

ROCK REVIEW

FREE

Holiday Edition

Date: 9th January

Edition: 100



May this New Year bring you joy, prosperity, and countless opportunities for happiness and success!

40-42 Johnson Street Phone: 9061 1687 Fax: 9061 1704 E-mail: reception@brucerockcrc.com.au

All documents and advertising placement is subject to the editor's discretion. The editor has the right to withhold, edit or abbreviate items as considered necessary. No responsibility is accepted for any statement of opinion, any error or omissions.

The Rock Review - Holiday Edition is published and provided to the Bruce Rock Community by the Bruce Rock Community Resource Centre.

Business & Services January Trading Hours

Bruce Rock CRC
2025

9am -12pm - 6th Jan -24th Jan

Normal Hours 28th January 2025

Bruce Rock LPO & Lotto

10:00 am to 12:30 pm
1:30 pm to 4:00 pm

Bruce Rock Café -
Love that Food

8:30am to 1:00pm

New Trading hours for January 2025

Monday - Friday 8.00 - 4.00

Saturday 8.00 - 12.00

 **BRUCE ROCK** 
SUPERMARKET & HARDWARE

FOODWORKS



January Birthdays



JAN 1	Neville Brandis	JAN 9	Jordan Mollenoyux
JAN 2	Tony Crooks	JAN 10	Kaitlin Smith
	Justin Jetta	JAN 11	Justin Henderson
JAN 3	Margaret Teasdale	JAN 12	John McGellin
	Joan Norris		Jake Heasman
JAN 4	Erin Buller	JAN 13	Marie Buegge
JAN 6	Michelle Smith		Justine Butler
JAN 7	Ashleigh Williamson		Carolyn Waight
JAN 8	Michael Buegge	JAN 14	Nathan Buegge
	Gina Humphries		Tiannah Churchill
		JAN 15	Deakan Dyson
			Franz Fuchsbichler



Jan 10 Judy & Stan Tomljanovich

DR JEGEDE SURGERY ROSTER

PH 90611166

	Monday	Tuesday	Wednesday	Thursday	Friday
	20th Jan	21st Jan	22nd Jan	23rd Jan	24th Jan
AM	9-1	9-1	8.30-12 Admin Only	9.30-1	9-3
PM	2-5	2-5		2-5	
	Monday	Tuesday	Wednesday	Thursday	Friday
	27th Jan	28th Jan	29th Jan	30th Jan	31st Jan
AM	8.30-12 Admin Only	9-1	9-1	9.30-1	9-3
PM		2-5	2-5	2-5	
	Monday	Tuesday	Wednesday	Thursday	Friday
	3rd Feb	4th Feb	5th Feb	6th Feb	7th Feb
AM	9-1	9-1	8.30-12 Admin Only	9.30-1	9-3
PM	2-5	2-5		2-5	
	Monday	Tuesday	Wednesday	Thursday	Friday
	10th Feb	11th Feb	12th Feb	13th Feb	14th Feb
AM	9-1	9-1	8.30-12 Admin Only	9.30-1	9-3
PM	2-5	2-5		2-5	

There will be NO private practice in town until Tuesday 21st January 2025.

We were unable to secure a Locum for this period.



MEDICAL CARE

24hr

Present to local Hospital
Nursing staff will Triage
assessed by ETS (Emergency Telehealth Service)
Phone. 90610 222

OR

CALL **healthdirect**
1800 022 222
Free 24hr Health Advice



Government of Western Australia
WA Country Health Service

BRUCE ROCK MEMORIAL HEALTH SERVICE

ACCIDENT AND EMERGENCY / OUTPATIENT CARE

Emergency Phone Number – 000

24 hour service staffed by a Registered Nurse with a Medical Officer on call and the use of the Emergency Telehealth Service (ETS) 24/7 if GP not available.

Emergency evacuation via Ambulance and Royal Flying Doctor Service

Patient Accommodation and Travel Scheme (PATS) Assistance

HEALTH DIRECT – 1800 022 222

Allied Services (by appointment only)

Community Health – Child & School		9081 3222
Community Mental Health		9081 3222
Community Midwife		90813 222
Counselling Services (Central AgCare Counselling)		0427 133 711
Dietician (on request)		9081 3222
Occupational Therapy		9081 3222
Physiotherapist		9081 3222
Podiatrist		9061 0222
Rural Link - (After Hrs Mental Health Telephone Service)		1800 552 002
Social Work		90813 222
Speech Therapist		90813 222

ACUTE INPATIENT CARE

Crisis Intervention	General Medical	Minor Surgical	Paediatric
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CONTINUING CARE SERVICES

Hospital Palliative Care Services	Hospital Respite services	Nursing Home Type Accommodation	Pathology (Mon-Fri) by 3pm
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COMMONWEALTH HOME SUPPORT PROGRAM

Centre Based Day Care – Tuesdays	Domestic Assistance	Home Gardening	Meals at Home
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OUTPATIENT DRESSING CLINIC STRICTLY 2.00pm – 3.00pm DAILY

For any further information, please contact Bruce Rock Hospital on (08) 9061 0222



St John

Bruce Rock Subcentre

FOR ALL EMERGENCY'S PLEASE CALL

000 FOR AN AMBULANCE

Bruce Rock now has an admin, she will be in on the
1st & 3rd Wednesday each month from 9am – 2pm, Look out
for the A frame sign out the front. So pop in and say “Hi” to
Sam for all your enquires, membership renewal/payments &
first aid kit supplies, Or Email
brucerock.subcentre@stjohnwa.com.au

Alternatively for all memberships & payment information please contact

Treasurer – Robyn Jones on 0428 365 693

For Ambulance Bookings, First Aid kit orders, Coursers and general
information please contact

Chairperson – Valmai Buller on 0429 197 220





The Rock Review and the Rock Review Holiday Edition are proudly published by the Bruce Rock Community Resource Centre.

**Monday to Friday: 9am - 1pm
40—42 Johnson Street
Phone: (08) 9061 1687
Fax: (08) 9061 1704
Email: reception@brucerockerc.com.au**

DEADLINES AND EDITIONS

All articles and advertisements must be submitted to the Bruce Rock CRC

NO LATER than 9am Tuesdays of each week.

NEXT DEADLINE

4th February 2025

NEXT EDITION

6th February 2025

ADVERTISING PRICES

1/4 Page \$8.00

1/3 Page \$11.00

1/2 Page \$16.00

3/4 Page \$24.00

Full Page \$32.00

All Classified Advertisements are Free

JOB VACANCY

at the Bruce Rock CRC

Join our team!



AVAILABLE POSITION TRAINEE ADMIN OFFICER (12 MONTH POSITION)

Are you looking to return to work or have just finished Year 12?

This might be the opportunity you are looking for...

For more information or to receive an application package,

Please contact Rochelle at the Bruce Rock CRC
on 08 90611687

APPLY NOW



coordinator@brucerockcrc.com.au



Department of
Primary Industries and
Regional Development

THE 2025 ROCK REVIEW MEMBERSHIP PACKAGE

Membership & Electronic Subscription

2025

I _____ wish to become a Rock Review Member and receive "The Rock Review" via my nominated email address and to receive 10% off all products and services purchased from the CRC.

My email address is: _____

My billing details are: _____

- I agree to pay \$45.00 directly to the CRC or EFT to the below bank account. (BSB 036105 Account 206368, quoting "RR Your Name") to access "The Rock Review" electronically for 12 months and to receive a 10% discount on all products and services purchased from the CRC.

All costs involved with receiving the emails, accessing the website, printing of the paper and scanning for viruses are my responsibility.

- I understand that once I have forwarded payment in full for this service, the Bruce Rock Community Resource Centre will send me an email containing the current issue of the paper until my subscription runs out. Prior to this time, the Bruce Rock Community Resource Centre will forward me a new tax invoice that I need to pay, prior to further Rock Review issues being made available to me in the future.

- I agree that I will not forward these emails to another email address.

- I give the Bruce Rock Community Resource Centre permission to cease my subscription rights if I break any of the above clauses and I will forfeit all monies paid for this service.

- I agree that the Bruce Rock Community Resource Centre may use my email address to contact me to help promote any events that they are involved with.

Signature _____



Opening Hours January

Monday	9AM - 12PM
Tuesday	9AM - 12PM
Wednesday	9AM - 12PM
Thursday	9AM - 12PM
Friday	9AM - 12PM
Saturday	CLOSED
Sunday	CLOSED

We will return to normal trading hours on the 28th of January 2025.



2025

**We want to know
your ideas**



**What kind of Workshop/Course or
events do you want to see offered
here at the CRC?**

**Let us know by contacting us at
admin@brucerockcrc.com.au or
call us on (08) 9061 1687**



HEAVY VEHICLE PILOT



**OVERSIZE
LOAD AHEAD**

PILOT

Eastough's Ag Training

are doing a HV Pilots course and Refresher Course in
Bruce Rock Feb/March 2025

\$1,400

Inc Pilots Vest

\$600

Refresher

Course Includes

TLIB002 Carry out vehicle inspection

TLIC3010 Pilot or escort oversized and/ or overmassed loads

TLIE3009 Use pilot and escort communication

TLIF3013 Coordinate breakdowns and emergencies

TLIF3060 Control traffic as a pilot vehicle operator

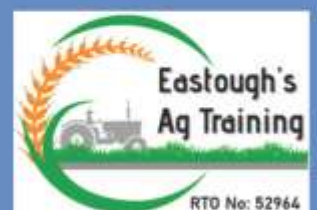
Bridge Supervision

ENQUIRE NOW

0448 390 820

bucket@eastoughsag.com

or Bruce Rock CRC 08 90611687



www.eastoughsag.com

AGRICULTURAL CHEMICAL SKILL SET

AHCDD00074

Course to be held
Bruce Rock CRC



Eastough's Ag
are coming to Bruce Rock
Feb/March 2025

\$600

Course Includes

ENQUIRE NOW
0448 390 820
bucket@eastoughsag.com
or Bruce Rock CRC 08 90611687

AHCCHM304 Transport and store chemicals

- ✔ Prepare to handle and transport chemicals
- ✔ Handle and transport chemicals
- ✔ Store chemicals in the workplace
- ✔ Record storage details

AHCCHM307 Prepare and apply chemicals to control pest, weeds and diseases

- ✔ Determine the need for chemical use
- ✔ Prepare chemical mixes
- ✔ Calibrate application equipment
- ✔ Apply chemicals
- ✔ Clean up equipment and complete records



www.eastoughsag.com



YOU'RE INVITED TO OUR AUS DAY BREAKY

26 JAN 2025 8:00 AM

BRUCE ROCK RECREATION CENTRE
CATERING BY MI FAMILIA FLAVOURS



Australia Day
Reflect. Respect. Celebrate.

AUSTRALIA DAY

Bruce Rock Aquatic Centre



26th Jan | 11.00am

DJ- Inflatables- Food

Shire of
Bruce Rock
Where friends become family

Australia Day

Reflect. Respect. Celebrate.



Notice of Special Meeting

A Special Meeting of the Shire of Bruce Rock will be held in the Council Chambers, 54 Johnson Street Bruce Rock commencing at 3.00pm on Tuesday, 4 February 2025 for the purpose of:

- i. Adoption of the 2023/24 Shire of Bruce Rock Annual Report*

Nerea Ugarte
Acting Chief Executive Officer

54 Johnson Street,
Bruce Rock, 6418
PO Box PO Box 113, Bruce Rock WA 6418
Phone (08) 9061 1377
Fax (08) 9061 1340
Email admin@brucerock.wa.gov.au
brucerock.wa.gov.au



COMMUNITY AWARD NOMINATIONS OPEN



CATEGORIES



- Sportsperson of the Year
- Junior Sportsperson of the Year
- Sports Volunteer of the Year



- Adult Volunteer of the Year
- Under 25 Volunteer of the Year



- Community Group Volunteer of the Year

Please send nominations through to shayna.campbell@brucerock.wa.gov.au
or drop physical form in at the Shire Office.

HEALTHY HUMMINGBIRD MUFFINS RECIPE



☰ Prep: 25 min • 🕒 Cook: 25 min • 🍴 Servings: 12



Ingredients

- ▲ 2 eggs
- ▲ 1/4 cup caster sugar
- ▲ 200 mL low-fat vanilla yoghurt
- ▲ 1 tsp vanilla extract
- ▲ 3 large ripe banana, mashed
- ▲ 440 g crushed pineapple in natural juice
- ▲ 3 cups self-raising flour
- ▲ 2 tsp ground cinnamon
- ▲ 3/4 cup walnut halves
- ▲ olive or canola oil spray

Cook Mode Prevent your screen from going dark

Method

1. Preheat oven to 200°C (180°C fan forced).
2. Spray muffin tins with oil.
3. In a large bowl, beat eggs and sugar together with an electric mixer on high speed for 2 minutes until light and creamy.
4. Gently mix in yoghurt, vanilla, bananas and pineapple with juice.
5. Sift flour and cinnamon onto the batter then stir to combine but do not over mix.
6. Spoon mixture into prepared muffin tins (3/4 full) and top with a walnut half. Bake mini-muffin tins for 20 minutes and larger muffins for 25 minutes or until a skewer inserted in centre comes out clean.
7. Cool in tins for 5 minutes then turn onto a wire rack to cool completely.

Variation: For a denser muffin, substitute 3 cups of plain self-raising flour for 1½ cup wholemeal self-raising flour and 1½ cup plain self-raising flour.

Caffeine Fix



BREW
CAFFEINE
CAPPUCCINO
CARAMEL
CHOCOLATE
CINNAMON
COFFEE
ESPRESSO
GRIND

HOT
ICED
LAPTOP
LATTE
LID
LINE
MILK
MOCHA
MUFFIN

MUG
NAPKIN
NEWSPAPER
SCONE
SIP
SPOON
STIR STICK
TABLE
TEA

Rotary Wheatbelt Swim for Reading

Bruce Rock Aquatic Centre

Saturday 15 Feb 2025

Registration opens 12 noon

More info at www.rotaryclubwa.org.au



Rotary serving our community



Make your tax deductible donation here -
don't forget to note your team!
<https://donations.rawcs.com.au/49-2020-21>



Rain Rodenburg: Embracing Opportunities and Supporting Students in Merredin

Rain Rodenburg, Lumen's Study Hubs Coordinator in Merredin, brings a unique perspective to her role, shaped by her background in education and cultural exchange. Born and raised in the Netherlands, Rain explains, "We don't have school buses. We all cycle to school. We don't have school uniforms. Our high school days are longer, starting at 8.15am and they vary in length depending on how many periods you have in a day. We can have 8 periods in a day, finishing at 4pm. In Winter, you'd cycle to school in the dark and cycle home again in the dark!"

Rain's journey to Australia began in 2008 when she did an exchange semester at the University of New South Wales in Sydney. "I just fell in love with Australia, the climate, the lifestyle, the laid-back attitude," she recalls. After returning home to complete her Master's in Communication at the University of Amsterdam, Rain decided to go on another Australian adventure, this time exploring the West Coast and having a go at station life, mustering cattle, goats and sheep. Eventually Rain settled in Merredin and decided to pursue a Graduate Diploma in Education at Edith Cowan University.

Rain faced a significant challenge with the IELTS (International English Language Testing System) test required for students with a non-English education background. "It was extremely challenging. I was just half a point short in the writing section. It really knocked my confidence." Determined to succeed, Rain engaged in focused IELTS preparation and passed on her third attempt. "Once I understood the writing structure they were looking for, it was fine. The experience made me more resilient and improved my writing skills."

Rain is passionate about supporting students who face similar challenges. "I love being able to support students through their studies, especially knowing how hard it can be to balance everything," she says. "If Lumen had been around when I was studying, I could've stayed in Merredin and it would've saved me so much time, money, and stress."

Rain's advice to students considering further education is simple: "Give it a go. If there's something you're passionate about, don't hesitate to pursue it. It may be challenging, but there's support here at Lumen, and we're happy to help you on your education journey."



lumenwruc.edu.au
0475 188 851
merredin@lumenwruc.edu.au

SCAN ME



ST JOHNS AMBULANCE

MEMBERSHIP NOTICE

Please Please Please use your membership number as your payment reference.

With thanks, your volunteer Treasurer.

Opp Shop Opening Hours

The Opp Shop is open Mondays and Thursdays
8.30am-12.30pm

Thanking everybody for shopping at the
Opp Shop

Bruce Rock Men's Shed

The Bruce Rock Men's shed are collecting old batteries as a fundraiser.

We will travel to farms if required, or please leave them at the door of the Men's Shed.
Town residents can leave batteries at letter box for pick up.

Ladies Bowl Notes

Thursday, 2nd Jan was a club day playing for points. 7 ladies played and 2 quick games were played with rain, thunder, and lightning about.

Winners were Terri, Sue, and Anne.

Upcoming Events

Wed 9th Jan- Handicap Pairs

Sat 11th Jan - Our ladies' open day has been cancelled due to lack of entries.

Sat 18th Jan - Champ of Champ 4s will be played at Corrigin Good Bowl Ladies

Occupations

Word Search

A	R	C	O	E	T	P	U	Q	B	H
C	G	R	A	S	C	H	E	F	E	F
O	O	B	G	D	X	O	I	P	Z	F
N	V	P	I	L	O	T	S	W	H	A
D	F	P	T	C	D	O	C	T	O	R
U	S	Y	A	F	P	G	H	E	X	M
C	I	D	S	G	U	R	U	C	D	E
T	B	E	L	L	M	A	N	T	A	R
O	R	Q	E	C	U	P	Y	G	N	B
R	V	B	W	A	Q	H	I	S	C	D
O	B	Z	E	O	F	E	R	A	E	S
T	S	A	I	L	O	R	C	P	R	H

Look at the pictures and find the occupations in the word search. Put a tick in the circles when you find them.



CHURCH NOTICES

**ST. MARY'S
CATHOLIC CHURCH**

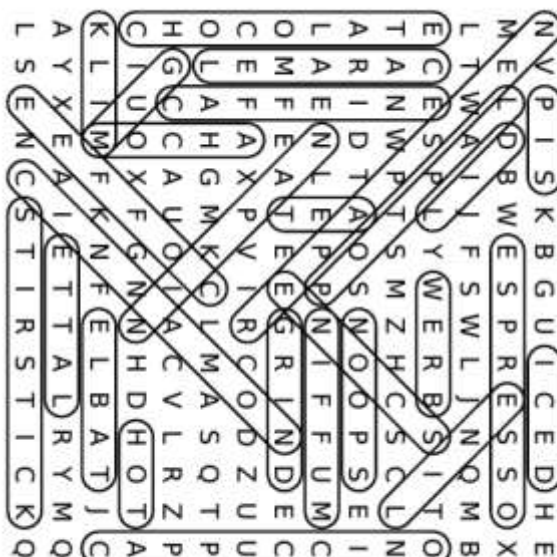
**1st & 2nd Sunday 10am
3rd, 4th & 5th Sunday 8am
BK: 08 9061 1094 Tuesday to Saturday
SX Tel: 9049 1049 Sunday to Monday
Email: brucerockparish@gmail.com
Fr Matthew Hodgson, Parish Priest
Meta (Face Book): Francis Mary Concepta Sacrament
YouTube: Bruce Rock Catholic Parish**



Combined Ecumenical Church Services for January for the Anglican & Church of Christ Congregations.

- Sunday, 5th January, 9.30am at the Church of Christ
- Sunday, 12th January, 9am at St. Peter's Anglican Church.
- Sunday, 19th January, 9.30am at the Church of Christ.
- Sunday, 26th January, We will celebrate Australian Day
 at St. Peter's Anglican Church.

Everyone most welcome.



Caffeine Fix
Large Print Word Search
SOLUTION