

Remembrance Day 11 November 2022

As we pause to honour & remember all those who lost their lives in wars, conflicts and peacekeeping or humanitarian operations for our nation.

Lest We Forget

Commemorating 75 years of Australian **PEACEKEEPING**

Australians have been in the field continuously since 1947, serving in multinational operations to restore and maintain peace and rebuild communities.

Australian Government
Department of Veterans' Affairs

Anzac Portal
anzacportal.dva.gov.au



Cranbrook Police News

Firstly, congratulations to the newly promoted Sergeant Charlie LENNON. Charlie applied to be a Sergeant several months ago and was recently promoted, which unfortunately means that she will be leaving me and Cranbrook in December 2022 to return to Perth. I am actively recruiting to fill this vacancy, but she is leaving big shoes to fill. Over the past year we have had a lot of fun together and I am grateful that she chose to relocate to Cranbrook and work with me for the time that she was here.

We will be sending Charlie off at the Cranbrook Sporting Club on Thursday 8 December 2022.



"Policing is serious business"

In traffic news, we have had a few complaints of "speeding" on Edward Street where it meets Grantham Street. This is actually more about how vehicles are entering Edward Street as it is quite a "loose" corner and there is usually rubble from the verge on the road, increasing the noise of vehicles. There are several families with children that live in that vicinity, who are regularly playing in the area, so please just keep it in mind and show a bit of extra caution if you are entering Edward Street from that direction.

For the month of September 2022, we processed one person for Driving with a prescribed illicit drug in oral fluid or blood. This person will be fronting the Albany Magistrates Court in early November. A

significant number of random breath tests have been completed during September and October with no persons charged in relation to drink driving, which is such a great result.

As always, we love being out in the community, chatting with you all and learning a little more about your families and farming.



Always recruiting 😊

Kind regards
Natalie and Charlie

St Lukes Family Practice

Doctors Visits to Frankland River

www.stlukesfamilypractice.com.au

9821 2155 or 9831 0622

*Please advise if you wish your appointment
at the Frankland River clinic.*

Next visiting date

Wednesday 9 November



Above - International wine buyers, Singapore media, and Great Southern Development Commission explore Swinney Wines.

The Great Southern Wine Region showcases the best for international buyers

A trade delegation of nine international buyers from the premium wine import sector last week took a journey through Great Southern wine as they explored trade prospects in the Great Southern and Margaret River wine regions.

The visit coincided with media group from Singapore exploring captivating Great Southern experiences and premium regional food and wine ahead of the Discover Great Southern event series in Singapore in November, with the objective of lifting the brand and profile of Great Southern provenance and creating a compelling sense of place for an international audience.

Fine wines from over 20 Great Southern wineries were sampled by the buyers representing markets in Japan, Singapore, Malaysia, Vietnam, Thailand and the Philippines.

Great Southern Development Commission (GSDC) Chief Executive, Natasha Monks, said the wine buyers' mission was yet another successful exercise in the region coming together under an impactful Great Southern brand to demonstrate the unique advantages of the region in the premium wine sector.

"Export is all about relationships. By connecting international buyers directly with our winemakers on the land that the grapes are grown, harvested and the wine is produced means not only do they gain an appreciation for the quality of the wine, but they form

meaningful business relationships with the brands themselves," Ms Monks said.

"By bringing buyers into our beautiful region, they come to understand the distinct value of the Great Southern, and we take another step forward in the region's export growth, and international profile."

The international wine buyers' visit to the Great Southern included curated wine tastings and visits to wineries in the Great Southern wine sub-regions of Frankland River, Denmark, Mount Barker, Porongurup, and Albany.

The delegation was treated to a visit to the 2022 Wine Show of Western Australia in Mount Barker, and a Great Southern Wine Journey long table dinner hosted at Pepper & Salt Restaurant. Amongst the guests were the Hon. Alannah MacTiernan MLC Minister for Regional Development, Jane Kelsbie MLA member for Warren-Blackwood, Rebecca Stephens MLA Member for Albany, and stakeholders from across the region.

Another important step in strengthening international exports of Great Southern wines, the mission was the second of its kind via the Great Southern Tourism and Trade Partnership between the Australian Trade and Investment Commission (Austrade), GSDC and Australia's South West.

The mission was a collaborative initiative supported by the Great Southern Wine Producers Association, Australian Trade and Investment Commission, Great Southern Development Commission, South West Development Commission, Wines of Western Australia, with additional support from Australia's South West.



This last fortnight we had Peter Stewart from GreenSkills in Albany come out for two very informative and interactive workshops.

Peter has 30 years' experience and is the coordinator at the Albany Herbarium. He has also worked at the city of Albany as their Reserves supervisor and is also a part time TAFE lecturer specialising in Natural Resource Management, conservation, and horticulture.

The first workshop was one on vegetable growing with the kids. Peter brought with him a range of different soil/dirt types for the kids to have a feel and for them to guess which was the best type for growing vegetables in. They then covered a range of different things including how different vegetables and fruits grow and the conditions they need to thrive. They were able to dissect a broad bean pod to really get an up-close look at its seed.

Next, we looked at the weather for Frankland River, the average temperatures and rainfall and decided when the best time is to plant vegetable seeds. Peter took the kids out into the community garden to see what they are growing and to have a chat about the soil type we have here, the compost and worm farms. The kids all had a great time and I'm sure learnt a new thing or two from Peter.

The second workshop was for the adults and was specifically on saving seeds. Peter explained that to save seeds from plants you grow, you really need to start off with non-hybrid/old traditional/open pollinated seeds or plants, and to avoid hybrid F1 seeds. These are seeds that have been modified

and have part of both parent plants, and the characteristics of these seeds cannot be known. From one seed, if everything is done correctly you could have infinite supply of seeds/plants.

Peter explained the need to know the plant life cycle and the need for waiting until the plant matures. He recommended keeping a close eye on your plants for the perfect time to harvest/collect the seeds that you want to save, as wind, birds, other animals, and people brushing past can knock off all the seeds that you've waited so long to collect. He spoke about plant viability, labelling, winnowing and other harvesting methods as well as weather. All the things needed to save and re-grow seeds continually.

It was a great workshop, a lot was learned not just from Peter but from all who attended and gave their experiences and input as well.





Phone (08) 9855 2310

Email: manager@franklandrivercrc.org.au

<https://franklandrivercrc.org.au>

Our Services

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**The Franklander
Newspaper**

Managers Report

Well I had an adventurous fortnight and ended up off work for two weeks unwell, so not a lot to report from me for the fortnight. I would like to say a huge thank you to everyone that filled in for me and for all the well wishes I received.

I am glad to be back and will be playing catch up for the next week! It was great to come back to our annual Halloween celebration on Sunday and I was thrilled to see such a great turnout. We had 34 children attend with their parents, so our Trick or Treat Trail was exuberant and a lot of fun even with the rain, luckily it stopped after a few minutes and the kids could enjoy the walk and all the fun.

The food contributions were amazing and enjoyed by all the kids, some very scary and spooky creations. Costumes ranged from ghosts, zombies, cereal killers, to fairy's, witches and ghouls. It is fantastic for the kids to have an opportunity to dress up and have some fun. A huge thank you to the house that participated and made it so much fun for the kids.

The staff hosted our Green skills workshops and Xero workshop over the last few weeks and all were well attended and a great success.

Workshops will start to wrap up for the year with Harvest and Vintage both looming, but if you have a request or an idea for an event or workshop for 2023 then send them into me as we are already working on our calendar for the coming year.

Share the dignity is on again and we are accepting donations at the CRC. Please drop off your donations by Friday the 18th of November so they can be included, more information is available in the advert in this edition.

Have a fabulous fortnight and let's all cross fingers for some sunshine!

Teresa

Bag with a purple ribbon
& donate
by 18th
Nov 2022

Essential items for your mum & bub bag

<input checked="" type="checkbox"/> Shampoo	<input checked="" type="checkbox"/> Deodorant	<input checked="" type="checkbox"/> Newborn nappies
<input checked="" type="checkbox"/> Conditioner	<input checked="" type="checkbox"/> Maternity pads	<input checked="" type="checkbox"/> Baby shampoo
<input checked="" type="checkbox"/> Toothpaste	<input checked="" type="checkbox"/> Breast pads	<input checked="" type="checkbox"/> Nappy rash cream
<input checked="" type="checkbox"/> Toothbrush	<input checked="" type="checkbox"/> Dummies	<input checked="" type="checkbox"/> Disposable nappy bags
<input checked="" type="checkbox"/> Soap	<input checked="" type="checkbox"/> Baby wash	

itsinthebag | 9855

Donate
by 18th
Nov 2022

Essential items for your adult bag

<input checked="" type="checkbox"/> Shampoo	<input checked="" type="checkbox"/> Deodorant	<input checked="" type="checkbox"/> Toothbrush
<input checked="" type="checkbox"/> Conditioner	<input checked="" type="checkbox"/> Soap	<input checked="" type="checkbox"/> Toothpaste
<input checked="" type="checkbox"/> Period products (tampons, pads or menstrual cups)		

itsinthebag | 9855

Community Garden

Updates & Announcements



To grow social connections through education & sustainable living.

Recipe's

POTATO BAKE SLOW COOKER STYLE

- 1 tsp oil
- 8 large potatoes, peeled and thinly sliced
- 1 onion, thinly sliced
- 2 garlic cloves, minced
- 3/4 cup of milk
- 3 bacon rashers, diced
- 1 small tub of sour cream
- 1 packet of french onion soup
- 1/2 cup of cheese, grated

On the bottom of the slow cooker add your tsp of oil.
Place a layer of potatoes on the bottom of your slow cooker
sprinkle over some garlic, onion, bacon and french onion soup, keep layering the potatoes and the above ingredients until they are all used up.
Mix the milk and sour cream together and pour over the potatoes.
Sprinkle cheese on top.

Put your slow cooker on low for 4 hours and you will have the most delicious mouth-watering potato bake.
A perfect side dish for any BBQ or roast dinner.

Recipe courtesy of:
Stay at home mum

Weather

Tuesday:
Cloudy with a top of 17C

Wednesday:
Cloudy with a top of 16C

Thursday:
Partly Sunny with a top of 21C

Friday:
Cloudy with the chance of a shower 19C

Garden tips

- Continue to plant leafy greens every 6 weeks for continuous cropping.
- Prune passionfruit to promote flowers and fruit.
- When there are just 4 or 5 green leaves left on the stem, your garlic is ready to be dug up.
- Plant silverbeet and rainbow chard as a gap filler, even in an ornamental garden.
- Eat sweetcorn fresh before the sugars turn to starch.

Community Garden

Updates & Announcements



To grow social connections through education & sustainable living.

Photos



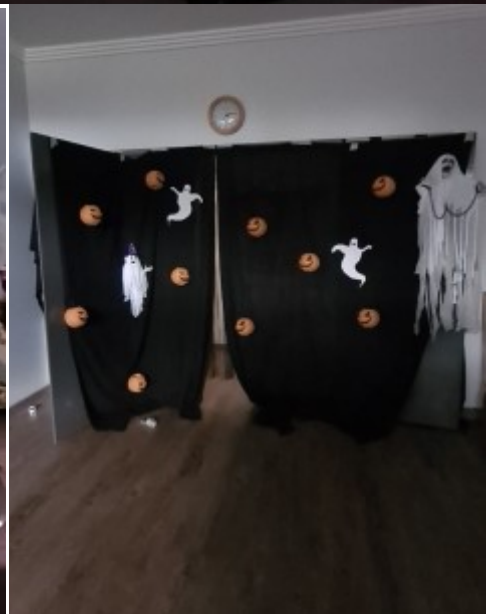
Update

The Garden Update

The Vegetable Growing workshop held by Peter from GreenSkills was great.

After looking at seeds and feeling different soil samples and determining what soil is best for growing vegetables, Peter took the kids out to the garden to see what our garden bed soil looked like. The kids and Peter looked at and talked about the benefits of the worm farms and the compost bins.

Peter left the kids with some seedlings to plant out into the garden at the next kids club.





Bloom Festival “Our Wetlands & Wildflowers Exhibition” Wrap

The Gillamii Centre partnered with local wildflower and orchid enthusiasts and also the Shire of Cranbrook to host an exhibition to display our local natural assets, in particular our unique wildflowers and various lakes to the local and broader community.

This event was part of the Great Southern Bloom festival and 162 people viewed the exhibition held at the Cranbrook Community Hub.

Camel Lake which is part of the Balicup Wetlands (the series of salt lakes to the north of the Cranbrook townsite and the Stirling Ranges) was a feature, with the camel skull loaned from the Cranbrook museum on display. Petrified wood from the Camel Lake and an interactive children’s table looking for aquatic invertebrates all formed this particular exhibit.

Local artist Marion Denny, featuring her prize winning numbat painting, and Perth artist Lesley Spencer exhibited water paintings. Amateur photographers Sandy Lehmann, Gan Eden, and John Jones images of the lakes added an wow factor to the exhibition. Claudia Caphorn women on the land photographs were also on display.

Gillamii's "Connecting Kids to Country" project involving local school students from Frankland River, Tambellup and Cranbrook tile mural was also on show for the first time.

The Gillamii Centre would like to thank the Shire of Cranbrook for the support received to host this event as part of the Great Southern Bloom Festival.

T: 08 9826 1234
 W: www.gillamii.org.au
 A: 140 Climie Street (PO Box 9) Cranbrook WA 6321





From the Principal's desk....

I tend to feel a bit nostalgic at this point of the year as many of our former students are involved in various graduation and valedictory events. From time to time, I attend these events and I really enjoy seeing former FRPS students achieving their personal best and experiencing success. This year I witnessed 2016 FRPS student, Rebekah Beech, graduate from school. It always gives me a great sense of pride knowing the role that FRPS played in helping them develop into the young adults they have become. It also gives me a chance to see our students as they progress through high school and I am always amazed how you can be spotted in a crowd, by former 'eagle eye' Frankland students and how eager they are to catch up and fill you in on the year that has been. This year was no different as I caught up with Jack Lange, Audrey Cherry and McKayla Ettridge.

Attendance

It has been great to see student attendance higher since the commencement of this term. I know that it may seem that we (me!) continually harp on about it. But the reality is, we want your children to do their very best both socially and academically and being at school consistently goes a long way to helping your children become successful citizens.

Congratulations to the following students who have achieved excellent attendance (greater than 95%) since 19th July:

Anna Argyle, Clancy Beech, Tabitha Lawson, Alex Lottering, Andreas Oelofse, Darcie Reed, Hunter Roberts-Johnston, Matilda Truscott, Seth Walker and Jai Waterman.

Well done to the following students who have achieved improved attendance this term:

Amelia O'Shea, Lexus Morrow and Emelia Jarrad.

Business Plan Progress

We have been busily continuing the implementation of our Business Plan priorities. Much work through our professional learning communities (PLCs) has ensured that we have successfully embedded our reading fluency, Diana Rigg Spelling program, revised our Talk4Writing schedule and comprehension strategy of paragraph

shrinking. Our work in Maths has continued and our PLCs over the next few weeks will renew our focus on daily reviews and lesson structure. Well done to our teachers and education assistants for their dedicated work in this area which is leading to positive results and progress in student assessment data.

From our P&C President, Khayla Beech

Hi everyone and welcome back to Term 4!

Firstly I would like to thank all parents and family members for the massive effort that went in to selling the raffle tickets! Of the 500 tickets we had available, only 22 tickets went unsold. Because of this, we were able to raise a total of \$2780! I would also like to say a huge thank you to Mrs Hooper for chasing up tickets leading up to the draw!

Many thanks to the families that sold tickets and special mention to Retravision Albany and Gilberts Winery for donating 2nd and 3rd prizes. Please show your support of these business that support our students and school.

Congratulations to our lucky winners!

1st Prize – Ash Hooper

2nd Prize – Ash Hooper (Ash has very generously donated the coffee machine to the school - Thank you!!)

3rd Prize – Anita Penny

Our next fundraising opportunity will be catering for the World Record shearing attempt on Saturday the 5th of November. We will be cooking up lunch and morning tea so if you have a few hours spare we always appreciate help.

Thank you - Frankland Rummage

Once again, Frankland Rummage have made a very generous donation towards the planned expansion of our Nature playground area. Huge thank you to the volunteers at the Frankland Rummage that make it all possible.

Materials have been ordered so watch this space over the coming months as we include a sandpit for all our budding archaeologists.



SHIRE SNAPSHOT

Phone: 9826 1008

Email: admin@cranbrook.wa.gov.au

Website: www.cranbrook.wa.gov.au

SHIRE OPENING HOURS

8.30 AM — 4.00 PM

Monday—Friday



The Council Corner

At the Council Meeting on 19 October 2022 Council had 12 reports to consider, amongst these were:

- Council have approved the allocation of \$28,000 in the 22/23 Budget for the purpose of demolition works on Lot 8 on Deposited Plan 205493 to assist The Frankland River District Country Club with the removal of existing buildings located on the Lot;
- Council have approved the submission of a grant application to the Department of Transport as a part of the Western Australian Bike Network (WABN) funding round. A provision of \$107,500 in the 2023/24 budget has been approved which is a 50% Shire contribution towards the construction of a shared pathway along Wingebellup Road in Frankland River if the application is successful;
- As a part of the Local Government Reforms, a voluntary reduction in Council size has been proposed moving from 9 to 7 councilors. Council has refused the Ministers request to undertake this process due to; improved representation of the demographic of the Shire, strong representation of the diversity of agri-business members, keen interest from individuals to stand for election and a change in legislation not yet approved by State Parliament;
- Mt Barker Speedway have been awarded the successful tender for the purchase and removal of the playground equipment located at the Frankland River Playground;
- Council have adopted Amendment 7 to the Shire of Cranbrook Town Planning Scheme No 4 which introduces provisions for a new Tourism zone into the scheme and rezones lots 182-191 Armstrong st, lots 192-199 Gilliam St and a portion of a right of way from residential to tourism;
- Council have approved amendments to three Council Policies: Policy 6.0 Emergency Services Bushfire Control, to approve the addition to the basic training benchmark. Policy 4.3 Capitalisation and Depreciation of Non-Current Assets and Policy 4.13 Corporate Credit Card;
- Council have authorised the CEO to advise Arc Infrastructure of the Shire of Cranbrook's intent to enter into a 3 year community lease for an area of land on the rail corridor in Cranbrook.

To read the full minutes from this Council meeting head to our website at www.cranbrook.wa.gov.au

Next Council Meeting

Wednesday, 16 November 2022 in Cranbrook

Recycling Kerbside Collection

14th & 28th November 2022

Waste Facility Sites - Opening Times

Cranbrook

Monday and Thursday 7.30 am - 11.30 am
Friday and Sunday 1.00 pm - 5.00 pm

Frankland River

Monday and Thursday 1.00 pm - 5.00 pm
Friday and Sunday 7.30 am - 11.30 am

TYRES

To dispose of old tyres at the sites you will need to purchase prepaid vouchers from the Shire Administration Office in Cranbrook or the Frankland River Community Centre.

FIREBREAK NOTICE ERROR

It has come to our attention that Tenterden's Brigade FCO - Captain phone number is listed incorrect. Please be advised that Chris Tomlinson's correct phone number is 0428 751 100.
We apologise for the error.



The second instalment (4 instalment option) for your 2022/23 Rates is due 16 November 2022. Late payments will accrue interest. Second Instalments (2 instalment option) are due 16 January 2023.
For any Rates Enquiries please contact our Rates Officer, Alecia Taylor on 9826 1008.

SNAP SEND SOLVE

The **Snap Send Solve app** is the most efficient way of reporting a variety of issues directly to the Shire. Reportable issues include:

- Abandoned cars or vehicles
- Animal related issues
- Dumped rubbish and litter or Graffiti
- Damaged pavement and roads
- Playground equipment
- Fallen trees



Becoming a community legend has never been easier! <http://www.snapsendsolve.com/>

SHIRE SNAPSHOT

DRIVING TESTS

*****BOOKINGS ESSENTIAL*****

The Shire of Cranbrook endeavours to hold Practical Driving Assessments for our locals only.

The Practical Driving Assessor will next be in Cranbrook on 10/11/2022 between 1.30 & 3.00pm.
To enquire or make a booking please contact the Shire Admin Office of 9826 1008.

Shire of Cranbrook Free Seniors Week Events 6 - 13 November 2022



Monday 7 November

"Have A Go" Seniors Gym Session
3pm - 4pm

Have you ever wondered what all the hype is about with people attending gyms - come and find out! Exercising for Seniors is important for keeping a healthy body and healthy mind
Ney Rosedo - Active Farmers Fitness Instructor
Limited Spaces - Book your Spot



Thursday 10 November

"Have A Go" Seniors Light Exercise Class
1pm - 2pm

Seated Exercise - if lighter exercise is more your pace, don't miss this. - bring a friend, and stay for a cuppa afterwards.

Ney Rosedo - Active Farmers Fitness Instructor



Friday 11 November

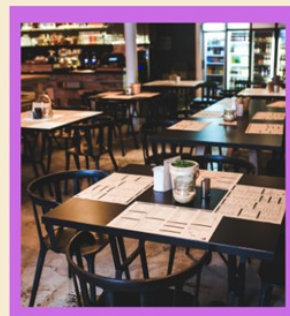
"Road Trip - Seniors Expo at Mt Barker & Lunch at Gilbert Winery"
9.30am - 2.30pm

Attend the Seniors Expo Mt Barker, information overload - Seniors Health & Life style - An array of Government Agencies along with businesses will be at your disposal, a one stop shop for all your needs.

BOOK YOUR SPOT LIMITED SEATS



Road Trip
Seniors Expo & Lunch
& Seniors Gym Session
Bookings Essential -
Phone Jenny @
Shire of Cranbrook
98261008



Supported by



Government of Western Australia
Department of Communities



Newsletter

The Maalak Aboriginal Mens' Group Returning to Country meeting is to be held in Cranbrook from 14 to 16 November 2022. The Group will be self sufficient but will hold meetings and will travel to other areas for that purpose.

Have you visited our new website?

Take the time to explore the features, which include:

- Online bookings for the Cranbrook Caravan Parks
- Online payment of rates
- Completing online hire forms, such as:
 - Community Bus Hire
 - Equipment or Facility Hire
 - Private Works Requests

We highly recommend checking it out!

www.cranbrook.wa.gov.au


 New Fire Weather Districts—The Shire of Cranbrook lies within the “Stirling West” Fire District.

New Fire Weather Districts



IMPORTANT INFORMATION TO OWNERS AND / OR OCCUPIERS OF LAND IN THE SHIRE OF CRANBROOK

All land within the Shire of Cranbrook which is within a town site and land adjacent to any town site zoned Rural Residential, Rural Small Holding or Special Use (e.g. strata).

All grasses must be kept and maintained below 100mm throughout the dates mentioned in this notice

PURSUANT to the powers contained in Section 33 of the Act, you are hereby required on or before the 15th day of November 2022, to plough, bum, scarify, cultivate, chemically spray or otherwise clear firebreaks or fuel free areas and thereafter maintain them free of all flammable materials until the 15th day of April, 2023 in the positions and of such dimensions as detailed in the Shire of Cranbrook Annual Firebreak Notice.

If you have any questions or require more information please contact our CESM Kevin Bransby on 9826 2206 or 0499 899 189.



FIREBREAK

Fire breaks are a cleared gap in the vegetation that can provide access for firefighting vehicles and also slow the spread of low intensity bushfires.

Newsletter

Media Release
Water-saving offers available to Great Southern towns
18th October 2022

Waterwise Towns Program open to 13 Great Southern communities until 31 May 2023
 Offers include free showerhead swaps and a rainwater tank rebate
 Program saved 8.5 million litres of water in the Great Southern in 2021-22

Water Minister Dave Kelly has encouraged Great Southern residents to take advantage of free waterwise offers available as part of Water Corporation's 2022-23 Waterwise Towns Program.

The annual program was created to make it easier for regional Western Australians to use water more efficiently and save money on bills by making waterwise changes around the home.

Participating towns this year include Cranbrook, Gnowangerup, Hopetoun, Jerramungup, Kondinin, Kulin, Lake Grace, Newdegate, Nyabing, Pingrup, Ravensthorpe, Walpole and Wellstead, with residents eligible for a free showerhead swap and rainwater tank rebate.

The Showerhead Swap Program allows residents to replace up to two inefficient showerheads with waterwise alternatives, helping save up to 20,000 litres of water per household each year. In 2021-22, 108 Great Southern households made the switch, saving 2.1 million litres of water.

The rainwater tank rebate will support residents by providing up to \$1,000 to purchase a new rainwater tank, or up to \$500 to plumb in or replace an existing rainwater tank.

Since 2013-14, the State-wide Waterwise Towns Program has saved an estimated 1.7 billion litres of precious water - equivalent to 756 Olympic-sized swimming pools.

Offers are available to participating towns until 31 May 2023 or until stocks last.

For more details or to view local offers, visit <http://www.watercorporation.com.au/waterwiseoffers>

Comments attributed to Water Minister Dave Kelly:

"The Great Southern remains one of the areas most impacted by climate change anywhere in the world.

"While this year's winter rainfall has been very welcome, average rainfall throughout the region has been steadily declining since the 1970s as a result of climate change.

"In 2021-22, Great Southern residents saved 8.5 million litres of water through free waterwise offers like showerhead swap and rainwater tank rebates.

"As the State Government, through Water Corporation, continues to investigate new water source options to secure a water future for regional WA towns, small waterwise actions from the community are also important."

Comments Attributed to Member for the Agricultural Region Hon Shelley Payne MLC

"Rainwater tanks plumbed into homes are an effective way to reduce scheme water use in the Great Southern", she said.

"I encourage Great Southern residents to apply for this year's offers to continue supporting efforts towards a more waterwise community."

Media Contact: Kelly Brady – (08) 9072 1786

Town	Offers
Cranbrook	Showerhead Swap, rainwater tank rebate
Gnowangerup	Showerhead Swap, rainwater tank rebate
Hopetoun	Showerhead Swap, rainwater tank rebate
Jerramungup	Showerhead Swap, rainwater tank rebate
Kondinin	Showerhead Swap, rainwater tank rebate
Kulin	Showerhead Swap, rainwater tank rebate
Lake Grace	Showerhead Swap, rainwater tank rebate
Newdegate	Showerhead Swap, rainwater tank rebate
Nyabing	Showerhead Swap, rainwater tank rebate
Pingrup	Showerhead Swap, rainwater tank rebate
Ravensthorpe	Showerhead Swap, rainwater tank rebate
Walpole	Showerhead Swap, rainwater tank rebate
Wellstead	Showerhead Swap, rainwater tank rebate

Newsletter

Introducing the new Australian Fire Danger Rating System

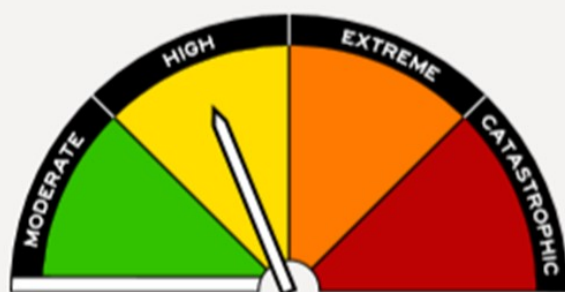


Fire danger ratings describe the potential level of danger should a bushfire start.

They are important because they provide people with information so that they can take action to protect themselves and others from the potentially dangerous impacts of bushfires.

From 1 September 2022, Australians will have a simplified, action-oriented Fire Danger Rating System.

The new Australian Fire Danger Rating System (AFDRS) levels are:



- Moderate**
Plan and prepare

- High**
Be ready to act

- Extreme**
Take action now to protect life and property

- Catastrophic**
For your survival, leave bushfire risk areas

- The AFDRS will also introduce 'no rating' for days where bushfires are unlikely to spread in a dangerous or life-threatening way. On these days you still need to remain alert and abide by local seasonal laws and regulations.
- The AFDRS is informed by one of Australia's largest social research projects which found that most Australians do not understand the current system and would prefer a simpler, action-oriented set of fire danger ratings.
- The AFDRS is being implemented consistently across Australia and will mean that wherever you are across the country, you will be able to understand the threat posed on any given day and make appropriate decisions to keep you and your family safe.

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ENR/2022/048



DFES
Department of Fire and Emergency Services

HOW FIREPROOF IS YOUR PLAN?



AFDRS

Newsletter



REMEMBRANCE DAY SERVICE

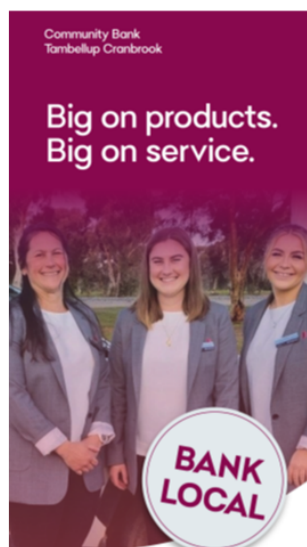
Friday, 11 November 2022

10:30am at the

Cranbrook War Memorial on

Gathorne Street

Followed by refreshments and a light
morning tea at the Cranbrook Town Hall
provided by the Cranbrook Red Cross



Bendigo Bank

RURAL BANK
Farmer focused. Future driven.



B Bendigo Bank

Supporting Your Community
**Community Bank
Tambellup Cranbrook**

<u>CRANBROOK OPENING HOURS:</u>	<u>TAMBELLUP OPENING HOURS:</u>
25 Gathorne St Cranbrook Ph: 9826 1777	36 Norrish St Tambellup Ph: 9825 1333
Monday Open...9.30am-12noon, 12.30-4pm	Tuesday Open...9.30am- 12noon, 12.30-4pm
Wednesday Open...9.30am-12noon, 12.30-4pm	Thursday Open...9.30am-12noon, 12.30-4pm
Friday - Book an appointment & we can come see you. Call the Branch direct on the above phone numbers	
Website:	Facebook: www.facebook.com/CommunityBankTambellupCranbrook
https://www.bendigobank.com.au/branch/wa/community-bank-tambellup/	
https://www.bendigobank.com.au/branch/wa/community-bank-cranbrook/	

****Attention Customers ****

ARE YOU STILL USING A PHYSICAL TOKEN FOR YOUR INTERNET BANKING?

We will soon be discontinuing physical tokens from November 2022. If you are still using one for your internet banking, please speak to staff about setting up your new e-token.

NOTICE OF AGM

**Great Southern Community Financial Services Limited operators of
Community Bank Tambellup Cranbrook**

DATE: Wednesday 23rd November 2022 TIME: 6pm

VENUE: The Gillamii Centre Cranbrook

Please RSVP your attendance before 21st November
to office@gscfsl.com or phone 0429 228 434.



We will be celebrating our 23rd Birthday in
Cranbrook on Wednesday 9th Nov
and
Tambellup on Thursday 10th Nov
Pop in and join us for a cuppa.

Cardiovascular Awareness – How's Your Pump and Pipes?

It's no surprise that when we combine disease associated with the *heart* (pump) and *blood vessels* (pipes) it's our biggest killer, largest health problem, and places a great burden on our economy and health system. This of course is without even considering the issues around grief, loss of function and care requirements that can also impact individuals and families.

Cardiovascular Disease (CVD) is a major cause of death in our country. It kills one Aussie every 12 minutes and is responsible for causing one in four (26%) of all deaths. Someone is hospitalised for CVD every minute and those living in regional and remote areas, generally have higher rates of death from CVD than other Australians (Heart Foundation Aust).

Why Pump and Pipes? If we think about a pump moving water through a series of pipes, over time sediment can slowly build up and slow the flow of water or even cause a blockage. Most blokes would understand this would result in the pump having to work harder which can cause it to eventually fail or blow a hose.

This is no different to coronary heart disease which occurs through the build-up of fatty deposits (plaque) in the arteries that feed the heart. Narrowing reduces the supply of blood and oxygen to our heart and if this becomes too narrow it can cause angina (pain/discomfort in chest) or if a blood clot causes a complete block, then this can cause a heart attack. This is similar to when a clot occurs in blood vessels to the brain causing a stroke.

Warning signs for a heart attack may include a single or a combination of symptoms such as pain, heaviness or tightness in one or more areas of the upper body, shortness of breath, dizziness or a cold sweat.

If you think someone's having a stroke the Stroke Foundation has come up with an easy to remember checklist referred to as FAST:

- Face – Has their mouth dropped?

- Arm – Can they lift both arms?
- Speech – Is it slurred, can they understand you?
- Time – Is critical, call 000 immediately.

Factors that contribute to CVD include family history (which we can't change) but some of the other risks we can manage by making healthy lifestyle choices are:

- don't smoke;
- maintain a healthy diet;
- do regular exercise;
- reduce our alcohol intake (take a couple of days off a week);
- monitor our body weight;
- moderate our salt, sugar & fat intake; and
- look after our mental health & wellbeing.

It's important we acknowledge that a lot of CVD is preventable, however it's essential that we understand our individual risk factors that may impact on us developing diseases associated with our heart and blood vessels. The onset of other health issues such as diabetes, obesity, even erectile dysfunction can be an indicator that our pump and pipes could be under pressure.

So, just remember like any good piece of machinery, there are some basic *Operating Tips* to keep things running at optimal performance!

Gauge your guts - Regulate your risks - Move more - Make a service visit... Talk with your GP

The Regional Men's Health Initiative

delivered by Wheatbelt Men's Health (Inc.)

Tel: (08) 9690 2277

menshealth@4blokes.com.au

www.regionalmenshealth.com.au





FRANKLAND
Rural

FRANKLAND RURAL
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Tim Mob: 0429 311 795
Chloe Mob: 0416 540 759
E: sales@franklandrural.com.au

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News from the Shed

We had a very successful – Shed Open day last weekend where our President John De Burgh, along with our local federal member Rick Wilson officially opened our newly finished social room. We have about 30 people attend over the morning and stayed for a lovely hamburger for lunch, I think all who attended enjoyed the day.

Work continues on the floor area for what will be the Toy Library's new home, however, once we started assessing the "couple" of damaged floor boards we discovered some of the floor joists also require some attention, we have now installed new floor joists and will soon be able to fix new floor sheeting, we have to add some additional support to the joists and these stirrups will be installed this week.

To celebrate International Men's Day, we will be holding a "garage sale" at the Men's Shed on Saturday the 19th of November, please lock this date into your calendar and come along, we will have a number of items for sale and will have our ever popular BBQ going to feed those who attend.

Mal and Chris have done a fantastic job on Sam's sewing machine and it looks really good, ready for its new home in Sam's house.

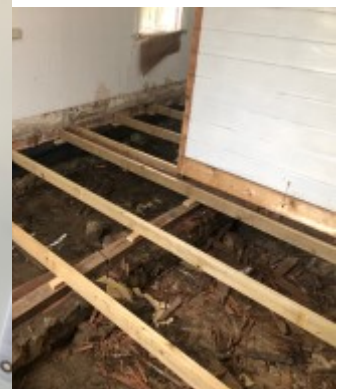
Our weekly Mt Barker bus service continues to be very popular, the service is open to all people living in the Cranbrook or Tenterden town sites, and offers a pick up and drop of service to and from your place residence. Tony really enjoys driving the bus and Mal helps out as and when required. If you wish to be involved with this great initiative, please call into the Trading Post and place your name and

contact details on the register, please note you must be vaccinated to take part in this service.

The Cranbrook Community Men's Shed, was established to provide a venue for all men living or visiting the Cranbrook Shire with a place to feel welcome to visit and participate in the various activities offered. We always encourage men to call in on a Thursday for a look around and to join us for a cuppa – the kettle is always hot and it doesn't take much for us to take a break and have a cuppa.

Recently we have our lovely reverse cycle heater on in the meeting room and the fire roaring in the workshop so wherever you choose to sit is nice and warm. During our AGM, it was agreed we will continue to hold second monthly meetings on the second Thursday of the month, and we will hold them at lunch time with all attending offered a burger cooked to perfection (if Dobby cooks). Our next meeting will be on the 10th of November.

For more info about the Shed activities please contact John De Burgh 0419 957 962 or Mal Humble 0410 568 519





SEASON 2022-23

Friday 4th November
 3:45pm SunSmart Cardio Tennis with
 Megan Henry @ TTC

Saturday 5th November
WEEK THREE COACHING
 Adults 1:45pm - Juniors from 2:30pm
 3pm Club social tennis
*Early payment of membership draw- Gourmet
 basket- Sponsored by Elders Cranbrook*

Friday 11th November
 3:45pm SunSmart Cardio Tennis with
 Megan Henry @ TTC

Saturday 12th November
 3pm Club social tennis

Friday 18th November
 3:45pm SunSmart Cardio Tennis
 with Megan Henry @ Frankland River
 Courts

Saturday 19th November
WEEK FOUR COACHING
 Adults 1:45pm - Juniors from 2:30pm
 3pm Club social tennis

Saturday 26th November
WEEK FIVE COACHING
 Adults 1:45pm - Juniors from 2:30pm
 3pm Club Social tennis

FOR MORE INFORMATION
 ABOUT COACHING OR ANY OF
 OUR EVENTS VISIT OUR
 WEBSITE:

play.tennis.com.au/tenterdentennisclub

KEEP YOUR SATURDAYS FREE
 AND WE'LL SEE YOU ON THE
 COURT



TENTERDEN 75th Anniversary 1947 JUNIOR TOURNAMENT

Save The Date

Bendigo Bank Open Junior Tournament

Sunday 18th December



Supporting Your Community
 Community Bank
 Tambellup Cranbrook

Exciting News

This season we will be
 hosting a special event:

Junior Tournament 75th Celebration

Wednesday December 28th

More info on the 75th Celebration flyer
 in this edition
 of the Franklander



**Frankland River
Community Resource Centre**

Annual General Meeting

**Monday 7th November at 7.30pm
At the CRC**

All positions are open

**For further information or to nominate,
please contact Teresa Lawson on 98552310**



FRANKLAND RIVER



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Saturday
9:00am – 12:00 noon

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Cranbrook

Tuesday
9:00am – 10:00am
Farm calls by appt. after 10:00am

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- Horse tendon scanning and x-rays
- Ultrasound pregnancy scanning of sheep and cattle
- Sheep and cattle herd health
- Bull fertility assessment
- Worm egg counts and drench resistance testing



69 Lowood Road | PO Box 57 | Mount Barker WA 6324 | Ph: (08) 9851 1177 | Find us on Facebook and Instagram



www.mtbarkervet.com.au | admin@mtbarkervet.com.au | After hours emergency only: 0427 426 203



**FRANKLAND RIVER
PUBLIC LIBRARY**

8 Wingebellup Road
Frankland River WA 6396
9855 2310 E: flibrary@wn.com.au

Monday to Friday 9:00am - 4:30pm



We would like to take this opportunity to extend a grateful note of thanks to our annual advertisers who continue to support your local community paper with their paid advertising; some of these have been with us since inception of the local rag in early 1998.

This assists us with production costs and allows FREE fortnightly circulation to residents in our district. Thank you all.

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 PHONE 9841 6688 - FAX 9842 5052

Article deadlines
 for next two
 editions are

Friday 11 November
 &
Friday 25th November

We look forward to
 hearing from you...

Email:
franklander@franklandrivercrc.org.au
 or
 9855 2310

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NOVEMBER 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Storytime 10am Yoga 6.30pm	2 Playgroup Toy Library	3 Nunijup Patchwork Op Shop 10am - 1.30pm Waste Station 1:00pm - 5pm Yoga 6.30pm	4 Waste Station 7:30am - 11:30am	5 Op Shop 8.30 - 12.30
6 Waste Station 7:30am - 11:30am	7 Waste Station 1:00pm - 5pm Pilates CRC AGM 7.30pm	8 Storytime 10am Yoga 6.30pm	9 Doctor Playgroup Toy Library Kids Club 2.30pm Pilates	10 Op Shop 10am - 1.30pm Waste Station 1:00pm - 5pm Yoga 6.30pm	11 Remembrance Day Waste Station 7:30am - 11:30am Article Deadline	12 Op Shop 8.30 - 12.30
13 Waste Station 7:30am - 11:30am	14 Recycling Waste Station 1:00pm - 5pm Pilates	15 Storytime 10am Yoga 6.30pm	16 Playgroup Toy Library Council Meeting Pilates	17 Nunijup Patchwork Op Shop 10am - 1.30pm Waste Station 1:00pm - 5pm Yoga 6.30pm	18 Waste Station 7:30am - 11:30am Cardio Tennis 3.45pm	19 Op Shop 8.30 - 12.30
20 Waste Station 7:30am - 11:30am Catholic Mass	21 Waste Station 1:00pm - 5pm Pilates	22 Storytime 10am Yoga 6.30pm	23 Playgroup Toy Library Kids Club 2.30pm Pilates	24 Op Shop 10am - 1.30pm Waste Station 1:00pm - 5pm Yoga 6.30pm	25 Waste Station 7:30am - 11:30am Article Deadline	26 Op Shop 8.30 - 12.30
27 Waste Station 7:30am - 11:30am	28 Recycling Waste Station 1:00pm - 5pm Pilates	29 Storytime 10am Yoga 6.30pm	30 Playgroup Toy Library Kids Club 2.30pm Pilates	1 Nunijup Patchwork Op Shop 10am - 1.30pm Waste Station 1:00pm - 5pm Yoga 6.30pm	2 Waste Station 7:30am - 11:30am	3 Op Shop 8.30 - 12.30

Church Announcements

Anglican

Cranbrook:

Ist, 2nd, 3rd & 4th Sunday 10.00 am
at St Oswalds Church
Contact - Jan Pope 0417 981 264

Tenterden:

On a 5th Sunday of the month 10:00 am
at St Mildred's Church

Baptist

No services at Frankland River until further notice

Cranbrook Service 10.30am

Cranbrook Frankland River Baptist Church

Services are also uploaded to YouTube

https://www.youtube.com/channel/UCV4nIqkuX_cj7LwacAgAdAw

Contact Mark Jefferies 0428 517 103

Catholic

Parish Priest Father Ely Comanda

Ph 0421 282 775

Contacts:

Clarissa Devine 0497 545 334

Debbie Coole 0427 240 556

Mass Times - 3rd Sunday of the month
at the Frankland Catholic Church at 3.00pm.

All new community members warmly welcomed.

EMERGENCY NUMBERS

- Ambulance 000
- Primary Number for ALL
Emergency Assistance 000
- Hospital Mt Barker 9892 1222
- Hospital Albany 9892 2222
- Poisons Info Centre 13 11 26
- Cranbrook Police (08) 68013840
- Crime Stoppers 1800 333 000
- Fire Brigade:
 - Frankland Town 0427 552 321
 - Frankland 0458 552 271
 - Chief BFCO 0407 261 005
- DFES 1300 657 209
- Vet Mt Barker 9851 1177
- Vet Kojonup 9831 1666
- Southern Agcare 9842 2956
- HACC - Mt Barker 9851 2015

AA
Contractors 

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Frankland River

 **0427 552 321**

**TO THE
RESIDENT**

The Franklander

Frankland River Community Resource Centre

8 Wingebellup Road

Frankland River 6396

Phone: 9855 2310

Email : franklander@franklandrivercrc.org.au