

Come and see the exciting NEW range of Lego!

BOOK BY FRIDAY 30TH JUNE

LEGO CLUB

THURSDAY
6TH JULY

For ages 5yrs and up
\$5 per child
From 10am to 12pm
Morning tea included



Frankland River
Community Resource Centre

Frankland River Community Cropping Group

2023 UPDATE

Dear Community Members,

We are thrilled to bring you an update on the progress of the Frankland River Community Cropping Group and extend our heartfelt gratitude to all those who have donated their time, products, and machinery to support our endeavours. It is through the collective effort and generosity of our community members that we have been able to achieve significant milestones this season.

The journey began on April 20th with the first spraying knockdown, skilfully carried out by Dave Brayshaw and Ben Beech. We are immensely grateful to the Beech and Hilder families for their donation of sprayers and operators, which enabled us to effectively kickstart our cropping activities. Their support has been invaluable to our success.

Following the knockdown, a pre-seeding lime application was completed by Nathan Waterman and Peter Ettridge. We would like to express our appreciation to Kevin Hawkes for generously lending his loader, which facilitated the quick and efficient loading of the spreaders. Their contributions played a crucial role in preparing the ground for seeding.

On April 28th, seeding commenced, and we were fortunate to have the assistance of Tom Bigwood, Dave Thomas, and Kim Lange, who generously donated their time and machines for a pre-emergent spray in front of the air seeder. Furthermore, we extend our sincere thanks to Jon and Grant Egerton-Warburton for donating the nurse truck that ensured the sprayers remained well supplied. The challenging seeding conditions, due to the late break of the season, were skilfully navigated by the Hilder family, with Adam Hilder behind the wheel and Simon overseeing the process on the Baxter block.

We were also thrilled to have the opportunity to try a new hybrid canola called PY520, a stacked triazine tolerant + clearfield variety. This seed was generously donated by Pioneer Australia, and we are truly grateful for their continued support. Additionally, we extend our heartfelt thanks to Gunwarrie for their generous donation of fertiliser for this seasons seeding, this was a very large donation that does not go unnoticed. Noel Keding's assistance in picking up and delivering the fertiliser with his truck is also greatly appreciated.

Post-seeding, Rhys Muir diligently kept the slugs and snails at bay with some baits, this was instrumental in protecting our crops and ensuring healthy plant growth.

As we progressed further, the time came for the first urea application and in-crop spray. We would like to extend our gratitude to Dan Challenor for his assistance in carting the urea, Richard Warburton for supplying his elevator and we sincerely thank Gunwarrie for their support with the spreading application.

Charlie Russell completed the first in-crop spray, utilising the sprayer generously donated by the Coole family. We also express our thanks to Joey Standish and Jon & Grant Egerton-Warburton for providing the necessary support to keep the sprayer topped up with their nurse truck.

In addition to our primary activities, the 10ha block on Poison Hill Road has again been generously donated and cropped by a local family. The proceeds generated from this block will be invested back into the community via the FRCCG. We extend our sincere appreciation for their support and commitment to our community.

The Frankland River Community Cropping Group would like to take this opportunity to express our deepest gratitude to each and every individual who has supported us thus far in the season. It is through your contributions that we can work towards bettering and developing our community. However, our journey is not yet complete, and we kindly request further support, either financial or physical, to continue our important work.

Our next task will be stick picking, and we warmly invite anyone who can lend a hand to contact Zali on 0418922178. Your assistance will be highly valued and greatly appreciated.

Thank you once again for your unwavering support and dedication. Together, we are making a significant difference in the Frankland River community.





Frankland River Police News
June 2023

Wow is all I can say regarding my first two months here at Cranbrook Police Station. And as this is my first country location within my career I am learning so many new things. I have been invited out to visit some of the farms in the area which I have absolutely loved! Thank you to all of you that have made me and my family very welcome.... we really feel at home and part of the community.



While Nat had been on leave in the beginning of June, I had the opportunity to help out at the Truck Stop for Driver Reviver, Story Time at Frankland River CRC where I read "The Speedy Sloth" to the kids and went out to cheer the Cranbrook Primary School Kids in their cross country run.

More about the policing side of things, Nat and I are continuing to conduct our firearms cabinet inspections through out Cranbrook and Frankland River. We are getting through the list however if you would like to contact us to make an appointment please feel free to do so on 6801380 or email Cranbrook.Police.Station@police.wa.gov.au and we can provide any information to you before we attend.

On Tuesday 20th June 2023 between 5:00am and 7:30am we conducted a traffic action along Climie Street targeting speeding, especially the trucks utilising this road. During this time, we recorded 16 trucks pass by where 3 of them were issued with an infringement for speeding.

Kind regards
Cat and Nat

TOY LIBRARY
CRANBROOK - FRANKLAND RIVER

AGM INVITATION

- Friday 28 July 2023
- 09.30am - 10.30am
- Cranbrook Community Hub
Cnr Climie & Dunn St, Cranbrook

Information: Beth 0431 891 600

TOY LIBRARY
CRANBROOK - FRANKLAND RIVER

Frankland River: Wednesday 9-12
Cranbrook: Friday 11-12

Contact Bron on 0408 939 049 for queries

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Available on the App Store, Google Play, and Amazon Appstore.



Frankland Rural

Agricultural Supplies | Agronomy | Animal Health



2023 ANIMAL HEALTH GROUP TOUR

Thankyou to those who keenly attended our recent Animal Health Group Tour. We had a great three days away together visiting Beaufort River Meats; Scanlan Wools; Xytovet; Bindi Murrays new AWI approved Shearing Shed; & the DPIRD Research Station in Katanning.

We also attended Murdoch University where we took an in depth look into lamb losses between marking & scanning; ewe mortality and lamb eating quality. We met with the WA livestock research council who spoke about efficient sheep systems and had an amazing dinner together at the Hunter & Barrel in Perth.



SYNGENTA AGRONOMY GAMES

Congratulations to Andrew who has just won the 2023 Syngenta Agronomy Games. Andrew was recently selected as a finalist in the competition allowing him to travel to Wagga Wagga to compete, and will now go on to Europe for an Agronomy tour. Well done Andrew!



Weather Review Frankland River

JUNE

Total monthly rainfall: 97.6mm
Minimum monthly temperature: 2°C
Maximum monthly temperature: 18°C
Highest wind gust: 56km/h WSW



OPENING HOURS:

Monday to Friday: 7:30am - 5:00pm
Saturdays: 9am - 12pm



3 Trent Street, Frankland River WA 6396

P: (08)9855 2288

M: 0477 552288

E: admin@franklandrural.com.au

Helping you to be the most profitable and sustainable farming business

Phone (08) 9855 2310

Email: manager@franklandrivercrc.org.au<https://franklandrivercrc.org.au>

Our Services

Government Information

Public Library

Computer Hire

Wi-Fi Internet Hotspot

Centrelink Access Point

Desktop Publishing

Printing

Laminating

Binding

Business Courses

Room Hire

Photocopying

Videoconferencing

Containers for Change

Tourist Information

Kid's Club

Lifestyle Courses

Job Board

Souvenirs

Craft

The Franklander
Newspaper



Hi everyone, my name is Lani.

I moved to Frankland River two years ago from Narrikup. My husband has worked and lived in the area over the past five years for Peter and Sharon Beech. Our children have flown the coop and are living in Darwin and Cairns.

In my spare time I enjoy playing hockey for Kojonup, horse riding and walking the dogs.

Over the next year I will be completing a traineeship in Cert 11 in Tourism, my goal is to be able to help show case our region to those visiting. I am looking forward to the challenges ahead and being able to be a part of this wonderful community.

What those may not know about myself, is that I really enjoy reading a good novel or several. I generally lean towards Fantasy/Sci-Fi but do branch out to true crime from time to time. Over the years, my favourite authors include David Eddings, Sara Douglas and Garth Nix.

If you have any other suggestions, feel free to pop on in!

I'm always keen to hear of new authors and books.

Community Garden

Updates & Announcements



To grow social connections through education & sustainable living.

Recipe's

Lamb Shank Madras

Ingredients - 4 tbsp natural yogurt, 1 tbsp ground cumin, 1 tsp turmeric, 4 lamb shanks, 1 tsp sea salt, 2 tbsp sunflower oil, 4 onions sliced, 4 tbsp madras curry powder, 8 garlic cloves crushed, thumb-sized piece on ginger grated, 220g tin chopped tomatoes, 3 whole dried red chillies optional, 5 curry leaves, 4 cardamon pods split, 3 tbsp lime pickle, 300ml chicken stock.

Method - **Step 1**-Tip the yogurt, cumin, turmeric, 1 tsp sea salt and the lamb shanks into a large mixing bowl and coat the lamb. cover and pop in the fridge for a couple of hrs. or overnight.

Step 2-Heat the oven to 140C fan. Heat the oil in a large casserole dish over medium heat, add the shanks and brown all over for 10 mins until golden, remove from the dish. Scatter the onions into the dish and fry for 10 mins until golden brown. Stir in the curry powder, garlic and ginger, cook for 3 mins until aromatic. Add the lamb shanks back into the dish along with the tomatoes, chillies, curry leaves, cardamon pods and lime pickle. Give everything a good stir and pour over the stock. Bring to a simmer, cover, then transfer to the oven and cook for 3 hrs.

Step 3 - remove the lid and cook for 1 hr more, this will help reduce some of the liquid and char any exposed meat. When the lamb is very tender, leave to rest for 30 mins or cool completely and serve the next day for optimum flavour. Can be made up to 2 days in advance.

Scatter with chopped mint leaves and serve with naan bread and rice on the side.

Recipe courtesy of BBC Good Food

Weather

Tuesday:
Raining
top of 12

Wednesday:
Raining
top of 12

Thursday:
Rainy but clearing
top of 14

Friday:
Overcast
chance of showers
top of 12

Garden tips

HELP! Winter has arrived and we at the CRC are a little behind with getting our winter crops in the ground and preparing our gardens for the up-coming spring.

If there are any keen gardeners that can come and lend a hand on Tuesday 4th July @10am - 11.30am. Morning tea will be provided




The Story of the Purple Road

The Purple Road is a community project started by the Older People's Rights Service at Northern Suburbs Community Legal Centre to raise awareness of elder abuse.

Each handmade flower represents an older person's unique story and opens the conversation for older people who are at risk of experiencing abuse to support, inform, educate and empower.

Currently the Purple Road measures over 60 metres long.

This is only one section of many created by community groups and individuals across WA to highlight the importance of supporting our older community.



Frankland River CRC

Naturopathy

Janine Bush
NATUROPATH
BHSc (Nat)
<https://janinebushnaturopath.com>

Naturopathy Visits to Frankland River

A holistic approach to wellness Naturopathy's therapeutic techniques nurtures the 'whole self' - mental, emotional, social, physical, spiritual and environmental

Improve your health & wellbeing naturally & assist your body's natural ability to heal itself

Explore how diet & lifestyle factors maybe blocking your path to optimal health






Confidential Personalised Consultations

Individual Health Plan

To book your consultation in Frankland River for Janine's next visit call
9844 3623 or M: 0410 054 780

What is elder abuse?

It's the abuse and neglect of older people. It takes many forms.

 <p>Physical abuse</p> <ul style="list-style-type: none"> Hitting, pushing, kicking Inappropriate use of drugs or restraints 	 <p>Psychological or emotional abuse</p> <ul style="list-style-type: none"> Insults, threats, humiliation, controlling behavior, confinement and isolation 	
 <p>Sexual abuse</p> <ul style="list-style-type: none"> Sexual contact without consent 	 <p>Financial exploitation</p> <ul style="list-style-type: none"> Misusing or stealing a person's money or assets 	 <p>Neglect or abandonment</p> <ul style="list-style-type: none"> Not providing food, housing, or medical care

Elder abuse can happen just once or repeatedly.

People who commit elder abuse are often in a position of trust.

Family members Health care workers

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 12th July



INJURY PREVENTION & REHAB

PAEDIATRIC & PREGNANCY CARE

FAMILY CHIROPRACTIC

FRANKLAND RIVER CRC

upcoming dates:
2nd JUNE 14th JULY
30th JUNE 4th AUGUST

www.reachfamilychiro.com.au 0413 478 975
hello@reachfamilychiro.com.au Reach Family Chiropractic



From the Principal's desk....

Kaya! Hello in Noongar, ciao in Italian, hallo in Afrikaans and kamusta in Filipino!

The heavy rain we have recently experienced has brought the first signs of Makuru, the Noongar season of fertility. For Aboriginal families, fire would have been a useful resource for food preparation and production, tool and artefact production, hunting and during game, and for warmth and signalling. During Makuru, meat animals such as yonga (kangaroo) and weitj (emu) are hunted at this time of the year. Last week was National Reconciliation Week which marks the significant milestones in our reconciliation journey. As a school a priority has been on embedding the contributions of Aboriginal and Torres Strait Islander Peoples and Cultures in all the learning areas of the WA Curriculum. It has been great to see this learning across the school and we look forward to enhancing this in the future. Next semester we hope to be able to invite the school community to share in our learning in this area.

Faction Cross Country

Our Faction Cross Country was held on Wednesday 14th June. Congratulations to all our students who did their best. It is a test of mental and physical endurance as students work hard to complete the course, both during training sessions and as part of the event. Finishing either the 1.5km or 2km event is a fantastic achievement, and the students should be very proud of their efforts.

Thanks to our wonderful parent volunteers who were stationed along the course, assisting, and encouraging our competitors and thank you to all our spectators who came along to support the students.

Congratulations to the following students

	1st	2nd	3rd
Junior Girls	Torah Preston (Red)	Elsie Corry (White)	Anna Argyle (Red)
Junior Boys	Chase Reed (White)	Patrick Haynes (Red)	Andreas Oelofse (Red)
Intermediate Girls	Emily Haynes (Red)	Billie Beech (Red)	Matilda Preston (Red)
Intermediate Boys	Clancy Beech (Red)	Dylan Lange (Red)	Terry Dove (White)
Senior Girls	Jasmine Haynes (Red)	Pollyanna Egerton-Warburton (White)	Aila Hopkinson (Red)
Senior Boy	Reuben Kent (White)	George Riggall (Red)	Jacob Dawson (Red)

Year 4/5/6 Winter Carnival Wrap Up

Well done to our Year 4/5/6 students who participated in the Winter Carnival at Cranbrook Friday week. It was a fantastic day, and it is always great to see the students working as a team in their chosen sports of soccer and football. A special thanks to Miss Beal and Mr. Gilbert who coached the teams on the day.

Sport	1 st	2nd	3rd	4th	5th
AFL	Frankland River	Tambellup	Cranbrook		
Netball	Tambellup	Cranbrook & Broomehill 1	Broomehill 2	Kendenup	
Soccer	Broomehill on a countback	Frankland River	Kendenup 1	Kendenup 2	Cranbrook

Student Council Fundraiser - Book Character Dress Up Day

Our Student Councillors held a successful fundraiser for the Frankland/Cranbrook Ambulance by encouraging students to come dressed as their favourite book character. We raised \$84.60 from donations. Thank you for supporting our student council fundraiser.

Sustainability News

Wednesdays have been busy on the sustainability front with our students creating potato stacks, watering, and weeding their gardens as well as creating some trellis for plants to grow on

CWA Ladies Visit

On Friday 2nd of June, the Frankland River CWA ladies came and showed our students how to finger knit. It was a challenging task to start with, but the students soon got the hang of it and created some purple knitted flowers. This session was aimed to raise the awareness of the importance of looking after our elders and preventing elder abuse. We look forward to having the CWA ladies support us with some other initiatives over the course of the year.





Due to a last minute rush with enrolments, we are fully booked for the current AusChem course & having sourced additional dates are taking enrolments for the second course.



MAA18 AusChem Accreditation Skill Set 3rd & 4th August

Please enrol by 20th July 23.

Your place in this course will only be confirmed when we receive signed, completed forms, ID and payment

Learn the knowledge and skills required to manage risks associated with chemical use, and to understand your obligations in the areas of duty of care, quality assurance and environmental management.

Cost \$35.00 (resource fees) + \$75.00 (registration fee) = \$110.00 per student

For further information please call 9855 2310



Medieval Banquet

Saturday afternoon saw the Country Club transformed into a Medieval setting ready for the long table banquet held later that evening.

Many braved the cold Winter weather with a



large number joining into the festive spirit of the occasion arriving donned in suitable attire ready for the evening of feasting.

Usual Saturday night menu was abandoned for Cheese Platters and Mulled Wine on arrival, followed by Pottage, platters of Roast Beef & Pork and root vegetables accompanied by a traditional medieval fruit chutney.

Rounding out the feasting was an array of Sticky Date Pudding, Fruit Pudding or Carrot Cake.

Country Women's Association of WA Albany Branch



Royal Flying Doctors Morning Tea Fundraiser

Saturday 1st July 2023 from 10am to 12pm
at the CWA Hall, Serpentine Rd, Albany

Entry \$10.00 pp (Morning Tea)
Door Prize, Cake Stall, Raffle

Come along and enjoy the Ukulele Ensemble

For further information or to book
contact Anne 0412 937 641

Proudly fundraising for



Royal Flying Doctor Service



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 held on 21 June 2023 Council had 8 reports to consider, amongst these were:

- Council noted the List of Payments from the month of May;
- Council have approved a planning application for an outbuilding on Lot 51 Jarrah Road, Frankland River;
- Council have approved and are supportive of the submission of a grant application to the 2023-24 CSRFF Small Grants Round for the Cranbrook Sporting Club;
- Council have received the programme for the annual WA Local Government Convention in September which will be attended by Council representatives.

Next Council Meeting

Wednesday, 19 July 2023 in Cranbrook

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

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 CRC.



IT'S THAT TIME OF THE YEAR; RATES ARE JUST AROUND THE CORNER

If you have changed your contact details you will need to update these to the Shire of Cranbrook, please contact the Shire on 9826 1008 or email admin@cranbrook.wa.gov.au

If you have any Rates enquiries, please contact Rates Officer, Alecia Taylor on 9826 1008.

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 13/07/2023 between 1.30 & 3.00pm.

To enquire or make a booking please contact the Department of Transport on 13 11 56 or present to the Shire Administration Office.



COMMUNITY BUS

Did you know that the Shire has two 12 seater buses for full and half day hire.

One in Cranbrook and the other in Frankland River. Why not enquire for your next event today! Phone 9826 1008 or jump on our website to book.

2023/2024 FEES AND CHARGES

The 2023/2024 Fees and Charges were recently adopted by Council at the Ordinary Meeting of Council held 17 May 2023. These new fees and charges will come into effect as of 1 July 2023. To see the full list of fees and charges, visit our website at www.cranbrook.wa.gov.au

Recycling Kerbside Collection

10th & 24th July 2023

SHIRE SNAPSHOT

Deputy Chief Executive Officer Vacancy

This position was previously known as the Manager of Finance and Administration.

The Chief Executive Officer is seeking to appoint a Deputy Chief Executive Officer to join their team and work together to deliver the Council's strategic direction and vision for the Shire.

Applicants will need to possess a relevant tertiary qualification and have a sound understanding of accounting practices and standards, demonstrated experience in effectively leading multi-disciplinary teams, excellent interpersonal skills and working knowledge of Local Government regulations, governance and financial reporting obligations. Ideally applicants will be aspiring toward a Chief Executive Officer role.

Electronic applications only, including a covering letter, your Curriculum Vitae and your statement addressing the Selection Criteria plus three current referees should reach the undersigned by email to mike@fitzgeraldstrategies.com.au by **4pm on Friday 7th of July 2023.**

To obtain a copy of the Application Information Package & Position Description please email Mike FitzGerald at mike@fitzgeraldstrategies.com.au or by visiting <https://www.fitzgeraldstrategies.com.au/local-government-job-vacancies/>



Driver Reviver by the Roadside Committee

The first ever driver reviver was conducted at the Rest Bay since it had been completed on Friday 2 June. There was free coffee/tea and biscuits plus a free sausage sizzle.

It was a great turn out with nearly 40 vehicles stopping specifically driver reviver with 67 people taking advantage of the free refreshments and many more stopping purely for a personal break while having a cuppa around the fire pits.

Thank you to Main Roads and Matt and Casey Roberts from Riverhill Contracting for donating lighting towers for the night. Also a massive thank you to all the volunteers that helped on the night, especially Ranger Joe and Works crew member Josh who set up the driver reviver.

Looking forward to the next one!



Looking for a quality gift for a loved one this year?

Available to purchase from the Shire Administration Office or Frankland River Community Centre - Shire of Cranbrook Magnets \$6ea inc. GST, wine glasses \$5ea inc. GST and travel cups \$12ea inc. GST.



SHIRE SNAPSHOT

FRANKLAND RIVER PLAY SPACE "UNOFFICIAL" OPENING

Very excited children were welcomed into the Playground located within the Frankland River Play Space, with an "UNOFFICIAL" opening held on Friday 16 June 2023. An official opening will be conducted later on in the year. The cold weather didn't stop the children or their parents from taking their first slide, swing and climb on the amazing equipment. There were lots laughs and smiles. The Playground is now open to residents and visitors alike.



CRANBROOK INFORMATION BAY PHASE 2 PROJECT

You may have seen the transformation of the garden located within the Information Bay on the corner of Dunn & Climie Street. The train tracks have been moved and are now a centre piece, securely installed near the new pathway which weaves through the garden. The plantings are all natives with an array of Banksias, Bottlebrushes, Grevilleas, Darwins and many more. Two deciduous Claret Ash have been planted either side of the park bench. You will see the stunning new recycling rubbish bins, please take the time to place your rubbish in the correct bin and help save the environment. Signage is to come, so watch this space.



SHIRE SNAPSHOT

CIRCUS SKILLS

SCHOOL HOLIDAY PROGRAM



COME ALONG TO TRY YOUR SKILLS AS A CIRCUS PERFORMER! JOIN LIZ AND LENA AS THEY CLOWN AROUND WITH MUSIC, GAMES AND PERFORMANCE SKILLS

Contact the Shire to register your interest
98261008 or admin@cranbrook.wa.gov.au

THURSDAY 6 JULY
CRANBROOK HALL
10AM - 1PM



SHIRE SNAPSHOT

FREE
EVENT



Shire of
Cranbrook
Great Southern's Finest

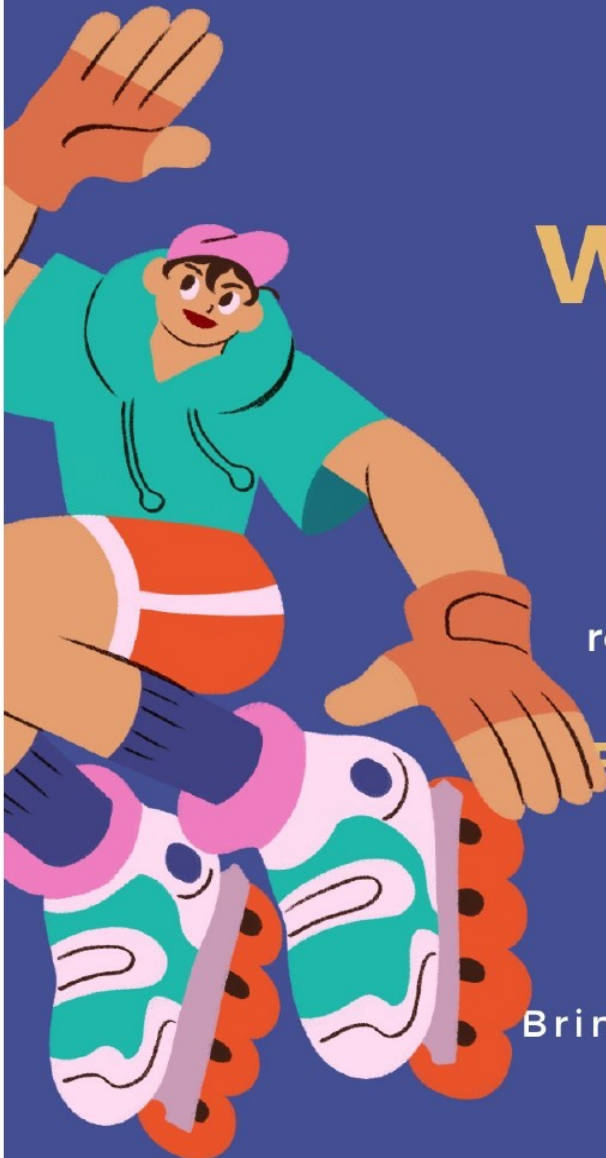
**WEDNESDAY
12TH JULY**

Come and have some FUN in
the school holidays with
rollerblades, music and games!

**FRANKLAND RIVER
HALL 10.30-1PM**

Bring water bottle and protective
gear (blades provided)

Please register your interest
admin@cranbrook.wa.gov.au or 982610008





Department of
Primary Industries and
Regional Development

Backyard Buddies

Your monthly guide to pests, weeds and diseases



Entrance of a subterranean (underground) European wasp nest. The nest entrance is easily hidden amongst leaves.

The European wasp 2022-23 season has drawn to a close with 21 nests found and destroyed.

The optimum time to detect and locate European wasps (*Vespula germanica*) has passed. Traps have been cleaned and now is the time to reflect on another fruitful surveillance season. It is also time to say thank you to everyone across WA who adopted a surveillance trap, kept an eye out and reported anything unusual!

How did we go?

Nest numbers were much lower than last season; 21 compared to 53. Nest distribution indicates multiple areas of incursion across Perth, predominantly in and around industrial areas – which is typical of this hitchhiking pest. The nests detected did not show signs of ‘overwintering’, which means they were created this season. This is a promising indication that nests were not missed during last season’s surveillance activities.

Public awareness and reporting remained strong. Residents, businesses, and local government all detected wasp activity in good time. This allows for nests to be found and trapping areas expanded where required. And finally, there have been no signs or reports of wasp activity since April!

Season highlights:

- ◆ 2,800 surveillance traps deployed across the Perth metropolitan region
- ◆ 75 regional traps deployed with 0 detections
- ◆ 171 new traps adopted by the community, bringing the total of ‘Adopt a trap’ subscribers to 1076
- ◆ 350 public enquiries, with 4 confirmed detections
- ◆ 21 nests found and destroyed across 6 Local Government Areas, all in the Perth metropolitan region
- ◆ the majority of nests were found in embankments of water sumps and drains
- ◆ a nest was located in a wood log at primary school playground – yikes!
- ◆ wasp flight paths were tracked to locate a nest on Perth Airport grounds
- ◆ no public injuries were reported from disturbing these cryptic and often hidden nests

Learn more

The surveillance season runs December to May but reports of suspect wasp activity can be made year-round. For more information about the eradication program, how to identify European wasp or how you can Adopt your own surveillance trap, see agric.wa.gov.au/wasps or contact our Pest and Disease Information Service.



Report your observations

MyPestGuide® Reporter via app or online mypestguide.agric.wa.gov.au

Pest and Disease Information Service (08) 9368 3080 | padis@pird.wa.gov.au

What Do You Do When Someone Close to You Is Struggling But Won't Seek Help?

I was speaking with a bloke not long ago, Joe, who was feeling really frustrated when trying to help a mate who was avoiding Joe's attempts at support and refusing to seek help, even though he was obviously in some emotional distress. As is often the case Joe felt powerless in this situation and asked how he might better approach things.

So, what do we do when someone close to us, often a friend or family member, won't seek help? How do we manage the sense of obligation we may feel or the emotions that come with this?

First and foremost, we must remind ourselves that we do not carry the responsibility for other people's health and wellbeing, they do! However, in the above situation it is important to try and understand the reasons why some people are less likely to seek help when it is needed. We need to recognise that often when people are in the middle of a tough situation, simply making a decision to admit something is wrong can be a difficult and daunting thing. It can take time for some people to become comfortable enough with their situation to then contemplate the idea of accessing help. For others, negotiating feelings of embarrassment and shame can be quite overwhelming.

I take my hat off to Joe because, like him, we all need to recognise our role as primary carers, that is, everyday people in the community actively supporting and looking out for our mates.

Whilst our intentions can be coming from a good place, trying to get someone to change or seek help can put more of a strain on your friendship/relationship. Alternatively, simply avoiding the issue can foster stronger feelings of isolation and possibly result in the person becoming even more resistant. This can prove difficult when the time comes, and they are ready to reach out but may no longer feel comfortable with the idea of approaching you.

As difficult as these situations can seem, it is important to be there for people who are going

through a tough time. You can do this just by letting them know you are available to listen when they need it and help when they do decide to reach out. In the meantime, you could take the opportunity to do a bit of research into what specialised local support options might be available, if required, such as a counsellor, financial/legal support or the GP, so you can be prepared and direct them when they do reach out.

We also need to remind ourselves that the ability to listen effectively is one of the most important skills we can possess. Being a good listener can have a big impact on improving our relationships and helping others.

At the end of the day, it's also important to look after yourself. Setting clear boundaries is healthy and is all about understanding our limits. If you are starting to feel overwhelmed, talking to someone yourself can provide a good outlet and perhaps some insights into ways to manage the situation.

Most of the time, giving someone the space they need to arrive at seeking help is a good thing. However, if you do have concerns that someone is at imminent risk or danger to themselves or others, it is important that you act on this and seek professional help immediately. In these circumstances you may be worried about going against a person's wishes, but realistically most of us would rather deal with an angry response than a situation where the person we care about is seriously hurt or in trouble.

The Regional Men's Health Initiative
P: (08) 6314 1436
E: menshealth@4blokes.com.au



Help us find you in an emergency





News from the Shed

Winter has definitely arrived – the boys have enjoyed sitting in the meeting room drinking coffee and sampling the various treats (supplied by the lovely ladies) with our reverse cycle heater keeping us nice and warm. These coffees have been earned though, as the boys have had another productive month which has seen us get the roof installed on the new Shed extension and the wall structure started, it hasn't been that pleasant some days working outside. We have placed an order for wall sheeting and once that arrives we will install and complete the project.

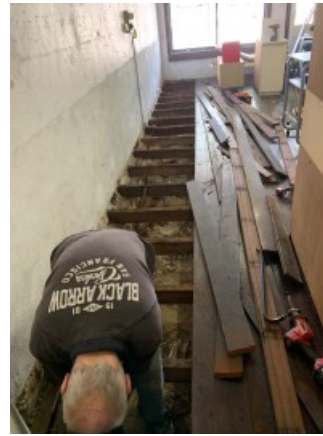
We will be holding a Christmas in July on the 29th for all the Shed and Trading Post volunteers and their partners. We are planning on utilising the space in the new extension to hold this function so we can all sit together and enjoy each other's company – before the area is set up for Shed projects.

In addition to working on the Shed extension, the boys took time to undertake some repairs to the floor in the furniture room at the Trading Post – we removed a number of rotten floor boards and replaced these with some of the reasonable ones we salvaged when to redid to floor in what is now the Toy Library.

On the 13th of July at 10:00 we will be holding a Emergency Services Preparedness Workshop for about an hour– being run by a team from the Australian Red Cross. If you would like to attend this session please feel free to drop in – we will have tea, coffee and biscuits available.

Tony and Don have been busy both in the veggie garden and keeping the grass mowed. Tony has been busy planting onions and garlic and trying to keep the weeds in control – the lovely rains we have received have really benefitted our gardens. Don has been busy at the Trading Post cutting up wood for our volunteers to burn in the fire to keep themselves warm while at the shop.

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. We would like to express our thanks to the contact supply of fresh cooked goodies drop off at the Shed on a Thursday from the lovely ladies of Cranbrook. We

continue with opening the Shed on most Saturday mornings, so if Thursday doesn't suit, why not drop past on a Saturday and see if we're open.

We hold bimonthly meetings, with our next meeting being July 13th. We will be holding our AGM on the 8th of August. We hold the meetings at 1130, with all attending offered a burger cooked to perfection. For more info about the Shed activities please contact John De Burgh 0419 957 962 or Mal Humble 0410 568 519

Frankland River CWA

Our last meeting included Kate Warburton as a guest, who shared with us the different recycling collections the school actively pursues. Kate also asked if our CWA branch was interested in becoming involved with a craft project at the school. Our project supporting the CRC's Purple Flower Walk raising awareness of Elder Abuse seemed like an ideal opportunity.

After discussion with other school staff we were invited to teach finger knitting to the whole school in early June. This was an amazing time spent with the children and we all thoroughly enjoyed the experience and look forward to supporting further initiatives with the school staff and students.

In late May we gathered together to create purple flowers crafted from card for the CRC Purple Road display. Thanks to Melanie's coaching, loads of twirling, pasting and chatter and we were thrilled with the results.

July is taking on a festive vibe as we plan our Christmas in July evening



for our members. We will also be running a raffle so stay tuned...

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 E: admin@franklandrural.com.au

OUR TEAM

Tim Trezise - Agronomist & Director: 0429 311 795
 Chloe Casson - Manager & Director: 0416 540 759
 Zali Spencer - Animal Health & Production: 0418 922 178
 Andrew Smith - Agronomist: 0438 263 910
 Bronwen Coole - Finance Officer: (08)9855 2288
 Chloe Worth: Sales & Administration: 0477 552288
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Ranger Contact Number

The Shire of Cranbrook Ranger can be contacted for all ranger services and queries on

0499 799 133.

For current bushfire information & fire danger ratings

emergency.wa.gov.au

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JUNE / JULY 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		27 World Elder Abuse Awareness Day 10am	28 Playgroup & Toy Library Craft Club 1.30pm @ CRC	29 Nunijup Patchwork Op Shop 10am - 1.30pm Waste Station 1:00pm - 5pm	30 Waste Station 7:30am - 11:30am	1 Op Shop 8.30 - 12.30
2 Waste Station 7.30am - 11.30am	3 Waste Station 1:00pm - 5pm	4 Community Garden 10am	5 Craft Club 1.30pm @ CRC	6 Lego Club 10am Nunijup Patchwork Op Shop 10am - 1.30pm Waste Station 1:00pm - 5pm	7 Waste Station 7:30am - 11:30am Article deadline	8 Op Shop 8.30 - 12.30
9 Waste Station 7:30am - 11:30am	10 Recycling Waste Station 1:00pm - 5pm	11	12 DOCTOR Roller Blades, Music & Games 10.30am Craft Club 1.30pm @ CRC	13 CRC Closed Op Shop 10am - 1.30pm Waste Station 1:00pm - 5pm	14 CRC Closed Waste Station 7:30am - 11:30am Chiropractor 10.30am	15 Op Shop 8.30 - 12.30
16 Waste Station 7:30am - 11:30am Catholic Mass	17 Waste Station 1:00pm - 5pm	18	19 Playgroup & Toy Library Craft Club 1.30pm @ CRC	20 Nunijup Patchwork Op Shop 10am - 1.30pm Waste Station 1:00pm - 5pm	21 CRC Closed Waste Station 7:30am - 11:30am Article deadline	22 Op Shop 8.30 - 12.30
23 Waste Station 7:30am - 11:30am	24 Recycling Waste Station 1:00pm - 5pm	25	26 Playgroup & Toy Library Craft Club 1.30pm @ CRC	27 Op Shop 10am - 1.30pm Waste Station 1:00pm - 5pm	28 Waste Station 7:30am - 11:30am Toy Library AGM	29 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 10.00am

Cranbrook Frankland River Baptist Church

Services are also uploaded to YouTube

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

Contact Jason Watterson 0439 976 989

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
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**TO THE
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The Franklander

Frankland River Community Resource Centre

8 Wingebellup Road

Frankland River 6396

Phone: 9855 2310

Email : franklander@franklandrivercrc.org.au