

Vol 26 No 2

Newspaper of the Frankland River Community Est. 1998

Circ. 415

23 January 2023



Shire of Cranbrook 2023 Community Awards

Citizen of the Year
Young Citizen of the Year
Sporting / Club Person of the Year
Community Achievement Award

to be presented at the **AUSTRALIA DAY BREAKFAST**

Cranbrook Sporting Club 26 January 2023

These awards are proudly sponsored by the Shire of Cranbrook to recognize the contributions our residents have made to our community or an organisation



Traineeship Opportunity

As part of the Centre's Traineeship program, we are looking for applications for our next intake. The Frankland River CRC is a dynamic and forward focused organisation who exists to provide varied government services, community support, service referral, activities and events for our community.

The centre is seeking those interested in studying for a Certificate II in either

- Tourism
- Information, Digital Media and Technology
- Community Services
- Business

We therefore invite written applications for traineeships as described above.

Essential Criteria

Administration skills or interested in learning;

Demonstrated effective verbal, written and interpersonal communication skills;

Meticulous attention to details

Bright, friendly, enthusiastic, with a "Can Do attitude";

Focus on customer service;

Strong organisational skills;

Demonstrated knowledge of Microsoft Office Suite;

Ability and willingness to follow written and verbal instructions;

Ability to complete busy workload and respond to changing priorities;

Demonstrated commitment to on-going development of relevant knowledge, skills and attitudes;

Applications must fall within Australian Apprenticeship/Traineeship eligibility criteria

Working with Children Check

Desirable Criteria

- · Reliable Transport
- Experience in a Library environments
- · Experience in Tourism or Technology

Please forward your cover letter, resume and application addressing the Criteria via email by Friday 3rd February 2023 to manager@franklandrivercrc.org.au

AUSTRALIA DAY PINTS SZU PIES

PEPPER - CHICKEN & LEEK - BEEF & GUINNESS INCLUDES PINT, CHIPS & SALAD. KIDS MEAL + JUICE BOX \$10

FROM 5PM





Supported by many local and regional businesses



Thank you

We would like to sincerely thank all the volunteers and community members that attended the fire on our property Friday 13th January 2023 and checked in the days following.

Hugely appreciated and very grateful to be a part of such an amazing community.

Ash & Karen Hooper





Looking for a gift or something with the Frankland River logo?

Our new cooler bags are perfect for summer outings, BYO parties, and picnics.

Makes for a fabulous, sustainable gift wrap if you're gifting one of our amazing local whites or reds.

Or just treat yourself to a new cooler bag with the Frankland River logo!



Drop in and have a look at the complete range of tourism products available at the CRC.

We have a fabulous range to choose from; wine glasses, hoodies, t-shirts, enamel mugs, caps, and cheeseboards.

Available at the CRC Tourism display

Cranbrook Police News

Despite a few niggles I have to start with how impressed I was by everyone's diligence during such a busy (and apparently successful) harvest season. Thankyou to all the truck drivers for taking care on our roads and for your lack of complaints with my repetitive breath and drug testing. There have had no incidents that resulted in significant injuries within the Cranbrook sub district this season, which makes it all worthwhile.

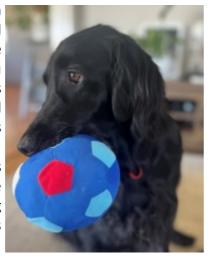
Congratulations to those who have been rewarded with the Roadwise gift vouchers for their awesome driving around town, this has been a fun project for me to get involved in and I have several more vouchers to hand out over the next few weeks.

Interestingly, offences in other areas have increased since early December with individuals charged with offences including "Drug Driving", Cultivate Cannabis, Possess Cannabis, Criminal Damage and No Authority to Drive. I have also issued infringements for more serious driving offences including Careless Driving.

There have been some incidents reported by the Shire involving stealing and trespassing offences relating to Shire locations. These incidents are still an active investigation and being looked at in conjunction with similar incidents that occurred in Tambellup and Gnowangerup. Please continue to be vigilant in keeping an eye out for suspicious persons or vehicles and report anything of concern.

Asta's back in town after a second successful knee surgery, thank you to everyone who has kindly inquired about how she is going.

Her recovery is going well and we are back to enjoying our afternoon walks around town.



As a part of my role with the Local Emergency Management Committee I am currently working with the Shire to update our register of "Vulnerable People" living within the Shire. The purpose of this register is for us to have an accurate record of people living in our community who may need additional assistance in the case of an emergency. People can be vulnerable for a variety of reasons including but not restricted to them not having transport or mobility, medical or mental health issues that may impact them in an emergency or stressful situation. There are forms available here at the Police Station if you would like one and I have also left them at the Frankland River CRC. If you are unsure about whether you should fill one in, please give me a ring or call into the Station to have a chat about it. Better to be safe than sorry 😃

It's nearly time for school to go back and I am looking forward to another positive year of working with both our schools. If you have events or ideas that you would like Police involvement in, please get in touch with me. As always, the Police Station phone number is 6801 3840. If I am not in, it may divert to my mobile or Albany Police Station. If you are ringing in relation to an incident please call 131 444 directly or 000 if you require urgent Police assistance.

Kind regards Natalie





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

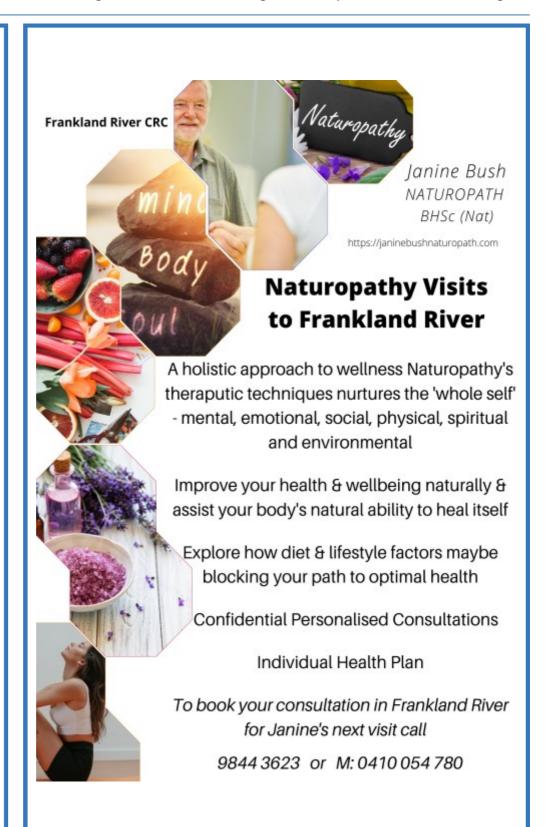
Lifestyle Courses

Job Board

Souvenirs

Craft

The Franklander Newspaper



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 15th February



The Frankland River CRC, Public Library
& Centrelink Access Point
will be closed for
Australia Day Public Holiday
Thursday 26th January

SNAKE SAFETY



Cranbrook



Machinery sales, parts & service – workshop or mobile

We sell.

Tractors Hay & Feed Gear Horticulture equipment Spray Gear Lawnmowers Quad Bikes Side by Sides (UTV's) Spreaders & attachments

Brands include Massey Ferguson, Fendt, McHale, Marshall, Hydralada, Boomerang, KYMCO, CF Moto, Landboss, Cub Cadet, Hardi, Croplands & more!

11320 South Western Highway, Manjimup

Ph: 9777 2100 www.southernforestmachinery.com.au

Follow us on Facebook and Instagram

Southern Forest Machinery under new ownership!

Southern Forest Machinery is a family owned and run business with 8 years of providing you with quality agricultural machinery, motorbikes, parts and servicing across the Manjimup, South-west and Great Southern regions. We would like to officially announce the ownership of Southern Forest Machinery has transitioned to Matt and Felicity Della Gola, the next generation of the Della Gola family.

There will be no change to the products you buy from Southern Forest Machinery.

You will continue to have access to our farmer-focused solutions and services, with no changes to your current ordering process or deliveries. Please call in to our store or refer to our website for the brands, products and parts offered for sale. We have a service team with three experienced mechanics on-board offering mobile and in -house servicing and repairs of large and small machines.

If you have a trading account with Southern Forest Machinery, this will remain active.

If you have an account with us, this will remain active and business will continue as normal. We ask that if there are any changes to your contact details, that you please complete a new customer details form either by calling 9777 2100 or coming in store to see the administration team.

Previously under the guidance of John and Joe, it was your trust that laid the foundations and enabled Southern Forest Machinery to participate as your local agricultural machinery dealership. Today Southern Forest Machinery needs your same support and trust now under the guidance of the next generation of the Della Gola family; we know our success is dependent on your success, and we are excited about what the team at Southern Forest Machinery can offer you!

Help us find you in an emergency



Calling triple zero (000) from within the St John First Responder app will send your GPS coordinates direct to the St John State Operation Centre, making it easier for an ambulance to locate you.

The app is free on iOS and Android. Download it today.

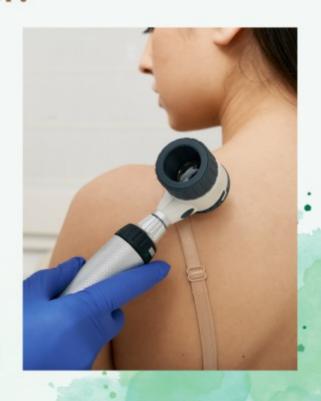
SKIN CANCER CHECKS

Tuesday 28th March

Dr Ray Cockerill from Geraldton Mole & Skin Cancer Clinic returns to Frankland River.

Book your appointment on 9855 2310

Bulk Billed Appointments







ICE CREAM VAN

COFFEE VAN

SAUSAGE SIZZLE

CWA CAKE & SANDWICH
STALL

VINTAGE, CLASSIC, CUSTOM CARS 'N BIKES ARE
WELCOME.
HEAPS OF TROPHIES & PRIZES OVER ALL
CATAGORIES

OPEN SHOW FOR THOSE WHO JUST WANT TO
CRUISE OVER AND SHOW OFF THEIR RIDE.
JUDGING BY PEOPLES CHOICE FINISHES
12.30PM SHARP
LIMITED CAMPING & CARAVAN SPOTS
AVAILABLE

REMINDER

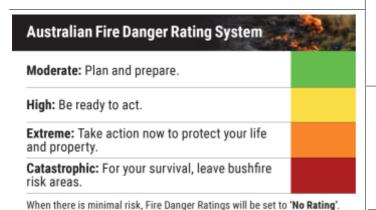
Lake Nunijup and Lake Poorrarecup

The Shire of Cranbrook would like to remind all users that domestic animals (including dogs and horses) and not permitted at Lake Nunijup and Lake Poorrarecup.

Both of these sites are listed as A Class reserves by the Western Australian State Government who classify A Class Reserves as "holds intrinsic community value or is of high conservation value that should be preserved and maintained for the benefit of future generations"

The reserves are managed by the Shire of Cranbrook who have the authority to fine offenders who do not abide by this law.

Should you have any queries regarding this please do not hesitate to contact the Shire of Cranbrook Administration Office on 9826 1008.





For current bushfire information & fire danger ratings

emergency.wa.gov.au



A Community of Service

A COMMUNITY OF SERVICE – 2nd EDITION

Did you know you can now buy the Shire of
Cranbrook - A Community of Service from the Shire
Administration Office or Frankland River
Community Centre?

The book, now in its second edition, has more servicemen and women and their stories from their days in service.

The cost of the new book is \$45.00 inc GST with postage available for an additional fee.

Please contact the Shire of Cranbrook on 9826 1008 or visit the Administration Office to purchase your copy today!

Ranger Contact Number

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

0499 799 133.



https://www.facebook.com/FRiverCRC

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.

GRANT FUNDING OPPORTUNITES

Are you a local business or community group looking for funding?

The Shire of Cranbrook now has an online Grant / Funding Finder portal where you can search and register to receive information about funding you are eligible to apply for!

To search and or register today visit https://cranbrook.grantguru.com.au

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

Phone: 9855 2310

YOGA

Tuesday's & Thursday's

6.30pm - 7.30 pm.

Frankland Hall



We are delighted you are supporting our fundraising & recycling by helping give containers a new life.

However some items are being dropped into the bins that <u>cannot</u> be recycled through this program, resulting in a lot of unnecessary sorting before delivery day.

Please check your item for the refund logo before placing it in the collection bins.

WHAT CONTAINERS CAN BE SAVED?

Most aluminium, glass, plastic, steel and liquid paperboard drink containers between 150ml and 3L can be saved. Make sure you remove the lids.



Eligible containers must:

Be included on the scheme's list of products. Display the refund mark

WHAT CONTAINERS ARE EXCLUDED?

There are some drink containers that are not eligible.

Excluded containers include:

Any plain milk containers

Any glass containers which have contained wine or pure spirits

Containers 1L or larger which have contained flavoured milk, pure fruit or vegetable juice All cordial or syrup containers



Self-Worth vs Self-Esteem

Self-worth and self-esteem are often confused as being the same, however they are very different. Self-esteem is about measuring ourselves based on external actions, while self-worth is about valuing our inherent worth as a person. In other words, self-worth is about who we are, not about what we do.

Society pushes for the need to have a high self-esteem but the problem with this is that we are always valuing ourselves against others. The competitive nature of men tells us we need to be better and above average to feel good about ourselves (keeping up appearances). When we look at this way of building our self- esteem it can be a losing battle because there will always be someone more handsome, slimmer, richer, owns bigger and better equipment and so on.

Self-esteem is transient and can change in an instant depending on what happens, for example we may be feeling good about a new piece of machinery or the quality of our stud and then someone makes a negative comment and our self-esteem falters, and we feel completely crushed. That's how fragile our self-esteem can be because it can also be fixed by a compliment that bolsters us again. Much anxiety can be created in striving for acceptance or approval and maintaining our ego or pride.

Probably the best way to understand self-worth is to ask ourselves how valuable we are, or how much do we deserve to have something we prize. It is a deep knowing that we are of value, that we are loveable and necessary to this life. One may feel a high self-esteem because they are good at something, yet still not feel they are loveable and worthy. When we have a healthy self-worth (at the very core of ourselves) we have a deep knowing that we are fundamentally a valuable and worthwhile person regardless of:

- what others may say or do to us;
- what our successes or failures are;
- what we win or lose;
- what we have or don't have.

The concept of self-worth is about knowing that we are always going to be worth more than all of our achievements put together. It is a good thing to think and feel good about ourselves but what happens when our self-esteem is crushed, does that mean we are no longer valuable? Absolutely not, however many people do think that they are no longer valuable.

Self-worth and self-esteem are vital beliefs for empowering oneself. A valid sense of self-worth is necessary to attain love and a sound mind. A valid sense of self-worth acts as a buffer against the possibility of depression and a feeling of worthlessness that can lead to despair or possible suicidal behaviour. Situational distress can come from many areas in our lives, as issues around these life events develop, we need to value our self-worth more than ever to reduce uncertainty for ourselves.

Remember... before it all gets too much... Talk to a Mate®!!

The Regional Men's Health Initiative delivered by Wheatbelt Men's Health (Inc.) PO Box 768, Northam WA 6401

Tel: (08) 9690 2277

menshealth@4blokes.com.au www.regionalmenshealth.com.au



The Franklander Deadline Dates for 2023

Vol 26 No 3	3 February
Vol 26 No 4	17 February
Vol 26 No 5	3 March
Vol 26 No 6	17 March
Vol 26 No 7	31 March
Vol 26 No 8	14 April
Vol 26 No 9	28 April
Vol 26 No 10	12 May
Vol 26 No 11	26 May
Vol 26 No 12	9 June
Vol 26 No 13	23 June
Vol 26 No 14	7 July
Vol 26 No 15	21 July
Vol 26 No 16	4 August
Vol 26 No 17	18 August
Vol 26 No 18	1 September
Vol 26 No 19	15 September
Vol 26 No 20	29 September
Vol 26 No 21	13 October
Vol 26 No 22	27 October
Vol 26 No 23	10 November
Vol 26 No 24	24 November
Vol 26 No 25	8 December



TENTERDEN TENNIS CLUB

Open Mixed Doubles

GRADES A B AND C

Saturday February 25th 2023 Registration 8:30am for 9am start

\$35 per player Includes: Entry, Morning and Afternoon Tea and Lunch

Entries to Mark Addis tenterdentennisclub@gmail.com







trevelen farm great southern wine



Saturday 28th January SunSmart Festival of Tennis

Junior Coaching From 1:30pm
3pm Adult tennis skills/warm-up
4pm Fast Four Teams Tournament
Sponsored by McIntosh and Son
Tennis West, Sunsmart, Healthway
Captain's Curry Night and music by
Andrew Bradshaw
RSVP Essential to
tenterdentennisclub@gmail.com

Saturday 4th February
Coaching Adults 2:20pm and Juniors
from 3pm
3pm Club Day - Social Tennis

Saturday 11th February 2pm Club Doubles Championships

Sponsored by Cranbrook Bulldozing, Australian Mineral Fertilisers and Frankland Estate

Saturday 18th February Coaching Adults 2:20pm Juniors from 3pm 3pm Club Day - Social Tennis

Sunday 19th February 2pm Club Singles Championships Sponsored by Elders Cranbrook

FOR MORE INFORMATION ABOUT COACHING, CARDIO, EVENTS AND TOURNAMENTS VISIT OUR WEBSITE:

play.tennis.com.au/tenterdentennisclub

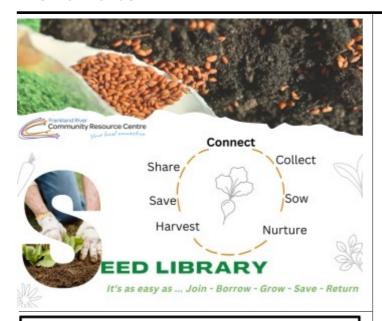
KEEP YOUR SATURDAYS FREE AND WE'LL SEE YOU ON THE COURT

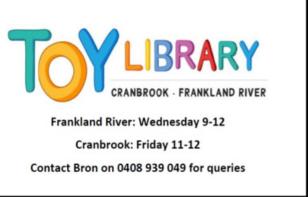
















FRANKLAND RIVER



SHEARING SERVICES

0427 338 913 ANDREW McFARLANE

We are growing our business!
We have dedicated teams on board
So if you need help with your shearing.
Give me a call 0427 338 913



FRANKLAND RURAL

3 Trent Street FRANKLAND RIVER WA 6396 P: (08) 9855 2288 Tim Mob: 0429 311 795 Chloe Mob: 0416 540 759 E: sales@franklandrural.com.au

* Agricultural Supplies * Agronomy * Animal Health

Tim, Chloe, Joss, Julie, Bron, Chloe W & Zali Monday - Friday 7.30am -5pm & Saturday 9am - 12pm

Helping farmers to be the most profitable and sustainable farm businesses in the state



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.

IR & TM POPE

Shearing Contractors

4 and 5 stands Vacancies

Servicing Cranbrook Mt Barker & surrounding areas

Ring Ian Pope 0427 268 043



Recycling Dates

Every second Monday

6th February

20th February

6th March

20th March

FERNGROVE

AWARD WINNING WINES WITH A VIEW

Tastings welcomed by appointment.

Weekdays 10am - 4pm.

See our website for holiday opening times.

276 Ferngrove Road, Frankland, Phone: 9855 2378 www.ferngrove.com.au

ALKOOMI WINES

1141 Wingebellup Road, Frankland River, WA 6396

FINE WINES & OLIVE OIL

Visitors Welcome OPEN 7 Days - 10am to 4.30pm

Picnic Facilities, Chalets & Function Room Hire Available

Telephone: (08) 98 552 229 Fax: (08) 98 552 284

Email: info@alkoomiwines.com.au www.alkoomiwines.com.au



P O BOX 558 MT BARKER WA 6324 CONTRACT OR COST



FRANKLAND ESTATE

Visitors Welcome

Open weekdays 10.00 am to 4.00 pm

Weekends and Public Holidays by appointment Frankland Rocky Gully Road

Ph: 9855 1544

JANUARY/FEBRUARY 2023

SUNDAY	MONDAY		WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		24 Yoga 6.30pm	25	Australia Day Public Holiday Australia Day Breakfast 2023 Community Awards Cranbrook	Waste Station 7:30am - 11:30am	28 Op Shop 8.30 - 12.30
29 Waste Station 7:30am - 11:30am	30 Waste Station 1:00pm - 5pm	31 Yoga 6.30pm	1 School's Back Start of Term 1	Op Shop 10am - 1.30pm Waste Station 1:00pm - 5pm Yoga 6.30pm	3 Waste Station 7:30am - 11:30am Article deadline	4 Op Shop 8.30 - 12.30
5 Waste Station 7:30am - 11:30am	6 Naturopath Recycling Waste Station 1:00pm - 5pm	7 Storytime Yoga 6.30pm	8 Playgroup & Toy Library	9 Op Shop 10am - 1.30pm Waste Station 1:00pm - 5pm Yoga 6.30pm	10 Waste Station 7:30am - 11:30am	11 Op Shop 8.30 - 12.30
12 Waste Station 7:30am - 11:30am	13 Waste Station 1:00pm - 5pm	14 Storytime Yoga 6.30pm	Doctor Playgroup Toy Library	Op Shop 10am - 1.30pm Nunijup Patchwork Waste Station 1:00pm - 5pm Yoga 6.30pm	17 Waste Station 7:30am - 11:30am Article deadline	18 Op Shop 8.30 - 12.30
Waste Station 7:30am - 11:30am Catholic Mass	Recycling Waste Station 1:00pm - 5pm	Storytime Yoga 6.30pm	Playgroup Toy Library	Op Shop 10am - 1.30pm Waste Station 1:00pm - 5pm Yoga 6.30pm	24 Waste Station 7:30am - 11:30am	25 Op Shop 8.30 - 12.30

Church Announcements Anglican

Cranbrook:

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

Tenterden:

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

Baptist

No services at Frankland River until further notice

Cranbrook Service 10.30am

Cranbrook Frankland River Baptist Church Services are also uploaded to YouTube https://www.youtube.com/channel/ UCV4nIqkuX_cJ7LwacAgAdAw

Contact Mark Jefferies 0428 517 103

Catholic

Parish Priest Father Ely Comanda Ph 0421 282 775

Contacts: Clarissa Devine 0497 545 334 Debbie Coole 0427 240 556

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

All new community members warmly welcomed.

EMERGENCY NUMBERS

	nce Number for ALL acy Assistance	000 000		
 Hospital 	Mt Barker Albany Info Centre	9892 1222 9892 2222 13 11 26		
• Cranbro • Crime S		(08) 68013840 1800 333 000		
• Fire Brig	gade: Frankland Town Frankland Chief BFCO	0427 552 321 0458 552 271 0407 261 005		
• DFES		1300 657 209		
Vet Mt IVet Kojo	3 4411141	9851 1177 9831 1666		
• Southern • HACC -	n Agcare Mt Barker	9842 2956 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