The Franklander

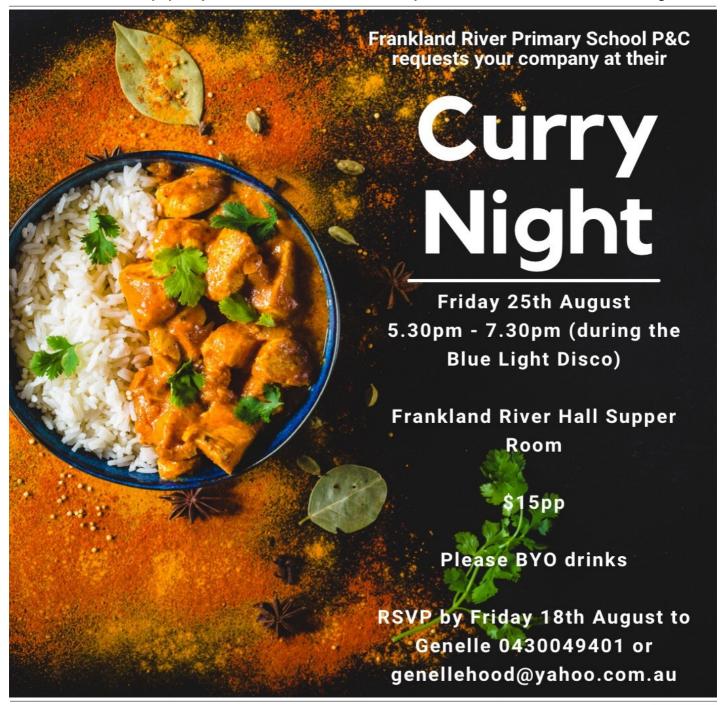


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Newspaper of the Frankland River Community Est. 1998

Circ. 415

7 August 2023





BREAKING NEWS



Cranbrook Sub Centre members are thrilled to announce we have successfully purchased the land at 7 Frankland - Cranbrook Road for our new St John Ambulance branch building in Frankland River!!

We look forward to the next steps in our building project and will keep everybody updated.

Thank you to everyone for all your support and all your kind donations which have assisted us to proceed with this project. Most appreciated.



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?

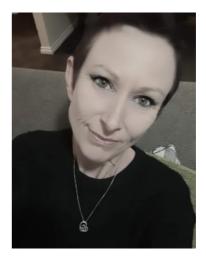
Book a first aid course with us











Hi everyone, I'm Nellie the new bar manager at the Frankland River Country Club.

I've been here a couple of weeks after driving here from the N.T.

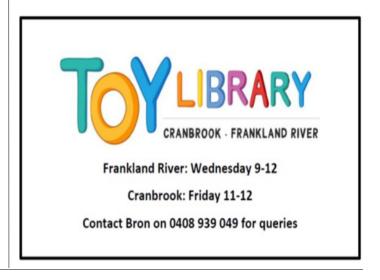
So far its been great, loving the scenery and everyone's been heaps welcoming.

We've got a busy month ahead... the Stand Up Comedy Night is on the 19th August. We always love to know numbers attending so text me on 0448 118 801 if you're thinking of coming.

We have a Karaoke Night coming up on September 9th also, so add that to your calendar for another fun evening.

Look forward to meeting everyone, so pop in and introduce yourself.

Nellie



COME AND EXPLORE THE NEW RANGE OF LEGO AND LET YOUR IMAGINATION

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





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Email: manager@franklandrivercrc.org.au

https://franklandrivercrc.org.au

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The Franklander Newspaper

Managers Report

It is wonderful to see so many of the local community members and visitors through our town enjoying the new playground and Pump track. I know everyone will agree that it came together beautifully, and it is certainly a big hit with the kids. An ongoing thank you to the Shire of Cranbrook for the planning and works undertaken to get it all done.

Lego Club is on again on the 30th of this month and I can't wait to see everyone enjoying the amazing Lego creations that have been put together and to continue with our buildings. Please contact the CRC to book your child in. The cost is \$5 per child.

Planning for our twilight markets is well underway and we are looking for stall holders, so if you would like to host a stall or know someone else who may please send them our way. Being a part of the Bloom Festival events and the culmination of our Photo Competition I hope that it will be a well-attended event.

In the upcoming school holidays, on Tuesday the 3rd of October we will be hosting an Outdoor Adventure First Aid Course for children aged 8 years and above. The course is going to be very popular so please register your child's name soon. The course is being provided free of charge with a sausage sizzle lunch at completion of the course. Thank you to St John Albany for providing this course for us.

We still have a few places available in our St John course running on the 29th of this month, please contact me asap if you would like to register.

The CRC is working with Albany Business Centre to run a series of workshops with a different topic each month. The workshops will all be run as an online course via zoom, and all free of charge. Last month's course was on Business Info You Should Know, and was very informative, everyone walked away with some new useful knowledge. This months course is Canva Basics. The requirement for attending these courses is that you attend the CRC for the session. Please either register online using the information in the flyer in this edition of the paper or by contacting the CRC.

The recently held AusChem courses with Katanning TAFE all went smoothly, it is good to see so many of our local farmers completing the required certificates to ensure they are compliant.

Have a great fortnight,

Teresa

Community Garden

Updates & Announcements



To grow social connections through education & sustainable living.

Recipe's

SMOKY SOUTHERN-STYLE RIBS SLOW COOKER

Ingredients

1/2 cup smoky barbecue sauce, 1/3 cup Worcestershire sauce, 1/3 cup maple syrup, 2 tbsp smoked paprika, 1 tsp garlic powder, 2kg American-style **pork ribs** (see note), Thinly sliced green onion, to serve.

Method -

Step 1 - Place sauces, syrup, paprika and garlic powder in slow cooker. Mix until combined. Add ribs and turn to coat in sauce. Cover. Cook on HIGH for 4 hours (or LOW for 8 hours)

Step 2 - Preheat grill on medium-high. Line a large baking tray with foil. Using tongs, transfer ribs to prepared tray. Carefully pour sauce into a small saucepan. Bring to the boil over medium-high heat. Reduce heat to low. Simmer for 10 minutes to thicken slightly. Pour half the sauce over ribs on tray. Grill for 5 to 10 minutes or until sticky. Serve with remaining sauce

RECIPE NOTES

You will need a 5.5 Litre slow cooker for the recipe.

If you cut the ribs into 3 to 4 bone portions, they will be easier to manage and fit into the slow cooker.

Recipe by Taste

Weather

Tuesday: Rain

Top of 15

Wednesday: Cloudy

Top of 13

Thursday:

Chance of showers

Top of 14

Friday:

Showers Top of 12

garden lips

With spring just around the corner, it's time to sharpen your shears and think about pruning your Roses and deciduous trees. Pruning is carried out for many reasons, the main ones being: To increase flower production. In the case of roses, new water shoots are produced, which is the flowering wood. It's important to retain water shoots and remove dead and diseased wood. For the plant to keep a bushy shape and to keep it contained within the area it is planted in.

To regenerate a plant that seems to be on its last legs.

To remove pests and diseases. For example, it's best to remove fungal problems or insect damaged parts.

To decrease the size of certain plants that have taken over, this is when the chainsaw is warranted.

To maintain shape. For example, with topiary or formal hedges



From the Principal's desk....

Welcome to Term 3. I trust that you all had a fabulous holiday and managed to shake off remnants of any illnesses from Term 2.

Term 3 promises to be a busy term on the extra curricula front with both incursions and excursions, and athletics training.

Minor Works

Over the holidays we had some minor works completed including the installation of bird netting in the undercover area to stop the pesky swallows from nesting in the location, new long jump and triple jump pits installed and sand placed in our new sandpit area near the nature playground. The new sand pit is already in use, and it is great to see our tiger turf area restored to its former glory with the hard work of cleaning it, completed by Mrs Elaine Lange. Thanks to Mr Aaron Johnston for his work in creating the new sandpit areas and our long/triple jump pits.

New Furniture

A big thanks to Adam at Mount Barker Regional Carriers for transporting our new flexible desks from Perth for free and for Frankland Rural (Chloe and Zali) delivering them to school. The new furniture allows Room 3 to be used in more flexible ways and allows for quick changeovers between classes. Our new desks and stools are much easier to move and create a bigger space for our Monday morning meetings.

Older, surplus furniture is available for families and community members for a donation.

Thanks to Grant Egerton-Warburton and Sam Corry for lifting down our old furniture stored in the shed as it has enabled us to use the sport shed space more effectively.

P&C News

Dear Parents

After a busy start to the year, term 2 settled down a little for the P&C but term 3 promises to be another bumper term. Here's a little of what we have to look forward to:

What's growing in our garden?

The P&C (in collaboration with school staff) have been successful in obtaining a Healthway grant to expand the

school veggie patch. The grant allows Miss Morris to purchase vegetable seedlings, bush tucker shrubs, gardening supplies as well as kitchen and cooking equipment. The initiative is based on research showing only 1 in 16 WA kids eat enough vegetables.

Our project, entitled "What's growing in our garden?", aims to:

Increase student access to fresh vegetables

Increase the variety of vegetables our kids enjoy

Develop student understanding of the importance of veggies in our diet

Develop student knowledge of how to grow and prepare veggies to make healthy snacks and meals.

So what will this mean for us parents?

Your child may ask you to send chopped veggies in for "Crunch and Sip". As well as supplementing "Crunch and Sip" with veggies they have grown, picked and prepared themselves, students will be encouraged to bring veggies from home for snacks and lunch.

Your child is likely to be a full bottle on why veggies are so good for us. They may enjoy chatting to you (or lecturing you) about this! You can also look forward to regular updates in the school newsletter from the students about what veggies they are growing and how they are using them.

Look out for an invitation to see the kids in action and sample their produce!

Blue Light Disco and Curry Night

The Cranbrook Police are hosting a disco at the school on 25th August. On the same night, the P&C will be holding a dinner for parents at the hall. The dinner will commence immediately after the disco starts and finish just before so that you only need to make one trip to town. Flyers for both events are in this edition.

P&C meetings

Our meetings are always week 3 and 8 of term, Tuesday 7pm in the staff room. Our next meeting will be 1st August. Please let us know if you are interested in coming along or if you have any fundraising ideas for the P&C.

Genelle Haynes



St John is running a free course for all young people in our region, for ages 8yrs and upwards

The course will outline great First Aid survival skills being delivered in an easy and safe environment

The course will be held at the Frankland River Town Hall On Tuesday 3rd October 2023

From 10am - 12pm with a Sausage sizzle for lunch Bookings are essential through Frankland River CRC

St John Action

Plan

Perferming CRP & Defib

O5 Snake bites

02 Broken Bones

Burns

O6 Bleeding







Canva Basics



create your own branded content

with Mark from Albany Business Centre

August

23

Wednesday 10am-12pm

we'll achieve loads in two hours! Get hot tips as we cover using quick templates, easy editing, Canva's AI, free stock pictures, font design and some hit new features.

bring your laptop so you can learn while doing!

live and FREE at your local CRC

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









Frankland River CRC

TWILIGHT MARKET



Saturday, October 7th 3pm - 6pm Wingebellup Road Frankland River

www.franklandrivercrc.org.au









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Keep kids safe and warm this winter

During the chilly months, it's important to keep our families warm while also staying vigilant to the potential dangers of commonly-used heating products.

Children are particularly vulnerable to burns and accidents from 'winter warmers' such as hot water bottles, open flames, heaters and loose-fitting sleepwear.

While hot water bottles are a cheap and popular way to fend off the cold, they can cause serious burns if not used correctly. According to Perth Children's Hospital data, eight children presented to its emergency department in the two years from June 2020 to 2022 with injuries relating to hot water bottles. That's why they should only ever be filled with hot tap water (never boiling water) and always covered with a fitted cover or wrap.

Given hot water bottles can deteriorate with age, it's smart to keep an eye on the 'daisy wheel' date marking that shows when the product was made. Better yet, buy a new hot water bottle every year, because even though they might look in good condition on the outside, they could be hiding damage internally.

Multiple children are also admitted to hospital each year with burns sustained from their clothing catching fire, so keep them well away from open heat sources like fireplaces and heaters.

Children's nightwear like pyjamas and dressing gowns must display a fire hazard label, but even nightwear considered a low fire hazard can still be flammable. Earlier this year, a range of <u>Target Australia kids' pyjamas</u> were recalled for being too loose-fitting on the wearer, meaning they posed a fire risk if exposed to a heat or flame source.

When shopping for kids' clothes, be particularly cautious when buying online or while on holidays, as they may not be subject to Australian mandatory safety standards.

If your child does suffer a burn, the <u>advice</u> from Kidsafe Australia is to apply cool running water to the injury for 20 minutes. Products like ice, oil or butter should never be placed on a burn and any jewellery or clothing should be removed unless stuck to the skin.

Simple precautions such as checking for <u>recalls on all products</u>, following safety guidelines, and being vigilant

about safety can go a long way in protecting your family and home.

Find more winter safety tips at www.productsafety.gov.au/wellwinter and learn more about burns prevention at www.kidsafe.com.au





Farewell Macca

McIntyre, Michael (Macca)

A local fixture of our community has sadly passed away.

Farewell Macca, you will be sadly missed by Kat and James and many others in the communities of Frankland River and Rocky Gully.

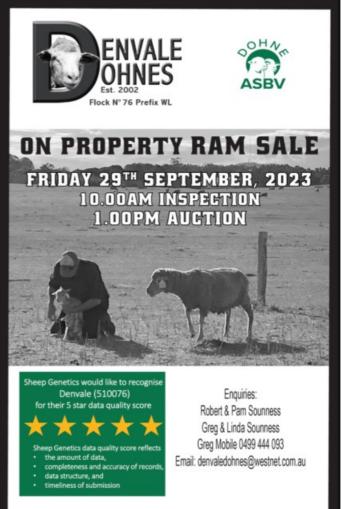
Rest in Peace

Bush Telegraph

We were saddened to hear of the recent passing of Michael McIntyre. Macca as he was fondly known, was a well known identity in both the Rocky Gully and Frankland River communities.

Our sincere condolences are with family and friends at this time. In our thoughts.













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

Frankland River Solitary Style Plates



Frankland River Solitary Style plates are available at a cost of \$220.00.

They make a fabulous gift for birthdays, or the new car buyer.

If you are interested please complete an application form from the Frankland River Community Resource Centre and return to Teresa Lawson with payment.

Please call 9855 2310 for any enquiries.





Celebrating a special occasion?

If you would like to send congratulations, share the birth of a new addition to the family, post birthday wishes, celebrate an engagement, wedding, anniversary or special achievements we would love to hear from you!

Email: franklander@franklandrivercrc.net. au

Frankland River General Store

Trading Hours

Monday to Friday 6.30am - 6.00pm

Saturday & Sunday 9.00am to 12noon

Public Holidays as advertised

Phone: 9855 2265







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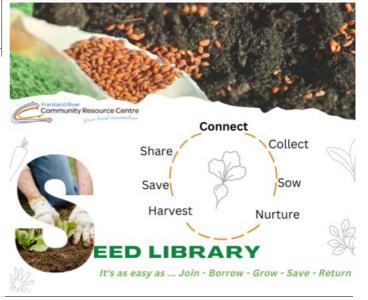


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We would like to take this opportunity to extend a grateful note of thanks to our annual advertisers who continue to support your local community paper with their paid advertising; some of these have been with us since inception of the local rag in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

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



Recycling Dates

Every second Monday

21st August
4th September
18th September
2nd October

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SHEARING 0427 359 570

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AUGUST/SEPTEMBER 2023

SUNDAY	MONDAY		VEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		8	9 Playgroup & Toy Library DOCTOR	Op Shop 10am - 1.30pm Waste Station 1:00pm - 5pm	11 Waste Station 7:30am - 11:30am	12 Op Shop 8.30 - 12.30
13 Waste Station 7.30am - 11.30am Catholic Mass	14 Waste Station 1:00pm - 5pm Virtual Group Fitness 9.15am	15	16 Playgroup & Toy Library Virtual Group Fitness 9.15am Council Meeting Frankland River	Nunijup Patchwork Op Shop 10am - 1.30pm Waste Station 1:00pm - 5pm	18 Waste Station 7:30am - 11:30am Virtual Group Fitness 9.15am Article deadline Chiropractor	19 Op Shop 8.30 - 12.30 Comedy Night @ Club 7.30pm
20 Waste Station 7:30am - 11:30am Busy Bee @ Club 2pm	Recycling Virtual Group Fitness 9.15am Waste Station 1:00pm - 5pm	22	23 Virtual Group Fitness 9.15am Playgroup & Toy Library Canva Basics 10am	Op Shop 10am - 1.30pm Waste Station 1:00pm - 5pm	25 Waste Station 7:30am - 11:30am Virtual Group Fitness 9.15am Blue Light Disco 5.30pm P & C Curry Night 5.30pm	26 Op Shop 8.30 - 12.30
Waste Station 7:30am - 11:30am	28 Virtual Group Fitness 9.15am Waste Station 1:00pm - 5pm	29 Provide First Aid Course @ CRC 8.30am	30 Virtual Group Fitness 9.15am Playgroup & Toy Library Lego Club 2.30pm	Nunijup Patchwork Op Shop 10am - 1.30pm Waste Station 1:00pm - 5pm	1 Waste Station 7:30am - 11:30am Virtual Group Fitness 9.15am Article deadline Chiropractor	2 Op Shop 8.30 - 12.30
3 Waste Station 7:30am - 11:30am	4 Recycling Virtual Group Fitness 9.15am Waste Station 1:00pm - 5pm	5	6 Playgroup & Toy Library Virtual Group Fitness 9.15am	7 Op Shop 10am - 1.30pm Waste Station 1:00pm - 5pm	8 Waste Station 7:30am - 11:30am CRC Closed	9 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

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



TO THE RESIDENT

The Franklander

Frankland River Community Resource Centre 8 Wingebellup Road Frankland River 6396

Phone: 9855 2310

Email: franklander@franklandrivercrc.org.au