



JULY 2020 NEWSLETTER

Hi everyone and welcome to July! Hope you've all been staying well and warm.

Thank you to everyone who contributed to our Diary for this month.

Anyone wishing to add content to our Diary can leave their entries on the piece of paper in the Post Office or email me at newsletter@barmedman.com.au with details. It can be about the coming month – or something in the future.

Please leave/email your entries before the 21st of each month. Thank you!



CLASSIFIEDS:

BARMEDMAN TRUCK STOP: Opening hours 7 a.m. to 7 p.m. EVERY DAY

As well as competitive fuel prices the Truck Stop has some great Meal Deals available. It has been heard that the hamburgers are great. As well as cold drinks, milk, ice blocks and lollies are stocked.

If anyone has any classifieds they would like to include in our Diary – please feel free to write them on the sheet at the Post Office or email me at newsletter@barmedman.com.au by the 21st of any month.

GENERAL NEWS

Shirley would like to pass on a great big thank you to everyone who supported the Biggest Morning Tea by donating at the Barmedman General Store. You raised the sum of \$90.15, a wonderful effort with all monies going to the Cancer Council. Also a big thank you to Steve & Linda for allowing us to place the donation box on the counter, it was worth it. (See official thank you certificate received by Shirley to the right)





Thank you to Kim for leaving the freebie lemons at the Barmedman General Store. They are appreciated. (See handy hints for some beneficial uses for lemons)

BARMEDMAN ARTS, CRAFTS & COFFEE SHOP

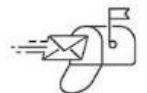
The coffee shop is currently seeking someone to kindly collect the weekend’s newspapers from Temora at Wylie’s Newsagency from 8.30a.m. each Sunday. The papers do not need to be delivered to Barmedman until between 10a.m. and 11a.m. Do you know someone who travels to Temora each Sunday? Or travels through and might be kind enough to pick them up? The papers are already paid for at Wylie’s etc. You would just need to pick them up and then deliver to Barmedman to the Coffee Shop. Please ring Anne on 0421201380 if this is something you could help with. Also – if you would like to be added to the list of purchasing the weekend papers let the Shop know. The papers are only available on a Sunday. Opening hours are still Tues – Sunday 10 a.m. – 4 p.m. during winter months. (Closed Mondays). Be sure to call in and enjoy a nice hot coffee and pie or lovely cake! Anne and helpers would like to thank everyone for their ongoing support.



Don’t forget to like us on Facebook and invite your friends to our Page: Barmedman Arts, Craft & Coffee Shop

(Editor’s Note: We are so very lucky to have this shop in our town and the volunteers who run it are to be congratulated and appreciated.)

A big thank you to our local Postie – for going above and beyond to get the mail out. It is very much appreciated.





Residents will be pleased to hear that a new Police Officer is arriving in July.

Don’t forget you can sit in warm comfort at the “General Store & Takeaway” shop to eat their delicious food or enjoy a coffee! There are tables and chairs for your convenience. (Numbers subject to social distancing rules apply).



COMING EVENTS

Saturday 15th August – At this stage the service to commemorate and celebrate the 75th Anniversary of Victory in the Pacific (VIP) Day, the day when peace was declared in our part of the world, will be going ahead as planned.

As we were unable to hold our ANZAC Day service it is hoped that the community will support this very special day for Australia in particular.

The service will not be as formal as the ANZAC one, followed by morning tea at the Bowling Club with those attending being asked to bring a plate to share.

Social distancing rules will apply.

Full details will be in the August newsletter.

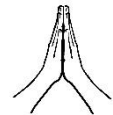
ON THIS MONTH:

CHURCH SERVICES:

St John's Anglican Church have decided not to hold Services until August.

Sunday 12th July – St Joseph's Catholic Church – 8 a.m. Mass

Sunday 26th July – St Joseph's Catholic Church – 8 a.m. Mass



BIBLE STUDY:

Bible Study will be resuming in August – details to come



SOME OF THE IMPORTANT KEY EVENTS FOR JULY

1 – 31 July: **JULIEYE** Get your eyes tested this JulEYE. 75% of vision loss is preventable or treatable if detected early enough, yet every 65 minutes an Australian loses part or all of their vision. Website: www.eyefoundation.org.au/juleye

1 – 31 July: **DRY JULY** Dry July is a not-for-profit organisation determined to improve the lives of adults living with cancer through an online social community giving up booze for the month of July. It's a chance to raise awareness of individual drinking habits, the value of a balanced healthy lifestyle, a personal challenge, encourage positive change and an awareness of a healthy attitude to alcohol consumption. Website: au.dryjuly.com/

12 – 18 July: **National Diabetes Week**

Each year Diabetes Australia celebrates National Diabetes Week to raise awareness about diabetes in Australia. The campaign aims to educate Australia of the risk factors for type 2 diabetes and how type 2 can be prevented.

Website: www.diabetesaustralia.com.au/

20 – 25 July: **National Farm Safety Week**

National Farm Safety Week aims to raise awareness of farm safety issues in rural communities across Australia.

Website: www.farmsafe.org.au/Farm-Safety-Week

JUST FOR LAUGHS



A guy arrives to the entrance of Heaven and is told, "You haven't done anything good, but you haven't done anything bad either. If you can tell me something amazing you have done, I will let you in."

The man replies, "Well, one time, I was driving down the road and I saw some gang members threatening a young woman in an alley way. I stopped and confronted them. I walked up to the biggest looking bloke, slapped him hard and said, 'You need to leave this young lady alone or I'm going to give you a hiding!!!"

The man at the entrance to Heaven asked, "When did this happen?"

The guy replies, "About five minutes ago."

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I can't stand Russian Dolls!

They're just so full of themselves!



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## HANDY HINTS

Here are just a few of the many wonderful handy uses for the humble lemon:

Heat up a (microwave-safe) bowl of water and lemon wedges in the microwave for 30-60 seconds. Once you've done so, try cleaning the inside of your microwave. Those previously hard-to-remove stains will now be easily removed and the 'food smell' will be neutralized.

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To make your laundry whiter: Add half a cup of lemon juice to a white wash, then hang your clothes when the cycle is done. A teaspoon of lemon juice in the machine during the wash cycle will also give your fabric a fresher smell.

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Rub half a lemon on a wooden cutting board, leave it like that overnight, and wash it the following day. The lemon juice will help to kill any bacteria that has accumulated on the board, and neutralize any bad odours.

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If you have been handling something odorous like fish or onions, washing your hands in lemon juice is a great way to get rid of those odours without drying or damaging your skin.

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**Do you know some tried and true handy hints? Let me know! Or recipes? Please email me at [newsletter@barmedman.com.au](mailto:newsletter@barmedman.com.au) (or write on the sheet at the General Store)**

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*Hope everyone has a healthy and happy July. Look forward to hearing from more of you for our August newsletter. Meanwhile.....*

