

BLOOM
Festival



2023 BLOOM Photograph Competition



FREE ENTRY

*Country
Life*

Enter the Frankland River CRC Bloom Photo Comp by sending us your 4 best photographs of 'Country Life' for any category!!

Competition closes 22 September 2023

Categories -

Adult, Open, Junior (under 14yrs)

The winning images will feature on our website, in social media & The Franklander newspaper.

Frankland River Community Cropping Group

PROGRESS UPDATE

Dear Community Members,

The Frankland River Community Cropping Group is thrilled to share the latest progress and happenings in our pursuit of supporting the development of our community and the local district club. Thanks to the tireless efforts of our committee members and dedicated volunteers, we have made significant strides this season, and we are excited.

Our Pioneer PY520 canola crop is flourishing, and we are pleased to report that it is looking good so far. The canola plants have entered the crucial stage of "peak cabbage," showcasing vibrant growth and promising potential. Additionally, we have observed encouraging signs of stem elongation, indicating a sea of yellow is only a few weeks away.

Over the past few months, Tim Trezise of Frankland Rural, our local agronomist, has been diligently monitoring our crop, providing invaluable advice, and extending continuous support to our group. His expertise and dedication have been pivotal in the success of our efforts and we extend our heartfelt gratitude to him for ensuring our canola crop receives the best care possible.

As supporters of sustainable agriculture, we are mindful of potential disease pressures that can affect crop growth. Our crop is currently facing a medium level of disease pressure. To safeguard the health and productivity of our crop, we plan to execute a flexi-n and fungicide spray, a strategy proven to support canola growth while reducing disease impact. To ensure we have the necessary resources for the flexi-n and fungicide spray, we are currently conducting a flexi-n drive. We seek to obtain liquid fertiliser (flexi-n) to bolster our crop's nutrient requirements. If you or anyone you know can contribute by donating flexi-n or would like to support us in purchasing it, we warmly encourage you to get in touch. Your contributions can make a significant difference in the success of our endeavors.

In our pursuit of fostering a thriving canola crop, we would like to express our deepest gratitude to everyone involved in the latest application of urea. Rhys Macleod of Shamrock Logistics played an integral role by picking up and transporting the urea, while Ben Beech diligently manned the truck, ensuring the spreaders were continuously filled. Special thanks to Richard Egerton-Warburton, who once again provided his conveyer auger, enabling quick and effective filling of the spreaders.

We also want to extend our thanks to Kieron Haynes, who generously provided his tractor and spreader, skilfully operated by Lee Baxter. Additionally, Nathan Waterman offered his tractor and spreader, which was expertly operated by Sarsha Kelly (after some initial troubleshooting!). Such a coordinated effort from our community exemplifies the spirit of cooperation and support that drives our community cropping group.

As we eagerly anticipate the next stages of our canola crop's development, we keep our eyes on the sky, hoping for ample sunshine and the ideal growing weather. With the support of our community, dedicated volunteers, and local suppliers, we are confident that this seasons canola crop will flourish and bring prosperity to our community.

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



FRANKLAND RIVER COUNTRY CLUB
STAND UP COMEDY NIGHT
 A FLANNEL PANEL PRODUCTION
 WWW.GARETHMCKEAN.COM

POSTPONED

FRIDAY 28TH JULY

SHOW STARTS 7.30PM

TICKETS \$40

BURGER OR PIE WITH CHIPS \$15

DOORS OPEN 5PM-KITCHEN OPEN 6-8PM

Due to unforeseen circumstances the Comedy Night has been postponed.

We look forward to announcing another date for this fun event soon.

Frankland River Community Cropping Group

donations required

The FRCCG are looking for Flexi-N donations!
 If you can donate product or assist us in purchasing some flexi-n, it would be greatly appreciated & will provide much needed support.

If you are able to help please contact us...
 → frccg@outlook.com
 0499099324

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

Frankland River Community Resource Centre
 Your local connection

Recreational Skippers Ticket

Saturday 14th October 2023

8.00am Theory @ CRC
 followed by Practical Assessment at the Lake

Cost \$185

Limited seats.

Book today to receive your workbook & secure your place
 E: reception@franklandrivercrc.org.au or phone 9855 2310



Frankland Rural

Agricultural Supplies | Agronomy | Animal Health



2023 Agsafe Stewardship Awards for Excellence



Frankland Rural have been selected by AgSafe as one of x5 finalists Australia wide in the 2023 AgSafe Stewardship Awards for the category Outstanding Premises Exhibiting Safety & Stewardship. This is a great reflection of our business's strong commitment to the safety of our valued clients, staff, visitors and the community and we appreciate the recognition of the consistent efforts that we all make. Stay tuned as the winners will be announced Wednesday, July 26.

Clipex Sheep Handler available for Hire

- Auto draft up to 800 sheep per hour
- Handle up to 400 sheep per hour for drenching, needling, dagging or tagging
- Crutch up to 120 sheep per hour
- Pre catch section
- Side tilt



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

farmers and small business owners... book now!
visit albanybusinesscentre.com.au/crc or call your local CRC



Business info you 'should' know

with Mark and Richard from the Albany Business Centre

Wednesday 10am-12pm



important info and Q&A on changes in health and safety, minimum wage, superannuation, leave entitlements, and new food handling standards.

live and FREE at your local CRC

Bremer Bay | Denmark | Frankland River
Gnowangerup | Jerramungup | Katanning
Mount Barker | Ongerup | Pingrup
Tambellup | Wellstead



Community Garden

Updates & Announcements



To grow social connections through education & sustainable living.

Recipe's

GOLDEN CHICKEN BRAISED GREENS & POTATO GRATIN

Ingredients

GRATIN - 800 g potatoes, 3 onions, olive oil, 1 organic chicken stock cube, $\frac{1}{2}$ a bunch of fresh sage, 100 ml single cream, 30 g Parmesan cheese

CHICKEN - 4 x 120 g skinless higher-welfare chicken breasts, a few sprigs of fresh rosemary, 2 rashers of smoked streaky bacon

GREENS - 200 g baby leeks, 200 g baby spinach, 200 g frozen peas

Method - Scrub the potatoes clean, finely slice in the processor, then tip into the medium pan and cover with boiling water and the lid. Peel the onions, finely slice in the processor, then tip into the roasting tray with 2 tablespoons of oil, crumble in the stock cube and season with sea salt and black pepper. Tear in the sage leaves and stir regularly, adding a splash of water if they start to catch.

On a large sheet of greaseproof paper, toss the chicken with salt, pepper and the rosemary leaves, then fold the paper over and bash and flatten the chicken to 1.5cm thick with a rolling pin.

Put into the frying pan with 1 tablespoon of oil, turning after 3 or 4 minutes, until golden and cooked through. Drain the potatoes well in a colander, then tip into the onion pan, stir together and arrange in a flat layer. Pour over the cream, then finely grate over the Parmesan and pop under the grill on the top shelf. Halve the leeks lengthways, rinse under the tap, then finely slice. Put into the empty lidded pan on a high heat with 1 tablespoon of oil, stirring often. Finely slice the bacon and add to the chicken pan, tossing regularly. Stir the spinach and peas into the leeks and once the spinach has wilted and the peas are tender, pile on a board or platter with the chicken and bacon on top. Serve with the gratin.

Recipe by: Jamie Oliver

Weather

Tuesday:
Cloudy with showers.
Top of 17

Wednesday:
Rain 1-6mm
Top of 12

Thursday:
Cloudy.
Top of 14

Friday:
Overcast
Top of 15

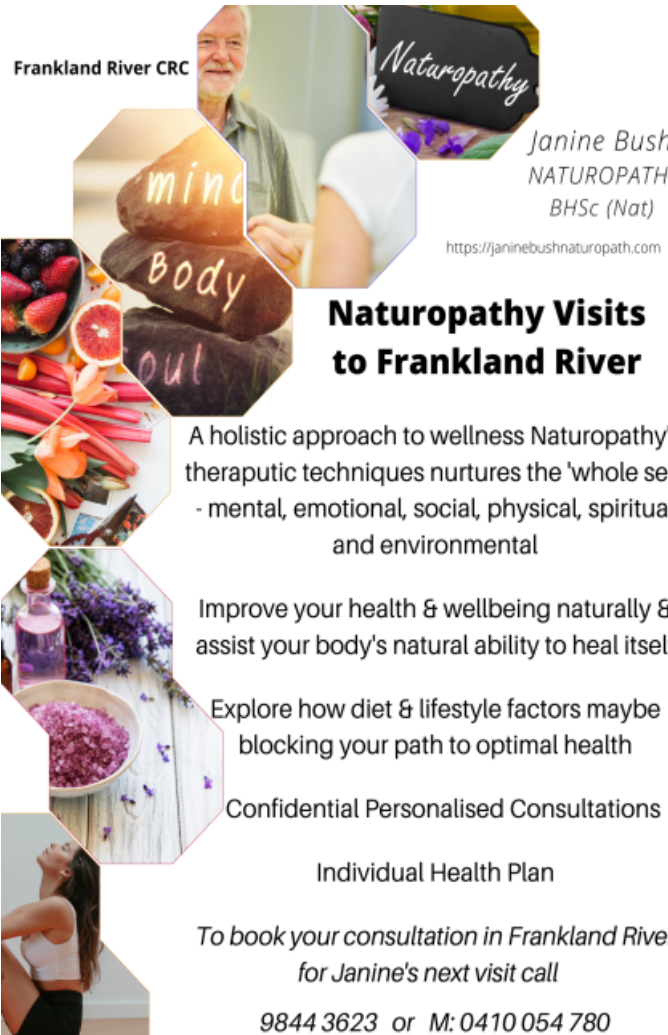
Garden tips

Get a jump on spring by sprouting your own flowers and veggies indoors. There are several cost effective ideas that you can find laying around the house.

Not sure about you, but I always seem to have excess of egg cartons laying around. Why not use them to grow your seedlings indoors? Just place on a waterproof tray and fill them with potting mix. Plant your seeds and water often to prevent the medium from drying out, then plant the entire carton section straight into the garden.

Don't have space for a Greenhouse, convert a Storage Container into a Greenhouse, choose a container that is large enough to fit a seedling tray and drill a couple of $\frac{1}{4}$ -inch holes on each side for ventilation. Place the seedling tray on the lid and the storage bin on top. Remember to leave the container unlatched when the weather finally warms up!

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



LEGO CLUB

COME AND EXPLORE THE NEW RANGE OF LEGO AND LET YOUR IMAGINATION RUN WILD!!

FOR AGES 5YRS AND UP
\$5 PER CHILD
30 AUGUST 2023
FROM 2.30PM TO 4.15PM



VOLUNTEERS NEEDED

Gardening Busy Bee & SunDowner

Come and Join us at the Frankland River Country Club for an afternoon of gardening, pruning and laughs. Followed by a BBQ Sundowner to show our appreciation

From 2pm on Sunday 20th August 2023



St Lukes Family Practice

Doctors Visits to Frankland River

9831 0622
or
9821 2155

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

**Next visiting date
Wednesday 9th August**

WWW.STLUKESFAMILYPRACTICE.COM.AU



Upcoming first aid course

HLTAID011 - Provide First Aid

Course type: Accredited | **Duration:** 1 day in class + Online learning

Price: \$170.00

When: Tuesday 29 August - 8:30AM - 4:30PM

Where:

Frankland River Community Resource Centre, 55 Wingebellup Road, Frankland River WA 6396



Understand first aid

Learn about first aid theory and action plans



CPR and defibrillation

Practise CPR skills and how to apply a defibrillator.



Injury management

Treat and manage injuries in interactive training scenarios.



Ready to make a difference?

Book a first aid course with us





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 19 July 2023 Council had reports 8 to consider, amongst these were:

- Council noted the List of Payments from the month of June;
- Under Stage 4 of the LRCI program, Council have approved and prioritised a list of projects for construction to be completed under this program.
- Council have adopted the 2023-2024 Annual Budget, which includes the setting of Rates, adopting Fees and Charges and setting the Fees and Allowances of Elected Members;
- Two Road Safety Inspection Reports were presented to Council for the intersections of Wingebellup and Poison Hill Roads and Ballochmyle and Yeriminup Roads, Council have authorised the impletion of recommendations made within these reports to improve the safety of these intersections.

Next Council Meeting

Wednesday, 16 August 2023 in Frankland River

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.

Getting your L-plates or P-plates is among the best moments in a person's life. However, the freedom of being out on the road comes with a huge responsibility to keep both yourself and others safe.

St John WA's free 30-minute digital first aid course for new drivers. Together, we are building resilience on WA roads with educated drivers who are ready to assist in the event of a road emergency. For more information or to sign up, please follow the below link. <https://clicktosave.com.au/>



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 17/08/2023 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.



The Shire of Cranbrook and Cranbrook Police are compiling a list of vulnerable people within the Shire. This list will only be used by the Shire and emergency services in the event of an Emergency.

If you would like your name added to the list or to obtain more information on how this list will be used, please contact the Shire administration office on 9826 1008.

Recycling Kerbside Collection
7th & 21st August 2023

SHIRE SNAPSHOT



WE ARE HIRING—COMMUNITY EMERGENCY SERVICES MANAGER

Full-time (Two years fixed term contract with the possibility of an extension)

Salary Package includes a cash component of between \$88,000 - \$95,000, plus superannuation, availability allowance, commuting use of a vehicle, mobile phone and uniform allowance. A 3 bedroom 2 bathroom town house is provided at a low rent in Cranbrook, however, the successful applicant may negotiate to live outside the three Shires and drive in and out to work.

- Can you establish great working relationships?
- Do you have a broad knowledge of bushfire and other hazards?

An opportunity exists for an enthusiastic person with an interest in and ability to learn about emergency services, to join the Shires of Cranbrook, Kojonup and Gnowangerup. You will work with the Shires' respective local communities and emergency services groups to support and deliver emergency services.

This is a local government employed position that is jointly funded by Department of Fire and Emergency Services and the three Shires, and it will provide the opportunity to work and live in an attractive regional area that is only one hour from Albany and three hours from Perth. You will be working around and within the Stirling Ranges which offers scenic bushwalks and wildflower trails, as well as being close enough to the coast to go sailing and fishing at weekends

Please submit your CV, a cover letter outlining why you are the best fit for the position and a written response addressing the Selection Criteria which can be found on the respective Shires' websites, either by email to admin@cranbrook.wa.gov.au or by mail to PO Box 21, Cranbrook WA 6321. Applications are to be received no later than **4.00pm on Monday, 31 July 2023**.

Linda Gray
CHIEF EXECUTIVE OFFICER

SHIRE SNAPSHOT



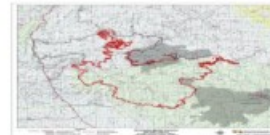
IT'S THAT TIME OF THE YEAR; RATES HAVE BEEN SENT OUT

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.

Fire Maps - For Sale

The updated Shire of Cranbrook Fire Maps and Index are available for purchase in hard copy from the Shire Administration Office and Frankland River Community Centre for \$25 – if you have already purchased a map and would like a copy of the index please contact the Shire Office on 98261008 or email admin@cranbrook.wa.gov.au



CRANBROOK COMMUNITY GYM

MEMBERSHIPS AVAILABLE TO JOIN THE COMMUNITY GYM

HOP OFF THE COUCH, PUT ON THE ACTIVE WEAR, AND WARM YOURSELF UP WITH A WORKOUT. CONTACT THE SHIRE ADMINISTRATION OFFICE ON 9826 1008.



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.

Play
in the
Park

2023 July to December

Regional Locations

Community

ALL WELCOME

Play
in the
Park

playintheparkgs

10am–12noon

the **Y**

Supported by

Supported by the Australian Government

2023	Denmark 1st Wednesday	Ongerup 2nd Wednesday	Jerramungup 3rd Wednesday	Cranbrook 4th Wednesday
July	Holidays	Holidays	19	26
August	2	9	16	23
September	6	13	20	Holidays
October	Holidays	11	18	25
November	1	8	15	22
December	6	13	Holidays	Holidays

FREE!

Outdoor Play Time

Story/Rhyme/Craft/Fruit

Support your child's development through play

For more details contact: Geraldine.pegler@ymcawa.org.au

SHIRE SNAPSHOT

July School Holiday Program Wrap Up

Gertrude WellEase from Denmark entertained our youth with a day of Circus Skills! The lively program was run over 3 hours on 6 July which included badge making, drama, role play, circus skills, dancing, and stage performances. The 34 attendees had a "clown of a time". It was great to see everyone embracing something new with such a fun and positive attitude.

Our second school holiday event was Rollerblading in Frankland River, the hall rocked with energy, 16 children having a "wheely" good time, even some parents strapped on the skates like old times. Some took the opportunity to take some time out with playing board games, and beautiful pictures were created with the Act Belong Commit mindful colouring in.

Thank you to all the families that participated the events, we hope your children enjoyed their school holiday break. If you have any feedback on these events or future ideas are welcome to be sent to jenny.cristinelli@cranbrook.wa.gov.au or lauren.lehmann@cranbrook.wa.gov.au



SHIRE SNAPSHOT

LOCAL GOVERNMENT REFORM PROCESS HOW IT HAS AFFECTED THE SHIRE OF CRANBROOK?

The Department of Local Government, Sport and Cultural Industries announced in November 2021, a package of major reforms to the Local Government Act 1995, that was based on six themes: earlier intervention and effective regulation and stronger penalties, reducing red tape, greater transparency, and improved financial management and reporting. They also included clear roles and responsibilities, and stronger local democracy and community engagement.

The Western Australian Local Government Association, which is the peak industry body and the united voice representing local governments in WA, presented its advocacy position and recommendations on these proposed local government reforms, and requested feedback from each local government as to whether they supported them or not.

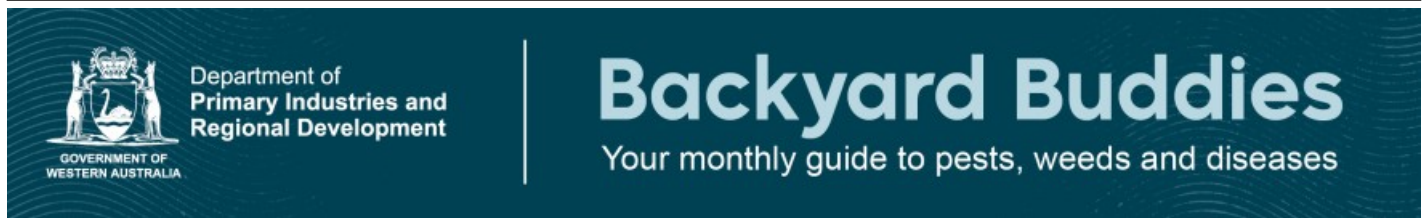
The most important implementation to the Shire of Cranbrook was the proposal that a population of up to 5,000 would reduce to five Councillors including the President, and that the local government should follow a voluntary pathway towards reducing the number of its Councillors.

Whilst the Shire of Cranbrook's Council were supportive of reforms that provided improved efficiencies, they were strongly opposed to reducing the number of Councillors simply based on population. They felt that population did not reflect the varied communities of interest and the diversification of industries within the Shire of Cranbrook. They advised the Minister for Local Government at that time that, unlike other small regional local governments, there was not a lack of enthusiasm to stand for Council, and that reducing the number of Councillors would not provide true representation of the Shire. The Council wished to remain with nine elected officers. This would, in its opinion, provide "stronger local democracy and community engagement" as stated as the fourth theme out of the six themes proposed by the reforms.

The Minister's response was not provided as the legislation for any changes to the Local Government Act 1995 was not yet in place. By the time the legislation was passed and gazetted on 30th June 2023, Council was advised that they would have to reduce to seven Councillors and because they had not gone down the voluntary pathway, it was necessary under the legislation to step down the nine Councillors to elect seven as per number set by the Minister. So our nine hard-working Councillors will step down at the election day, and either (dependent upon choice) stand for re-election or if they have not nominated themselves, will conclude their term as a Councillor. In addition to the above changes, the Minister has also introduced optional preferential voting (a choice for the voters) and a very complicated way of calculating the results of the election. The Western Australian Electoral Commission is more involved this year with the process because of the changes, and whilst Council have elected to continue with in person voting at Cranbrook and Frankland River, many other local governments are voting by postal vote only.

Nominations for council will open on **Thursday 31st August 2023**.

Linda Gray
CHIEF EXECUTIVE OFFICER



Are those prawns in my garden?



Lawn "shrimp", *Arcitalitrus sylvaticus*,

Forget shrimp on a barbie, what are they doing in my garden?

The recent wet weather has contributed to an interesting report of some "tiny flea looking... prawn things" in a Perth resident's garden. This prompted us to re-visit a previous article on these curious crustaceans.

Lawn shrimp, *Arcitalitrus sylvaticus*, also referred to as lawn prawns or landhoppers, are terrestrial crustaceans from the family Talitridae. These tiny 5-20 mm nocturnal soil dwellers are normally found within the top few centimetres of soil/mulch, where they feed on dead organic material (particularly eucalyptus debris), turning it into fertiliser for the garden.

Heavy rain in winter can prompt a sudden emergence of lawn shrimp, sometimes in their hundreds, giving people a shock when they appear across lawns, garden beds and paving. Don't worry, they don't pose a threat to people, pets, or the environment.

Lawn shrimp are related to marine and freshwater crustaceans but lack the waxy coating on their exoskeleton which aids the retention of moisture.

retention of moisture. They need moist soil to live and feed in, but if the soil is too wet or too dry the shrimp emerge from the soil looking for more suitable habitat. Sadly, they often find themselves on paving or driveways dying of dehydration and starvation. Poor things.

Equipped with seven pairs of leg-like appendages, they move with a springing action using their three pairs of "hind" legs. It's likely this movement, and their tiny size, that leads people to suspect they're fleas.

Lawn shrimp breed year-round and the mated female lays eggs in a pouch on the underside of their body. The babies are a smaller version of the adults and leave the pouch soon after hatching. How cute!

Do I control these?

There's no need for control. Just sweep them up and return them to the garden to add to the organic content in the soil.

If present in your garden, these cute little crustaceans will disappear with the return of drier weather. If you haven't seen them, why not take a closer look for these little curiosities!



Report your observations

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

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



Live,
virtual group fitness
classes at 55 Wingebellup
Road.
9:15am every Monday,
Wednesday and Friday
for 30 minutes.



Live,
virtual workouts at 6am
every weekday morning
from the comfort of your
own home.
OR
play them back anytime
that suits you.

**Join the FLF Community to move for your
mental health, your physical health, and your
community health at Frankland River CRC.**

Open to anyone who
wants to connect
with their community and
get some exercise at the
same time.

Cost: \$60 per month

Sign up by 1/08/23

Starts 7/08/23

EMAIL:

admin@farmlifefitness.com.au



**Frankland River
Community Resource Centre**

Your local connection



News from the Shed

Winter continues to provide an ideal opportunity for us to have our fire going and sit in our nice heated social room and drink tea and coffee.

We have had a productive month which has seen us finish sheeting all the walls and now we just need to install the barge boards, flashing and gutters.

We will be holding a Christmas in July on the 29th for all the Shed and Trading Post volunteers and their partners, and now we have finished the wall sheeting, we will be using 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.

On the 13th of July we hosted the Australian Red Cross team and they delivered a very informative session of Emergency Services Preparedness Workshop – the workshop was interactive and all participants had the opportunity to gain some ideas on Emergency Preparedness – the key take home message was probably “to have a plan”.

Tony has been busy in the veggie garden and tending his onions – he picked a nice box full of carrots last week which our members shared. Don has been busy tidying the yard at the Trading Post and keeping both the Trading Post and The Shed yards nice and tidy.

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 now have a “flash” coffee machine, so if you'd like a nice coffee, drop in.



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 our AGM on the 10th of August. We hold the meetings at 1130, with all attending offered a burger cooked to perfection prior to the meeting.



For more info about the Shed activities please contact

John De Burgh
0419 957 962

or

Mal Humble
0410 568 519

Self-Care - What Does it Look Like for Blokes?

A statement I often find myself saying to family members, friends, and individuals I interact with through the work we do at Regional Men's Health is *look after yourself mate!* This message does come from a genuine place of concern for these people and encompasses a key component of our vision statement which is *to empower men and communities to take responsibility for their wellbeing and health.* However, what does it really mean and look like for blokes living and working in regional, rural and remote WA?

Looking after oneself is best described as *self-care*. This involves a deliberate and self-initiated act to help maintain our physical, mental, or social/spiritual wellbeing. As humans, we all live different lives and the circumstances around our work, family commitments, individual capacity and environmental factors can change, so self-care will vary from person to person. However, for most of us we should endeavor for it to be:

- Regular & ongoing (it's not just a one-off thing we do and forget about for the rest of the year).
- More than just the time left over. Don't leave yourself the dregs, time for self-care must be a necessity not a luxury! Factor it into our daily, weekly, or monthly routine/planning.
- An important part of our work-life balance. It can help us cope with challenging times and makes us more effective managing the demands of daily life.

For a lot of men, the pursuit of business goals and success (warrior attitude - winning) often pushes *personal wellbeing and health* issues down our list of priorities. When we think about it, acts of self-care give us the opportunity to reset and gives a *circuit breaker* effect on the daily grind and rat race that life can often feel like. Especially in these times of fast-moving technological advances, bombardment of social media influences, information accessibility and blurring of work-life balance (i.e. working from home, 24/7 access through smart phones). Self-care makes us more effective and offers us a buffer from the bumps in the road of life and ignoring this fact can result in us not being up to par in any aspect of our lives. Relationships can become strained, we can suffer burn out, harbor resentment, and miss out on the things that we don't realise are important until they're gone.

There is a varying range of definitions for self-care, but they all point towards us as individuals making the time to do things on a regular basis to help us live well and

supports good physical, mental and social/spiritual wellbeing, including but not limited to:

- Starting with small changes that we can manage. Ask yourself 'what's in my control, do I need to learn to say no to unhelpful habits, behaviors, or extra commitments?'
- Changing our mindset and putting ourselves first. We shouldn't see this as selfish but a form of good self-management. We must actively plan and commit for self-care to happen.
- Being connected to our passions, interests and a sense of belonging (family/community).
- Eating well, regular exercise and a good sleep routine.
- Getting a checkup with our GP and other health care professionals.

Remember, self-care starts with you so try doing something that makes you feel good, gets you excited and puts a smile on your face. If you're finding it hard to do this don't forget *...before it all gets too much... Talk to a Mate®!!*

The Regional Men's Health Initiative

P: (08) 6314 1436

E: menshealth@4blokes.com.au

 @RMHI_4blokes

 Working with Warriors Podcast

 regionalmenshealth.com.au



ONE APP
FOR eBOOKS,
eAUDIOBOOKS
AND eMAGAZINES

Borrow Box.
Designed and powered
by Bolinda digital

Download on the
App Store

GET IT ON
Google Play

available on
amazon appstore

Cranbrook Motocross Geared up to host South West Championships

Spectators and riders will not be disappointed with the Sukey Hill track when Cranbrook Districts Motorcycle Club host Round 4 of the South West Championship Series on Sunday 13th August.

Bulldozers, loaders, ploughs and bobcats have been busy preparing the 1.9km motocross track ahead of the event.

Sukey Hill is one of the few open and flowing motocross tracks in the WA circuit that capitalises on natural terrain. The track surface is a combination of deep sand at the start line to clay at the highest point Harvey Hill, which poses a challenge to its riders when selecting bike tyres.

Man-made jumps have been added to challenge the riders being; step-up, whoops, table tops, sweeping berms and rollers.

This event has become a calendar highlight for the

Cranbrook Motocross club, with over 100 riders expected to compete across 11 junior and senior classes.

It's a jam packed day with racing getting underway at 9am following a practice round.

The six competing clubs who make up the championship series are; Manjimup, Southern Capes, Collie, Bunbury, Narrogin and Cranbrook.

Throughout the season each club hosts one event with the season wrapping up late September.

DATES TO REMEMBER

- July - Events live on website - get your event tickets before they sell out!
- August - Program booklet available.
- 23 September - FREE Fun Family Festival Launch Event in Katanning
- 23 September - 31 October
50 events across the region

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30th JUNE 4th AUGUST

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Member for Agricultural Region
92 Dempster Street, Esperance WA 6450
9072 1786 ShelleyPayneMLC
shelley.payne@mp.wa.gov.au

Authorized by Shelley Payne, 92 Dempster Street Esperance WA 6450



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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
- Wendy Clarke - Accounts: (08)9855 2288
- Julie Ettridge - Truck Driver & Shed Manager: 0428 135 766
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Ranger Contact Number

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

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JULY/AUGUST 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		25	26 Business Info You Should Know 10am Playgroup & Toy Library	27 Op Shop 10am - 1.30pm Waste Station 1:00pm - 5pm	28 Toy Library AGM Waste Station 7:30am - 11:30am	29 Op Shop 8.30 - 12.30
30 Waste Station 7.30am - 11.30am	31 Waste Station 1:00pm - 5pm	1	2 Playgroup & Toy Library	3 Auschem Nunijup Patchwork Op Shop 10am - 1.30pm Waste Station 1:00pm - 5pm	4 Auschem Waste Station 7:30am - 11:30am Article deadline Chiropractor	5 Op Shop 8.30 - 12.30
6 Waste Station 7:30am - 11:30am	7 Recycling Virtual Group Fitness 9.15am Waste Station 1:00pm - 5pm	8	9 Virtual Group Fitness 9.15am DOCTOR Playgroup & Toy Library	10 Op Shop 10am - 1.30pm Waste Station 1:00pm - 5pm	11 Waste Station 7:30am - 11:30am Virtual Group Fitness 9.15am	12 Op Shop 8.30 - 12.30
13 Waste Station 7:30am - 11:30am	14 Virtual Group Fitness 9.15am Waste Station 1:00pm - 5pm	15	16 Virtual Group Fitness 9.15am Playgroup & Toy Library Council Meeting Frankland River	17 Nunijup Patchwork Op Shop 10am - 1.30pm Waste Station 1:00pm - 5pm	18 Waste Station 7:30am - 11:30am Virtual Group Fitness 9.15am Chiropractor Article deadline	19 Op Shop 8.30 - 12.30
20 Waste Station 7:30am - 11:30am Catholic Mass Busy Bee @ Club	21 Recycling Virtual Group Fitness 9.15am Waste Station 1:00pm - 5pm	22	23 Playgroup & Toy Library Virtual Group Fitness 9.15am	24 Op Shop 10am - 1.30pm Waste Station 1:00pm - 5pm	25 Waste Station 7:30am - 11:30am Virtual Group Fitness 9.15am	26 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:
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 - Frankland 0458 552 271
 - Chief BFCO 0407 261 005
- DFES 1300 657 209
- Vet Mt Barker 9851 1177
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- Southern Agcare 9842 2956
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**TO THE
RESIDENT**