2015	St Mark's Brookton	8.30am	Holy Communion
Sunday 2 August 2015	St Mary's Beverley	10.30am	Holy Communion
Sunday 2 August 2015	St John in the Wilder- ness, The Dale	10.30am	Prayer, Praise & Proclamation

^{**}This Sunday in The Dale will be the last service for Rev'd Carol Whitcombe in the Parish before she retires on 12th July.

All are welcomed to join for this service and for a bring and share lunch to follow.



Telephone contacts: Beverley - 9641 6023 or 9646 0522. Brookton - 9642 1373 or 9642 2357 Parish correspondence to: P.O. Box 292, Beverley.

All mail for St. Mary's Society please address to: P.O. Box 292, Beverley.

BEVERLEY CHRISTIAN FELLOWSHIP

Bible study Monday evening at 7.30pm Followed by supper and a time Of caring and sharing fellowship Place alternating homes

Visiting Pastor from independent ministries SWOT (South West Outreach Team) 1st Wednesday of the month 10.00am Place 16 Barnsley Street, Beverley

Enquiries 9646 0282 or 9646 0546

BEVERLEY HOME CHURCH

Meet 1st and 3rd
Saturday of each month
Meeting at 3.30pm
Fellowship meal at 6.00pm
Followed by a games night
Place 16 Barnsley Street,
Beverley

Enquiries - 9646 0546



CATHOLIC CHURCH

Service in Beverley 8:00 am every Sunday at Beverley Sacred Heart Church Lukin Street, Beverley



THE RELIGIOUS SOCIETY OF FRIENDS (QUAKERS)

Beverley Friends Meeting Old Catholic School Rooms Dempster Street

Sunday 10:30am - Meeting for Worship

For more information & enquiries phone 9646 0575.



The Church of United Spiritualism

Please contact Rev Irene on 9646 0470 for details.

DRUG & ALCOHOL COUNSELLING

The Wheatbelt Community Drug Service Team will be visiting Beverley Hospital fortnightly.

For appointments please phone Jackie Darby on 96211 055.

Meals on Wheels **Roster for**

July 2015

July 01 A Elston

July 02 K Badger July 03 S Negus

July 06 J Johnson

July 07 M Smith

July 08 D Strange

July 09 P & K Smith

July 10 B & J Howell

July 13 B Wauchope

July 14 B Sims

July 15 G Courtney/M Alford

July 16 G Roache

July 17 B Foster

July 20 N Darr

July 21 G & R McCallum

July 22 D & E White

July 23 A & K Boyle

July 24 G Redding

July 27 A Elston

July 28 S Eramiha

July 29 K Badger

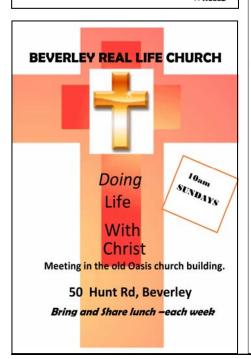
July 30 S Negus

July 31J Johnson

Do you want to volunteer? We are always happy for new volunteers to join our crew.

Contact 9646 3200





BEVERLEY DIABETES SUPPORT GROUP

Meets at the O.T. Room, Beverley Hospital WHEN: 2.00pm til 4.00pm

The support group will meet every second Tuesday of the month. Contact Sylvia Seddon on 9646 1072

Type one and two diabetics of all ages are encouraged to attend as well as other members of the public interested or suffering from diabetes. Please park on the road or behind the St John Ambulance Centre.

BEVERLEY CHILD HEALTH CLINIC

Clinic is open Fridays for appointments, home visits and/or immunisations 9am to 4pm.

For appointments or enquiries please phone the hospital on 9646 3200 or 0427 901 321.

LISA WAY — Child Health Nurse





Media Release! Media Release! Media Release!

NOMINATE A MATE!

The search is on for individuals, businesses and community groups that are making a difference in our local community through the annual Western Australian Regional Achievement and Community Awards.

"Beverley Shire invites all residents to consider nominating an individual, business or group that is helping to reshape and inspire our community. If you know someone that has provided support and made a real difference in your life, why not give them a pat on the back and nominate them for an award. It would be great for our community contributors to be showcased in these Awards" said Cr Dee Ridgway, Shire President, Beverley Shire

Nominations are now open in the following categories:

- · Insurance Commission of Western Australia Regional Safety Award
- LandCorp Sustainability Award
- Perth Airport Events and Tourism Award
- Prime Super Community Group of the Year Award
- Horizon Power Leadership and Innovation Award
- Rinehart Development of Northern Regional WA Award
- Curtin University Teaching Excellence Award
- Worldwide Printing Solutions Sports Award

All category winners will receive \$2,000 thanks to the Commonwealth Bank.

One of the eight winners in this year's Western Australian Regional Achievement and Community Awards will be selected as the Department of Regional Development Overall Award winner and will receive an additional \$2,000 from the Commonwealth Bank.

Nomination enquiry brochures are available from the electorate office, sponsors or by contacting the Awards Office on 08 9201 1155, emailing wa@awardsaustralia.com or by nominating online at www.awardsaustralia.com

Nominations close Friday 7th August 2015.



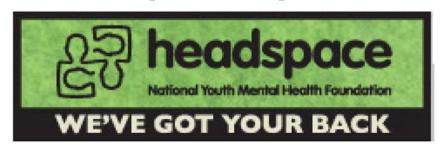
Beverley District High School

For more information about the school, visit our website!

PARENT AND COMMUNITY WORKSHOP

Mental Health and Wellbeing in Young People

MONDAY JULY 20th 2015 6pm - 7.30pm



As part of the Beverley DHS whole school approach to supporting mental health and wellbeing for our students, we will be hosting a parent and community workshop run by the HeadSpace team. The workshop will address issues related to depression and mental health in young people. Topics will include

- should I be concerned about my child?
- what is self-harm and what does it mean?
- how can I support my child's resilience and wellbeing?
- talking about suicide and how to respond
- where can I go for more information and help?

All welcome. Please bring your questions and concerns. This workshop is designed for adults. Separate workshops will be presented for students on a different date.

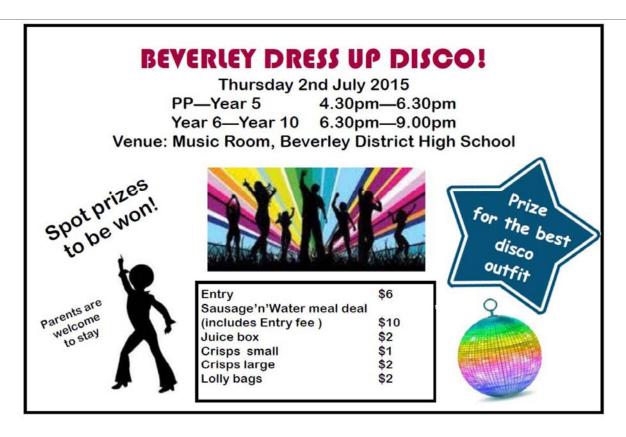
ZERO to HERO day

The Student Council at Beverley has organised Zero to Hero day, to be held on Friday 3 July, to increase awareness of mental health issues in young people.

Staff and students will be dressing up as their favourite heroes, and games and activities will be held throughout the afternoon.

A gold coin donation will be appreciated. **zero2hero.com.au**





The P&C's Dress Up Disco looks like it will be a lot of fun. Parent help would be welcome, so please let a P&C member know if you would be available to help out.

Winter Carnival at Beverley

Beverley DHS hosted a successful Winter Sports carnival for Primary students on Friday June 12th, with students from York, Pingelly and Brookton attending on the day and enjoying netball, football and soccer. Kind thanks to all our parent and community helpers in the lead up to the carnival and on the day, and to secondary students for umpiring and providing invaluable assistance.













Myths about Lyme Disease in Australia

There are a variety of myths in circulation regarding Lyme disease in Australia. Below is a list of the most common myths along with an explanation to assist in dispelling such. There is of false negative blood test results for Lyme no Lyme disease in Australia - FALSE. This is false. The misconception that Lyme disease does not exist in Australia is based on a study in 1994 by Russell and Doggett. There were numerous problems with this study and it's methodology, which are the focus of an upcoming article in the Medical Journal of Australia. By contrast Willis was able to identify the bacteria that causes Lyme Disease in Australian ticks in 1995. In addition to this Carly and Pope found an Australian strain of Borrelia, Borrelia Queenslandica in 1962. A 1959 study by Mackerras isolated Borrelia on Australian fauna - kangaroos, wallabies and bandicoots, this was also omitted. Adding to this is the fact that a large number of diagnosed Lyme Disease patients in Australia have never travelled out of Australia. More study desperately needs to be done on Lyme Disease in Australia.

Putting Methylated Spirits, Vaseline or Ether on a tick will help remove it - FALSE

This is *false and dangerous*. It is vital that nothing is added to the tick and that the tick is not squeezed or it will inject its host with the disease ridden contents of its stomach. Please visit our tick removal section for the correct removal process.

The tick that causes Lyme disease is not in Australia - FALSE

This is false. This assumption is based on the false understanding that only deer ticks can transmit Lyme Disease - this has been proven to ILADS website - we couldn't explain it better be false for many years in the USA and Europe, where there are numerous ticks that transmit If you have a negative Lyme disease blood test, Lyme Disease - some of which are in Australia. The main tick areas in Australia are outlined on the Karl McManus Foundation website.

Lyme disease cannot be transmitted from one person to another - FALSE

This is false. Lyme disease has been found in stillborn babies who's mother was infected with Lyme disease (see here for numerous citations). There are a growing number of children in Australia diagnosed with Lyme disease who at least 15,000 people with Lyme Disease have never travelled out of Australia and who's mother has Lyme disease. Syphilis and Lyme disease have similar etiologic, clinical, and epidemiologic characteristics (and both are caused by spirochete bacteria).

Because Syphilis can be transmitted sexually there is a theory that Lyme disease can also be transmitted sexually (backed up by the fact that the bacteria that causes Lyme disease has been found in semen and vaginal secretions). More study needs to be done on the sexual transmission of Lyme disease, which is currently a controversial diagnosis.

Lyme disease testing is 100% reliable - FALSE This is false. Testing for Lyme Disease is not currently reliable, and so the diagnosis of Lyme disease is a clinical diagnosis based on medical history and clinical symptoms. The testing is unreliable for two reasons – firstly the bacteria that causes Lyme Disease often does not reside in the blood but in tissues, heart, nervous system, in collagen and in joints, which makes it very difficult to isolate during a blood test. Secondly, testing

bacteria is hampered by the fact that the Lyme Disease bacteria directly supresses the immune system and the production of antibodies against the bacteria. This means that there is a high level Disease. The consequences of this fact are that a negative result for a blood test for Lyme Disease is not proof that a patient does not have Lyme Disease, rather that their immune system has not been able to mount an adequate defence against the infection. Anecdotally it has been found that the sicker a patient is with Lyme Disease, the higher the chance that they will receive a negative blood test - sometimes after successful treatment of the Lyme Disease and resolution of symptoms, the blood test will come back positive, when it was previously negative. Adding to this is the fact that the testing for Lyme Disease in Australia is very unreliable - most Lyme Disease patients send their blood to the USA or Germany for testing.

Two tier testing of Lyme disease is accurate -**FALSE**

This is *false*. "The step 1 tests are insufficiently sensitive to be used as "screening" tests. [Trevejo R, JID 1999; 179:931-8.] Western blots, increase specificity but, following a step 1 test, further decrease overall sensitivity. The bands included in the Western blot interpretation schemes were chosen on a statistical, rather than a clinical, basis.[Dressler F. JID 1993; 167:392-400.] Recently, the C6 peptide ELISA alone was proposed as an alternative to the two-tier approach. Unfortunately, the C6 ELISA also lacks adequate sensitivity for clinical use.[Bacon R. J Infect Dis 2003; 187:1187- 99.]" (quoted from the ourselves).

you don't have Lyme disease - FALSE

This is *false*. Lyme Disease is a clinical diagnosis based on medical history and clinical symptomology. Please see above regarding testing - you can also see here for more information.

Lyme disease is rare in Australia - FALSE

This is *false*. Lyme Disease diagnosis is not common, but Lyme disease itself appears to be grossly under diagnosed in Australia and there are diagnoses in Australia (and conservative estimates suggest another 200,000 undiagnosed people) - this does not make it rare, especially when most Dr's are not trained in diagnosing or treating Lyme disease. Lyme Disease is often misdiagnosed as MS, Motor Neurone Disease, Parkinson's Disease, Lupus, Alzheimer's Disease, Fibromyalgia, Chronic Fatique, and numerous psychiatric illnesses. Because the symptoms of Lyme Disease are unique to each person and because so many body systems can be involved it is a difficult disease to diagnose without specific training. For a more complete listing of symptoms of Lyme Disease, please see here. More research into the extent of Lyme disease in Australia needs to be done.

A one off dose of Doxycycline after a tick bite can prevent you contracting Lyme disease - FALSE This is false and dangerous. As it increases the chance of you going on to have long term Lyme Disease – at least 28 days of specific antibiotics are required to lower the chances of contracting Lyme Disease. Treatment of acute or chronic

for an immune response to the Lyme Disease Lyme Disease requires treatment for much longer.

> Everyone gets the Lyme disease rash - FALSE This is false. Only 35% of people with Lyme Disease get the classic bulls-eye rash.

> If you didn't get bitten by a tick you can't have Lyme disease - FALSE

> This is false. Only 30% of people who are diagnosed with Lyme Disease remember a tick bite. The tick injects local anesthetic into your skin before it bites you, so that it may stay attached longer. This means that most people don't remember the tick bite at all.

> If you remove a tick within 36 hours it cannot give you Lyme disease - FALSE

> This is false. At any time during the tick being attached it can regurgitate the infectious disease containing contents of its stomach into your blood stream. This is why removing the tick carefully is so important, as squeezing the tick has the same effect.

> If you have Lyme disease, you just need 1 month of antibiotics and it is cured - after that it is Post Lyme Syndrome - FALSE

> This is *false*. Lyme disease can affect every system in the body. Because it is a slow replicating bacteria it is also very difficult to kill. For this reason some people will be on antibiotics for up to 2.5 years (or longer), especially if they are very sick, have been sick for a long time or have neurological Lyme Disease. Lyme disease is treated until a period of time after all symptoms have resolved (to make sure that the majority of bacteria are killed) stopping treatment prematurely dramatically increases the likelihood of a relapse, and a higher bacterial load than before treatment, which can prolong treatment even further.

There is only 1 type of Lyme disease - FALSE

This is *false*. There are 14 genospecies of Borrelia Burgdorferi senso lato (the bacteria that causes Lyme disease) - which includes BB senso stricto. This diversity is thought to contribute to the antigenic variability of the spirochete and its ability to evade the immune system and antibiotic therapy, leading to chronic infection.

The only symptoms you get with Lyme disease is arthritis - FALSE

This is *false*. One symptom of Lyme Disease can be atypical arthritis, however, it is not the only symptom. A more <u>detailed symptom list is</u> available here.

Lyme disease only gives physical symptoms-FALSE

This is false. The bacteria that cause Lyme disease can penetrate into the brain, they can cause numerous neurological and psychiatric symptoms in some patients - for more information, please see here (psychiatric Lyme disease treatment tools).

Lyme disease isn't that serious - FALSE

This is *false*. Lyme Disease (particularly neurological Lyme disease) can be fatal. Visit the Karl McManus Foundation for Karl McManus's

The Centres for Disease Control and Prevention's definition of Lyme disease misses a lot of Lyme disease patients- TRUE



NWS Holiday Sports Program

Beverley



Keep an eye out for more details around your local town and on our facebook page!



All school age kids welcome. Includes a healthy lunch!

Thursday 16th July 2015 Date:

10:00 a.m. - 2:00 p.m. Time:

Venue: **Beverley Oval**

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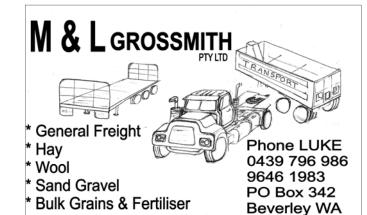
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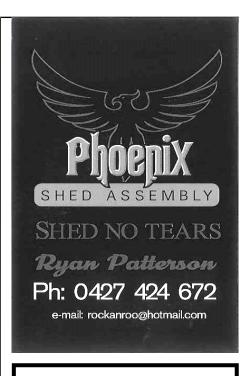
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GYM MEMBERSHIP

Gym memberships can be obtained from the Shire office or from www.beverley.wa.gov.au

Beverley Gym, is located at The Old Courthouse, Vincent Street.





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Avondale Farm Project Association (AFPA)

Monster Cake Stall thanks to everyone who donated or purchased from the Monster Cake Stall on June 13th.

Congratulations to all of the following raffle winners.

- Joy Roki won the horse head.
- The Beverley Country Kitchen won the \$50 raffle. \Rightarrow
- Elaine Winton won the wood raffle and donated it to Tom. (not sure of the surname, but very generous of you Elaine. Thank you to Max Hunter who once again donated the chopped wood for the raffle.
- Elaine Emms won the Free Supporters Raffle of the My Little Ponies head band and clip.

The funds raised from the cake stall will go towards vet bills and upkeep of Comet and Robbie, our beautiful Clydesdales. Thank you to the Beverley community for your support.

Batteries

Our AFPA battery drive is going really well and we are getting lots of donations. This drive will continue so if you have any old batteries, please contact us and we will organise for them to be picked up from

Clydesdales

Comet is back from surgery and looking well thanks to the care and love given to him from Mitch and Monica. Again, thanks to Pauline Appelbee who has transported both horses to the vets many times over the last couple of months.

Avondale Open Days

AFPA volunteers will be around on the 18th and 19th of July to show you around the museum at the farm. Please come along and have a great day. Avondale is situated 6kms down Waterhatch Road, Beverley.





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Working with Warriors Understanding Anxiety

Anxiety is an umbrella term for feelings of fear, nervousness, apprehensiveness or worry such as negative thoughts and seeing potential threats where they don't exist.

Everybody gets anxious at times and some anxiety actually helps us to function well BUT anxiety can become a problem when:

- It happens too often;
- It goes on for a long time;
- it stops us from doing things that we want to do.

Symptoms can be *psychological* (feeling frequently worried, tired, irritable and weepy with difficulty concentrating) and/or *physical* (including rapid breathing, rising blood pressure and pounding heart, a sense of restlessness or feeling on edge, muscle tension, sleep disturbance and nausea/sickness).

There is no single cause for anxiety but there are several factors that may contribute to its development:

- Brain Chemistry most strongly implicated here are imbalances of serotonin and dopamine that regulate thought and feeling makes for feeling depressed and anxious;
- Heredity anxiety disorders run in families. Children are at higher risk if parents have an anxiety disorder- learned behaviour;
- Life Experiences any distressing or traumatic experience may be ground for the development of anxiety. Exhaustion and certain medications can also be triggers for anxiety;
- Drug Use stimulant drugs like amphetamines and caffeine can trigger anxiety. Prolonged amphetamine use can cause feelings of panic and anxiety that last for years after the drug is stopped.

Some tips that may help you deal with your anxiety include:

- Self-awareness identify the symptoms early. Ask yourself "what is making me feel this way?" You may be able to change the "anxiety-making circumstances" but if not you can deal with it better if you acknowledge it;
- Interpret it positively anxious about a situation? Instead of viewing as threatening put a positive interpretation which will reduce the anxiety to a more manageable level;
- A little anxiety is a good thing too much is damaging but too little can mean you may not perform to your best ability. View anxiety as a resource you can manage;
- Diet the gut flora can get out of balance eg. use more probiotics and omega3 foods. Research has shown maintaining a balanced diet can reduce anxiety symptoms.
- Exercise boosts levels of vital brain chemicals like serotonin, dopamine and norepinephrine that may reduce stress and anxiety.
- Relaxation and meditation programs can help reduce stress, anxiety and depression. You can find many resources for these online eg. progressive muscle relaxation.
- Therapy there are some good programs that are offered by psychologists/counsellors that help to re-program those unhelpful and negative ways of thinking that underpins anxiety.

Situations, or life events, can come from many places including relationship issues, financial burden, physical health, trauma, or just dealing with difficult times. As these situations develop we need to take steps to reduce anxiety for ourselves and for those close to us. Remember ...before it all gets too much... Talk to a Mate!



Tim and the Team The Regional Men's Health Initiative delivered by Wheatbelt Men's Health (Inc.) PO Box 768, Northam WA 6401

Phone: 08 9690 2277

Email: menshealth@4blokes.com.au





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Beverley Men's Golf

Fine weather greeted 14 golfers on Saturday 30 May for the Brett Hutchinson Trophy.

This week saw a number of very good scores but none better than Wayde McLean who won the day with a very impressive 41 points. The every green Fred (China) Sing scored 39 points to be in second place with John Islip, Graeme Hagan and Gavin Sazanov scoring 35 points each, tied for third.

Well done to Thomas McLean who completed his first full round of golf to record a very respectable 25 points.

Thanks are extended to Brett Hutchinson for sponsoring the day.

Saturday 6 June saw the 2nd Qualifying Round held. The day was sponsored by Wayne Smith and our thanks are extended to him.

In cool conditions a field of 12 took part in the day. It was great to see Bruce (Frostie) Kilpatrick play his first game of the year. Mark Bickley had a day out and won the day by six shots with a tremendous score of 63 nett from John Donovan who also had a great day shooting 69 nett.

The best gross score was also shot by Mark with 82 for the day.

Appreciation is extended to Wayne Smith for sponsoring the day.

Saturday 13th June witnessed 11 players take part in the Beverley Electrical Trophy. This was a Stableford event.

At the completion of the day Mark Bickley was named winner with 39 points, one clear of Stephen Gollan 38 points and in third place was Bruce Kilpatrick with 36 points.

The club would like to thank Karl Smith for sponsoring this day.

On Sunday 14th June the first Darling Range Golf Association event was held in Waroona. This was a 27 hole Stableford event with Beverley sending 4 players.

Beverley was represented by Wayde McLean, Bruce Kilpatrick, John Donovan, and Stephen Gollan. Stephen Gollan had the best score from the Beverley crew with 48 points.

Cold windy conditions greeted 12 golfers on Saturday 20th June to play for the prestigious GL Broun Trophy which has been sponsored by the Broun Family for some 58 years.

The trophy is played in a Stableford format over 18 holes. The winner of the day was Gavin Sazanov with a great score of 41 points, with Runner Up going to John Donovan with 37 points.

Once again our thanks are extended to the Broun Family for their continued support this event.

Golf fixtures for the month of July are as follows:

Friday 3rd	Primaries Day	Ambrose in 3's	Men's & Ladies arrange own partner
Saturday 4th	Club Trophy	Stableford	Brookton Four Ball Better Ball
Sunday 5th	AVGA – Brookton Open Day	Stableford	
Saturday 11th	Club Championships – Quarter Finals (9am)	Match Play	
	Club Championships – Semi Finals (12.30pm)	Match Play	
	Club Trophy (12.45pm)	Par	
Sunday 12th	DRGA – Pickering Brook Open Day	Stableford	
Saturday 18th	Club Trophy	Stableford	
	AVGA – Kweda Open Day	Stableford	
Saturday 25th	Wayde and Kathryn McLean 4 Ball Better Ball	Stableford	Arrange own partner. Tee off - 12noon
Sunday 26th	AVGA - Springdell Cup	Stableford	Please bring a plate of savouries

BEVERLEY NETBALL GLUB

The Beverley Netball Club is almost at the end of their season, with 3 fixtured games remaining for both teams and the semi finals set to commence in early August. On the ladder the Beverley teams aren't looking too flash but they sure do look good on the court!!

The club hosted a players dinner on Saturday 06 June at the Amenities building, there were so many casseroles and players making this the biggest dinner that the club has hosted. A big thank you to Glenys Petchell and Ingrid Bell and their band of helpers for making the dinner so wonderful. To Jodie Bell and Jo Copping, you both must be congratulated on the outstanding games games on the night. The included: nosedive. situation, matchmaker, card ninja, chocolate unicorn and pink elephant. Well done Cara Hammond the overall winner on the night. If you are curious or need a laugh, then check out the photo's that have been posted on the club's Facebook page, they are hilarious.

The Derby is on Friday 03 July at the Beverley courts, the Spinners and Hunters will be battle it out for the Jurakine Shield that has been sponsored by the Ridgway family. The shield is currently held by the Hunters team, be sure to get down to the courts and support your team.

The end of year wind-up is fast approaching and the date has been set for Saturday 15 August at the Amenities building. The wind up is always a great way to finish the season and we are sure that the evening will be an absolute blast. Details are still being finalised by the committee, your team captain will pass on more details about the evening soon.

Finally we have a few thankyou's, firstly a big thanks to our sponsors for your ongoing support that allows our club to continue to grow and develop within our community. To our bus drivers Monica Van Der Snoek, Brad Copping and Wayne Ashworth thanks for transporting the teams to the games and home again, your support is greatly appreciated and finally thank you to our supporters, we do appreciate you following us. Till next month, see you on the courts.

Photo's from top to bottom: Linda Lewis in the minute to win it challenge of Nosedive, Overall Champ Cara Hammond in the Card Ninja, Jess Fleay(left) and Trinity Green (right) playing Sticky Situation and Lydia Ugle (left) and Makayla Webb (right) fighting it out in Match Maker.









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Beverley Ladies Golf Results

April 29th Anne Szczecinski Trophy

> Yvonne Hobbs 35 Points on C/B Winner:

Runner Up: from Maxine Watts N/P 13 Maxine Watts Long chip/putt Marg Peck

Sera Minchin/ Yvonne Hobbs Trophy Pairs May 6th

> Lorna Barrett-Lennard / Winners:

Jane Murray

Runners Up: Sera Minchin /

Yvonne Hobbs 47 Points

49 Points

Marg Peck Trophy May 13th

> 38 Points Winner: Glenys Collins Runner Up: Val Moir 36 Points

N/P 5 Maxine Watts Best 2nd 18 Jane Murray Long Putt Maxine Watts

May 20th Maxine Watts Trophy

> Winner: Jane Murray 71 Nett

Sera Minchin C/B from Runner Up:

> Maxine Watts 73 Nett

N/P 5 Marg Peck Long Putt 16 Marg Peck

May 27th Lorna Barrett-Lennard Trophy

Sera Minchin 40 Points Winner: Runner Up: Lyn Mactaggart 37 Points

Monthly Medal Sera Minchin Long Putt 9 Sera Minchin Best 2nd 18 Sera Minchin

June 3rd Wundowie Open Day

Jane Murray was best unplaced Visitor with 38 Points

June 10th Overington Trophy

> Winner: Marg Peck 41 Points Runner Up: Jane Murray on 40 Points

> > C/B from Glenys Collins

N/P 5 Val Moir Marg Peck Long Putt 16

Beverley Ladies Golf Fixtures

JULY

Wednesday 01 July

Lyn Mactaggart Trophy Stroke

3rd International Bowl 4th Silver Spoon

4th Putting

4th Qualifying Round

Friday 03 July - Sunday 05 July

Provinicial Tournament at Dandaragan

Wednesday 08 July

Tracy Fleay Trophy Stableford

Friday 10 July

Goomalling Open Day

Wednesday 15 July

TM Hair Design Jubilee

Fours

Friday 17 July

Quairading Open Day

Wednesday 22 July

Val Moir Trophy Stroke

5th Silver Spoon 5th Putting

5th Qualifying Round

Tuesday 28th July Northam Open Day

Wednesday 29th July

Shirley Carr Trophy Stableford

Monthly Medal and Mug





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Beverley Football Club - Home of the Redbacks

Featured Events:

Saturday 4th July - AFA Round 12 (Drink Drive is never OK): Beverley vs. Kellerberrin/Tammin at

6:00pm, Saturday 4th July – Beverley Redbacks: <u>"Americano Night"</u> at the Beverley Amenities Building; Sunday 2nd August – AFA Round 15: Beverley vs. Railways at Beverley; and

Sunday 9th August – AFA Round 16: Beverley vs. Quairading at Beverley.

June proved to be a pretty positive month for the Beverley Redbacks, with our League, Reserves and Netball teams all securing back to back wins, and as a result all three teams are currently sitting in the top four at just over the half way point of the season. There's plenty coming up in July, including big games against Keller/Tammin and Federals, the Country Football Championships, and don't miss our Americano Night following the game against Keller/Tammin on Saturday 4th July.

Congratulations to:

- First League game players for Beverley: Daniel Gollan and Darren Humble.
- 逾 Kim (Stitch) Thomson, who celebrated his 50th birthday on Thursday 28th May;
- Rhys Rowlands, who celebrated his 30th birthday on Friday 12th June; 會
- Jacob Hare, who celebrated his 21st birthday on Tuesday 16th June; 逾
- Khyle Ugle, who represented Beverley playing for Avon in the Northern Region Colts Carnival at Wongan Hills 働 on Saturday 21st and Sunday 22nd June; James Kendrick, who celebrated his 30th birthday on Saturday 27th June; and
- 逾
- Justin Mann, who played his 150th League game against Cunderdin on Saturday 27th June.

Best wishes to:

Jarrad Minchin for a speedy recovery, after he underwent shoulder surgery on Monday 22nd June.

Coming up:

- Saturday 4th July AFA Round 12 (Drink Drive is never OK): Beverley vs. Kellerberrin/Tammin at Beverley; 逾
- 6:00pm, Saturday 4th July Beverley Redbacks: "Americano Night" at the Beverley Amenities Building; and 逾
- 10:50am, Thursday 9th July Country Football Championships (Division 1 Day 1): South West vs. Avon at 會 East Fremantle Oval;
- 2:20pm, Thursday 9th July Country Football Championships (Division 1 Day 1): Peel vs. Avon at East 會 Fremantle Oval;
- 10:50am, Friday 10th July Country Football Championships (Division 1 Day 2): Upper Great Southern vs. 逾 Avon at Bassendean Oval;
- 1:10pm, Friday 10th July Country Football Championships (Division 1 Day 2): Avon vs. Great Northern at 逾 Bassendean Oval;
- 2:30pm, Sunday 12th July Country Football Championships (Division 1 Final): TBC vs. TBC at Leederville 逾
- Sunday 19th July AFA Round 13: Federals vs. Beverley at Northam;
- Sunday 26th July AFA Round 14: Beverley (bye):
- Sunday 2nd August AFA Round 15: Beverley vs. Railways at Beverley;
- Sunday 9th August AFA Round 16: Beverley vs. Quairading at Beverley; and
- Sunday 16th August AFA Round 17: York vs. Beverley at York.

The Beverley Football Club urges all supporters to join as a Member in season 2015! Members are integral to the survival of our Club and your support is greatly valued. The membership fees for season 2015 are:

Football Senior Player (age 22 and over) - \$100.00 Football Senior Player (age 18 – 21) - \$50.00 Football Junior Player (age 17 and under) - \$30.00

Netball Player (age 18 and over) - \$50.00

Social Member - \$30.00

Pay online now

BSB: 016540 (ANZ Beverley) A/c Number: 431901492

A/c Name: BEVERLEY FOOTBALL CLUB



The Beverley Football Club needs you!!

If you're available to help with any of the following match-day duties throughout the course of the season, please contact a committee member, your assistance is most welcome.

Match-day duties include:

- Time-keeper stewards;
- Interchange stewards;
- Reserves Field Umpire;
- Reserves Runner:
- Reserves & League Boundary Umpires and
- Trainers and water attendants.

A reminder to all players, members, sponsors and supporters that you can now view all the latest news and events from the Beverley Redbacks by checking out our Facebook page at: http://www.facebook.com/ beverley.footballclub?fref=ts

See you at the footy!!!



AVON FOOTBALL ASSOCIATION 2015 FIXTURES

Start times: A Reserves 12.15pm League 2.15pm Netball 12.15pm

Round 12 SATURDAY 04 July

DRINK DRIVE IS NEVER OK

Beverley v Keller/Tammin Railways v Federals York v Cunderdin Quairading - Bye

LANDMARK COUNTRY CHAMPIONSHIPS 09 - 12 July Round 13 SUNDAY 19 July

RAC - LET'S TALK ABOUT THE WHEATBELT

Federals v Beverley

Railways v Quairading - SATURDAY @ 3pm

Keller/Tammin v York @ Tammin

Cunderdin - Bye

Round 14 SUNDAY 26 July

Railways v Cunderdin Quairading v Keller/Tammin York v Federals Beverley - Bye

Round 15 SUNDAY 02 August

Beverley v Railways York v Quairading Cunderdin v Keller/Tammin - SATURDAY Federals - Bye

Round 16 SUNDAY 09 August

Beverley v Quairading Railways v York Cunderdin v Federals Keller/Tammin - Bye

Round 17 SUNDAY 16 August

York v Beverley Quairading v Railways Federals v Keller/Tammin Cunderdin - Bye

Belt-up Finals

1st Semi Final Sunday 23 August Keller/Tammin 2nd Semi Final Sunday 30 August Cunderdin Preliminary Final Sunday 06 September Beverley GRAND FINAL Sunday 13 September York



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AUSTRALIAN **FUNERAL DIRECTORS** ASSOCIATION



BEVERLEY REDBACKS HOCKEY CLUB



Round 4 Beverley vs Jennacubbine 23rd May

The new electronic score board was up and we were keen to put the first score on the board! Unfortunately Jenna managed to score first but this didn't deter us from trying. The girls fought hard all game but Jenna proved to be too skilled and left the Redbacks scoreless.

Beverley 0; Jenna 5

Award Winners

Emma Davey - Captains Award - Sponsored By: Garry and Sarah Miller, Beverley Transport Marg Mourach - Coaches Award - Sponsored By: Trevor and Amanda McLean, Waterbrae

Round 5 Beverley vs York Jetz 6th June

With another home game, we were definitely going to put a score on the new board! We went out fighting against a very strong and determined York, however York scored first. With a few quick goals under their belt, Beverley managed to finally put a score on the board. Well done Bird on your goal! The girls worked hard, but were not strong enough against the Jetz.

Beverley 1; York Jetz 8

Goals Scorers

Megan Gaine 1

Award Winners

Hollie Smith - Captains Award - Sponsored By: Garry and Sarah Miller, Beverley Transport Lisa Mourach - Coaches Award - Sponsored By: Trevor and Amanda McLean, Waterbrae

Round 4 York Vipers vs Beverley 13th June

Our first game in York against the York Vipers. We came up against them in the first game of the season and were hoping to be able to come away with another win against them. The girls went out fighting in a high intensity game that unfortunately soon resulted in Lisa Mourach being hit on the eyebrow by the ball. With no subs left on the bench, the Vipers came away the winners.

York Vipers 3; Beverley 1

Goals Scorers

Mirika Winmar 1

Award Winners

Bec Sims - Captains Award - Sponsored By: Garry and Sarah Miller, Beverley Transport Chantelle Meade - Coaches Award - Sponsored By: Trevor and Amanda McLean, Waterbrae

COUNTRY WEEK

Congratulations to the girls who competed in Country Week on the 19th to 21st June. Beverley was represented by Lisa Mourach, Marg Mourach, Mirika Winmar and Chantelle Meade. The Divison 1 girls came away 6th without relegation and Division 4 lost the Grand Final on flicks. Big Thankyou to Chantelle for organising the weekend for the Avon Team.

SPONSORS AND SUPPORTERS DAY

We will be holding our Annual Sponsors and Supporters Day on Sunday 26th July. As this is an early game starting at 11am, a Sausage Sizzle will be available after the game. All sponsors and supporters are invited to attend.

UPCOMING DATES TO REMEMBER

Friday 3rd July – Beverley vs York Vipers – 7.45pm in York

Saturday 11th July – General BYE

Saturday 18th July – Jenna vs Beverley – 1.30pm in Northam

Saturday 25th July – Beverley vs York Vipers – 3pm in Beverley

Sunday 26th July – Beverley vs Drifters – 11am in Beverley

Saturday 1st August – Aces vs Beverley – 1.30pm in Northam

Saturday 8th August – Wongan Hills vs Beverley – 1.30pm in Wongan Hills

If you want to stay up to date with any Hockey News, please register your email address by emailing beverleyhockey@live.com.au or why not 'LIKE' our Facebook Page, just search 'BEVERLEY REDBACKS HOCKEY CLUB' and be kept up to date.



Beverley Horse and Pony Club



On the 13th of June the club ran a show jumping training day, which saw almost 30 riders enter in heights ranging from 20cm to 110cm. It was a fantastic day and it was great to see the riders all improving with every round. We would like to thank Noel Mustchin who came up to course design and mentor the riders. He also bought a trailer full of jump 'fill', which was strategically placed around the course to challenge all the riders and horses. Mrs Peart took photos of all the fill so the club can make some of our own soon.

On the 14th of June was our rally for the month, there were a few very tired horses and exhausted riders from the previous day's show jumping but they all had a ball. The show jumping arena had been left set up for the two older groups to come out and fine tune their show jumping skills. In the afternoon the two lead line groups came out and joined in mounted games with the Arabian group. This rally we have started preparing for the 50th anniversary celebrations which will be held at the end of August.

The show jumping training day was a great lead up to the Avon Zone 2DE (two day event) held in York this year, where Bronte and Vicky both competed in PC 45. Both girls had a fantastic successful weekend and mostly managed to avoid the rain. Individually Bronte came first and Vicky second but as a team we won the Zone PC 45. Every club in the Avon Zone has to run the Zone ODE for three years before it moves on to the next club. This is to encourage all clubs in the Zone to have a usable safe cross country course which is upgraded regularly. It will be Beverley's turn in 2017 to run this event but unfortunately we do not have the room to run such a big event, so we'll have to hire grounds elsewhere.

On the 28th of June is the Avon Valley Horse &Pony Club ODE (one day event) held in Northam. I'm hoping I can report great results from all the Beverley riders competing. There is a rather large number of our club members competing at this event and they include Bronte, Kip, Tealah and Vicky.

The first weekend in July is our Zone camp to be held in Northam, I know that all the riders are very excited to attend and always come away from camp much more knowledgeable. This is a three day camp caters to all levels of riding.

At our next rally we will have a nice new fencing around the grounds and a larger learners yard to ride in. Thank you to all who helped with this project. It was a massive task but looks fantastic now it's completed. We were able to undertake this project thanks to the Beverley Shire and the Community Grants scheme. Also thank you to the Beverley Shire for all their assistance preparing for this project. All our riders will feel a lot safer now - THANK YOU.

Please don't forget to get your RSVP's in for our 50th Anniversary. Planning is going full steam ahead and it's shaping up to be a fantastic day! Entries for our annual Breed Show will be available on Cavaletti soon, please see our add for more details. New members are always welcome; please contact Mrs Pauline Appelbee if you are interested on 9647 1181 or at appelbees@skymesh.com.au.

Upcoming dates: Avon Zone Camp – 4th 5th and 6th of July Rally – Saturday the 18th of July 50th Anniversary – 30th of August Breed Show – 19th of September



BADMINTON

Wednesday Mornings at the Beverley Town Hall. Open to all ages, men and women.



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BEVERLEY COMMUNITY ORGANISATIONS

Agricultural Society	Tim Seed	PO Box 108	0427 386 009
Art Gallery Committee (Easter Exhibition)	Kathryn McLean	PO Box 112	0427 464 050
Station Arts (Platform Theatre/Station Gallery)	Sarah Miller	PO Box 112	9646 4066
Anglican Parish		PO Box 292	9646 0522
Avondale Discovery Farm	Monica Van Der Snoek	PO Box 74	9646 1107
Bally Bally Hall	Contact Shire of Beverley		9646 1200
Beverley Gymnasium	Old Court House, Vincent St		9646 1200
Beverley Men's Shed	John Islip		9646 0160
Beverley Patch Workers and Quilters	Catharina Turle		9646 0876
Beverley Visitor Centre/Aeronautical Museum	PO Box 310		9646 1555
Community Resource Centre	Amor Moulton		9646 1600
County Women's Association (CWA)	Lorraine Sims	62 John St	9646 1243
Crana Aboriginal Corporation Inc.	Mitch Henry		9646 1386
Dale Community Group	Anne Fisher	RMB 218	9647 2055
Diabetes Support Group	Sylvia Seddon		9646 1072
Friendly Club	Sylvia Seddon		9646 1072
Garden & Tree Society	Dalene Davies		9646 0800
Historical Society	Gail Alabach	PO Box 182	9646 0457
Hospital Auxiliary (Op Shop – Vincent Street)	Jan Howell		9646 1168
Masonic Lodge	Barry Ross	131 Forrest S	St9646 0073
Playgroup	Hollie Smith		0409 299 089
RSL	Irene Oram	50 Forrest St	0439 923 501
Rifle Club	Sue Peacock		9641 6061
St John Ambulance	Sharyn Morrell	PO Box 152	9646 0646
Top of the Avon Line Dancers	Jill Townsend		9646 0283
WA Tractor Pull Association	www.tractorpullwa.com.au	trac	ctorpullingwa@yahoo.com.au
Weight Watchers	Daphne Lear		9641 6214

BEVERLEY SPORTING GROUPS

Beverley Badminton Club Beverley & Districts Ladies Dart Association	Denise Strange Jo Copping		9647 1014 9646 0297	
Beverley Horse & Pony Club	Jenifer Petchell	PO Box 311	0427 143 006	
Beverley Ladies Hockey (Redbacks)	Carly Veitch		0429 966 678	
Beverley Soaring Society Gliding Club	Greg Beecroft	PO Box 136	0408 385 361	
Beverley Swimming Club (Amateur)	Fiona Fisher	PO Box 73	9647 2045	
BORMSA (Beverley Off Road Motor Sports)	Cheryl Simson	PO Box 1956		
		West Perth WA 68	72 0409 205 551	
Bowling Club	Jo Copping	PO Box 96	0438 972 335	
Ladies Bowling	Mrs Glenys Collins		9646 0330	
Clay Target Club	Kevin Lupton	PO Box 282	9647 1031	
Cricket Club	Stephen Gollan	PO Box 20	9646 1200	
Dale River Sports Ground Committee	Georgina Beecroft	RMB 510 Brooktor	n 9647 1089	
Dale River Tennis Club	Wendy Weaver		9647 1101	
Football Club	Justin Mann	PO Box 10	0448 979 234	
Golf Club	Stephen Gollan	PO Box 133	9646 1200	
Junior Sporting Council	Monica Van Der Sno	ekPO Box 284	0474 105 242	
Ladies Netball Club	Cara Hammond	PO Box 362	9646 0159	
Motorcycle Club	Emily Johnson-Bradbury		0432 495 222	
Tennis Club	Brett Shaw	<u>secr</u>	etary@beverleytennisclub.com	

The information on this page is easily updated, so please don't hesitate to provide us with the changes for your group.

New listings are welcome also.

Contact the Beverley Community Resource Centre on 9646 1600 or email beverley@crc.net.au or call into the centre with the information.

Com	ing Ev	vents in Beverley		
Saturday	04 July	Americano Night - Beverley Redbacks Football Club		
Sunday	12 July	BORMSA Autocross		
Thursday	16 July	NWS Holiday Sports Program		
Saturday	18 July	BHPC Rally		
Sat & Sun	18 & 19 July	AVONDALE Open		
Saturday	25 July	Outback Air Race Auction		
Friday	31 July	Bowling Club Quiz Night		
Saturday	08 August	BORMSA Busy Bee & Junior Motorkhana		
Sunday	09 August	BORMSA Autocross		
Saturday	22 August	Beverley Agricultural Show Day 2015		
Monday	24 August	Mad Men's Muster 2015		
Sunday	30 August	50th Anniversary Beverley Horse and Pony Club		
Saturday	12 September	Country Choir Bash		
Sunday	20 September	BORMSA Twilight Khanacross		
Sunday	04 October	Beverley Heroic		
Sunday	11 October	Antique Afternoon High Tea, 2pm Historical Society		
Monday	19 October	Wild Women of the West Seminar		
Saturday	24 October	BORMSA Autocross		
Tuesday	03 November	Melbourne Cup Luncheon at Dale Hall		
Saturday	07 November	Rolling Stones & Rock Montage Tribute @ Platform		
Saturday	19 December	Family Christmas Party @ Platform		
ఊఊ&2016- చ ంచ				
Saturday	13 March	Opera on the Platform 'Diva Licious'		
Thursday 25 March	Monday 28 March	48th Annual Art Purchase Exhibtion		

EVENTS CALENDAR

Do you have an event that you would like to advertise in the Events Calendar?

Simply email dates and details through to the address below blarney@beverley.wa.gov.au

It's not what we have in life, but who we have in our life that -(Inknown matters.

EDITION	DEADLINE DATE
AUGUST EDITION 2015	Thursday 23 JULY 2015
SEPTEMBER EDITION 2015	Monday 24 AUGUST 2015
OCTOBER EDITION 2015	WEDNESDAY 23 SEPTEMBER 2015
NOVEMBER EDITION 2015	FRIDAY 23 OCTOBER 2015
DECEMBER EDITION 2015	MONDAY 23 NOVEMBER 2015
JANUARY EDITION 2016	THURSDAY 17 DECEMBER 2015

The flag was flown at half-mast on the Beverley Town Hall as a mark of respect to:-

- **DAVIS, Annette Lucy**
- CLIFFORD, Marjorie Lorraine (nee Shackles)

DISCLAIMER

The information in this publication is of a general nature as a service to the ratepayer. The articles included herein are not intended to provide a complete discussion of each subject. While the information is believed to be correct, no responsibility is accepted for its accuracy. No liability is accepted for any statements of opinion or any error or omission.

BEVERLEY BLARNEY

1100 copies each month

ADVERTISING RATES

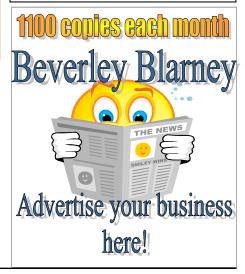
Size A: (~122 x 180mm) \$82.00 GST inc Size B: (~122 x 89mm) \$41.00 GST incSize C: (~60 x 89mm) \$25.00 GST inc Size D: (5 lines) \$8.00 GST inc Size E: (3 lines) \$5.00 GST incSize F: (122 x 135mm) \$62.00 GST inc

Club notes etc. are free of charge

The deadline for the next **Beverley Blarney is 4pm** Thursday 23 July 2015

Shire of Beverley PO Box 20, Beverley, 6304

Tel: 9646 1200 or Fax: 9646 1409 Email: blarney@beverley.wa.gov.au



What's on in Beverley in July 2015



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6 Weight Watchers Bridge @ CWA	7 Men's Shed HACC Stay Active Quilting Garden & Tree Meeting	1 HACC Badminton Ladies Golf Netball Training RAOB Seniors Brain Training Club 8 HACC Badminton Ladies Golf Netball Training Sewing & Knitting Day RSL AGM Seniors Brain Training Club	2 Playgroup Line Dancing Junior Sports Training WAFarmers AGM	3 Op Shop Last Day of the School Term RECYCLE BIN Netball DERBY in Beverley Primaries Golf Day 10 Op Shop	4 RSL Indoor Markets Ag Society Cake Stall Football in Beverley AMERICANO Night - Footy Club Men's Golf 11 Men's Golf	5 5 12 BORMSA Autocross
13	14	15	16	17	18	19
Weight Watchers	Men's Shed HACC	HACC	Line Dancing	Op Shop RECYCLE BIN	BHPC Rally	AVONDALE Open
Bridge @ CWA Historical Meeting	Stay Active	Badminton Ladies Golf	Masonic Lodge 7.30pm	RECYCLE BIN	Men's Golf AVONDALE Open	
	Quilting	Netball Training Seniors Brain Training Club	NWS Holiday Sports Program @ town oval		·	
20	21	22	23	24	25	26
Weight Watchers	Men's Shed	HACC	Playgroup	Op Shop	Hockey in Beverley	Hockey in Beverley
Bridge @ CWA	HACC	Badminton	Line Dancing	Last day for Kindy Enrolments	Netball in Beverley	
	Stay Active	Ladies Golf	Junior Sports Training		Men's Golf	
	Quilting Students back to school	Netball Training Seniors Brain Training Club	BLARNEY DEADLINE		Outback Air Race Auction	
27	28	29	30	31		
Weight Watchers	Men's Shed	HACC	Playgroup	Op Shop	2. W	_6
Dance Bridge @ CWA	HACC Stay Active	Badminton Ladies Golf	Line Dancing Junior Sports	RECYCLE BIN Shire Community		
LEGO Club	Quilting	Netball Training	Training	Grants Deadline		
LLGO OIUD	St John AGM	Seniors Brain		Bowling Club QUIZ NIGHT		THE AND
	COUNCIL MEETING	Training Club			MOTORSPORTIN BEV	