



# **SKIN CANCER CHECKS**

## **Tuesday 4th April**

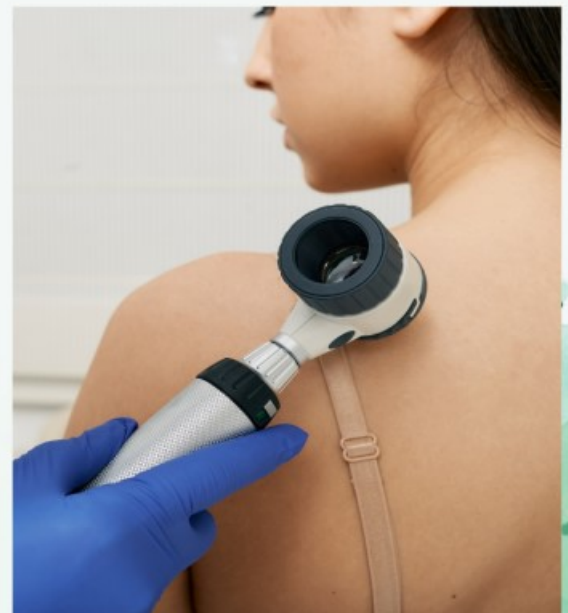
**Please note the change of date.**

*All previously booked appointments have been rescheduled for the same time on the new date. Please contact us if this time is no longer suitable.*

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

**Book your  
appointment on  
9855 2310**

**Bulk Billed Appointments**





## Child Safety Workshop

Presented by Kidsafe WA



Kidsafe WA will be visiting the Frankland River Playgroup in April to chat about all things child safety and keeping kids free from injuries and accidents.

### What is this workshop about?

Attend the Keeping Kids Safe Workshop for tips on how to keep your children injury free at home, during play and on the road. This session provides practical steps on how to reduce the risk of injuries covering topics such as poisoning, falls, burns, child car restraints and driveways.



### Who is this session for?

Professionals, parents, carers, grandparents or anyone interested in child safety!

### Where?

Frankland River Playgroup  
Frankland River Community Resource Centre  
55 Wingebellup Road

### When?

Wednesday 19<sup>th</sup> April 2023, 9:30 am – 10:30 am



Partner:



Government of **Western Australia**  
Department of **Health**





### Frankland River Fox Shoot 2023

While we only attracted five teams to our annual event this year due to other commitments on the community calendar we still had some excellent results.

Results -

Team	Foxes	Cats	Rabbits	Points
Beech	37	1	3	391
Quick	26	0	1	262
Hacker	22	0	5	230
Fingers	20	1	1	217
Hilder	19	3	0	198

We would like to acknowledge and sincerely thank the following for their sponsorship of the event:

- Rays Sports Power
- Alkoomi
- Frankland Rural
- Tim's Tyres
- Ferngrove
- Afgri Boyup Brook
- Auto One Albany
- AA Contracting
- Wurth
- Rugged Xtreme
- AOS
- T & C Supplies Albany
- Tom Ettridge
- Roy Alexander Gun Shop





### From the Principal's desk....

I would like to warmly welcome our two new parent representatives, Mr Jarrad Beech and Mrs Rene Oelofse to the Frankland River School Board. Our newest board members have just completed an induction and training session, in preparation for our first meeting of the year. The school board plays an important role in establishing the strategic direction of the school and advocating for our school. It is great to have Jarrad and Rene join the board, and they will bring to it, a diverse level of experience.

### Clean Up Frankland Session

In conjunction with the Frankland River CRC, our school has been participating in 'Clean Up Australia Day' on Tuesday 7th March. All students in K-6 participated and we walked to and cleaned up the area around the town oval.

**Swimming Carnival** – Friday 10th March for Year 3-6 students – Maximum Participation, Maximum Fun!

ALL students in Year 3-6 will be participating in our swimming carnival. If your child isn't a confident swimmer, or is early on in their swimming development, the expectation is that they still attend. We have heaps of novelty events to join in with and (even a few new ones this year!). Participation in all school events is key to developing a strong sense of belonging and it is a fun day, so we'd hate to see one of our students miss out because they didn't think/feel they are a strong enough swimmer. There are plenty of fun events for everyone to be involved in.

Please contact Bronwyn Morris directly if you have any questions or concerns about your child's attendance.

We are once again hosting the swimming carnival at Mt Barker Pool on Friday 10th March for all students in Years 3-6 from Frankland River, Kendenup, and Cranbrook Primary Schools.

Lunch orders and event nomination forms and information has been sent home to parents of children in Year 3-6.

### Sustainability at FRPS

Thanks to all our families, students, and community members for dropping off containers suitable for the 'Containers for Change' initiative. We have seen a huge increase in donations which is wonderful! Room 1 have collected the most containers so far. Keep up the great work everyone.

Important Information:

- Lids must be removed from bottles
- Plastic lids can still be recycled through Frankland

River Primary School, but they go to a company in Margaret River and need to be removed from bottles.

### Sustainability Challenge

"What can you create out of an empty plastic container (cool drinks bottles, milk containers, juice containers etc.)?"

We are wanting to challenge students to come up with the most creative way of reusing (or recycling) a plastic container/s. There are plenty of ideas out there, from making plant pots, stationery containers, brooms, chandeliers, bird feeders and so on.

Take a photo of your design or better still, bring it in to school and show off to your classmates what you turned your unwanted plastic containers into.

Prizes for best creative ideas will be awarded. Final designs are due by Monday 3rd April.

### Student Loomies Bracelet Business

One of the best things about our school, is the way our students use their initiative to solve problems. An example of this is how some of our Year 4/5/6 students have started up a "Loomies Bracelet" business to fundraise money for our school camp. I received a letter from these students, seeking permission to run this fundraiser and they have been busily making these items during recess and lunch. If your child would like to buy a loomies item, the costs are below:

Bracelets and anklets \$2

Rings \$1

Well done to these students for using their initiative and donating their time to set up this fundraiser and to create the items for sale.

### Upcoming student run camp fundraisers

Car wash – **Friday 17th March** \$20 per vehicle (more info to follow)

Lunch time icy poles – Friday 17th March

Friday 24th March and Friday 31st March \$2/icy pole

Thanks to **Lee Dove** for donating the icy poles.







Phone (08) 9855 2310

Email: [manager@franklandrivercrc.org.au](mailto: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**

## Managers Report

Well March certainly snuck up on us, and we are busier than ever in the CRC. The library has had some wonderful events happening with Dr Seuss Day and Library Lovers Day, we gave away books to everyone who visited the library on Library Lovers Day and there was a feast of sweet treats to celebrate the day enjoyed by all.

Yesterday we joined the school children on the town oval to collect rubbish and give the oval a tidy up for Clean Up Australia Day, we were pleased that there was only 3 bags of rubbish to collect. Well done to all the kids on their hard work and commitment to tidying up. The reward of an afternoon tea was enjoyed by all.

I am pleased to say we have Auschem being held at the CRC again and an Intermediate Excel course set to run as well. Contact the CRC to register your interest for both of these training sessions and keep an eye out for further information.

If there is other training you would like to see held throughout the year please let me know asap so we can start organising it for you.

It was wonderful to see so many attend the Rocky Gully Car Show on the weekend, and to see so many tourists coming through town again, the caravan park has certainly been a hive of activity of late.


As noticed by many the work in the playground has slowed off, and we are fortunate that this is because they ran ahead of schedule!! Unheard of I know..... Luckily for us the playground equipment is also ready ahead of schedule and installation will start shortly, so watch this space!! I can't wait to see it all finished and able to be enjoyed by everyone.

Have a wonderful fortnight.

*Teresa*





  
“Today you are you,  
that is truer than  
true. There is no one  
alive who is youer  
than you.”



**Clean Up Australia Day  
2023**





# Community Garden

## Updates & Announcements



To grow social connections through education & sustainable living.

### Recipe's

#### Crispy chicken with honey miso chilli dressing and messy noodle salad

**Ingredients**

- 500g skinless, boneless chicken thighs
- 1/2 cup plain flour for dusting
- 2 eggs lightly whisked with
- 1 tbsp oyster sauce
- Crumb
- 4 cups cornflakes
- 3/4 cup freshly grated parmesan.
- 1/4 cup onion flakes
- 1 heaped tsp sweet smoked paprika

**Salad**

- 270g soba or udon noodles cooked according to packet instructions, rinsed under cold water to halt cooking.
- 4 cups sliced red cabbage.
- generous 1/2 cup diced mint.
- generous 1/2 cup of coriander leaves.

**Dressing**

- 1/2 cup honey
- 4 tbsp sriracha
- 2 tbsp white miso paste

**Method**

Preheat the oven to 180C. Line a large baking tray with baking paper.  
 Set 3 bowls along your kitchen bench and add, from left to right, the flour, the crumb mixture ingredients (give these a quick stir to combine) Roll the thighs out so that they are flat, then coat each chicken fillet in the flour before dredging in the whisked egg mixture and finally coating in the cornflake crumbs. Season with salt and black pepper.  
 Place the chicken on the roasting tray and bake for 15-18 minutes, or until the chicken appears crisp and golden and is completely cooked through.  
 While the chicken is cooking, prepare the dressing by adding the ingredients to a small saucepan and placing over low-medium heat. Cook until incorporated and warmed through.  
 Set aside.  
 Combine salad ingredients in a bowl and add 3/4 of the dressing mixture. Toss gently to coat then divide among serving bowls.  
 Slice the chicken into bite sized pieces and place on top of the cooked noodles. Drizzle the remaining dressing directly over the chicken. Serve immediately.

Recipe courtesy of:  
 Good Food

### Weather

**Tuesday:**  
 Sunny with  
 a top of  
 21C

**Wednesday:**  
 Chance of a shower  
 with a top of 24C

**Thursday:**  
 Partly cloudy with  
 a top of 24C

**Friday:**  
 Partly cloudy  
 with a  
 top of 23C

### Garden tips

**Autumn Is Here!**

Autumn is once again here; in your garden you will find certain crops dying back and stop producing as the days get shorter and cooler. As these crops finish, we need to be prepared for the next lot of planting which is cool-season plants. Do not forget when replanting to add some fresh compost, manure, and some organic fertiliser to give the plants the extra nutrition they need. You also may need to have some temporary shade set up for the new seedlings as we can still get some very hot weather in autumn.

Some seedlings to get planting are:

- Bokchoy
- Beetroot
- Brussel Sprout
- Broad Beans
- Broccoli
- Carrot
- Cabbage
- Cress
- Cauliflower
- Kale
- Leeks
- Silverbeet
- Potatoes

Image Credit: Gan Eden

# AGRICULTURE IN TRANSITION

## The Role of Natural Capital



**23 March 2023**

Tambellup Hall - 8:30am

46-48 Norrish St, Tambellup WA 6320

**\$30/pp**



### **Farm Benchmarking to make Green House Gasses and Natural Capital Accounting Practical**

- Agriculture in the Energy Transition: What is Net Zero/Nature Positive?
- Biodiversity on the Balance Sheet
- Transforming Food Systems: A View From Food Nation in Denmark
- Rewiring the Economy to Become a 'Restoration Economy'
- + Much more

**Details & Registration -> <https://www.trybooking.com/CFVZL>**



natural resource management program



SOUTHCOAST  
NATURAL RESOURCE MANAGEMENT

Australian Government

National Landcare Programme

For further details contact Gillamii at [admin@gillamii.org.au](mailto:admin@gillamii.org.au) or 0427500374

This forum is supported by funding from the Western Australian Government's State NRM Program, South Coast Natural Resource Management and the Australian Government's National Landcare Programme





# **MAA18 AusChem Accreditation Skill Set 17th & 18th April**

8.30am to 4.30pm

*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

**Please enrol by 3rd April.**

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

#### **IMPORTANT NOTES TO STUDENTS:**

All participants are now required to:

- Complete the pre-enrolment form
- Wear clean and functional gloves / mask
- Wear long sleeved shirt and long trousers
- Wear enclosed boots
- Bring safety glasses
- Bring reading glasses if needed

Re-Accreditation Students are required to bring to class a photo copy from their Spray Diary /Application Records and a copy of their chemical storage register

*For further information please call 9855 2310*

## Backyard Buddies

### *They're breeding like rabbits!*



Have you been watching rabbit numbers increase and need management information? We've collated some of the most useful resources to assist you.

#### Our online resources

Rabbit control information is available on the Department's [agric.wa.gov.au](http://agric.wa.gov.au) website. A few webpages that are particularly useful for smaller landholders are below:

- Rabbit control options
- Rabbit control in urban and semi-urban areas
- Rabbit biocontrol: RHDV1 K5 national release
- Rabbit control: bait stations
- Rabbit warren and harbourage destruction

Rabbit control for broadacre farming information is also available on our website.

#### Other key websites & resources

- **Pestsmart.org.au** is a hub of best practice information, management guides and videos for the control of various animal pests in Australia, including rabbits.

- **Feralscan.org.au** – press on the 'RabbitScan' icon to view rabbit sightings made across the country. You can also report rabbits you suspect have died from a virus and request a sampling kit for laboratory identification.
- **Recognised Biosecurity Groups (RBGs), Landcare groups, Natural Resource Management (NRM) organisations etc** – are local resource centres, see what's around you and what's on offer.
- **Licensed Animal Pest Management Technicians** – animal pest controllers are less common than insect pest controllers, but they advertise through the same channels (online, print, white pages etc.). They are fee-for-service providers.

If you aren't a regular computer user and need assistance with printed material, please contact our Pest and Disease Information Service (PaDIS) on 93683080 or [padis@dpird.wa.gov.au](mailto:padis@dpird.wa.gov.au).

Alternatively try your **local library** or **community resource centre** to see if they assist you in accessing this online information.

## Report suspect pests



MyPestGuide™ Reporter  
via app or online  
[mypestguide.agric.wa.gov.au](http://mypestguide.agric.wa.gov.au)



Pest and Disease Information Service  
(08) 9368 3080  
[padis@dpird.wa.gov.au](mailto:padis@dpird.wa.gov.au)





## Frankland River CWA – March 2023

Our 2023 AGM was held last week at the Community Resource Centre Lecture Room. Outgoing President Bron Coole gave a round-up of the previous year's activities before stepping down for the new executive team to be nominated for the coming year.

We welcome the new executives for 2023, President - Stevie Egerton-Warburton, Vice President - Alex Coole, Secretary - Brenda Brown, Treasurer - Jen Quick.

Our thanks to Bron Coole for her work on our executive team the past five years. It hasn't always been an easy role juggling work and a young family, along with being a dedicated volunteer and leader with various other community groups in the district. Happily, Bron is staying on as a member of our branch with a more relaxed role within the group.

Shirley Williams has transferred to the Mt Barker branch of CWA and we would like to take this opportunity to thank Shirley for her work and dedication to the Frankland River branch over many years and wish her well with the Mt Barker ladies. Thank you, Shirley.

Prior to the AGM we met for a group discussion on where we were heading as a branch. Was it time to fold, amalgamate with another branch or continue? With a small band of ladies, it was often felt that the fun and friendships formed had taken a back seat with fundraising and catering being the priority. For many of our members CWA is not the only hat they bring to the volunteer table and a general feeling of all work and no play is not healthy for our branch in general or members as individuals.

It was decided that our sisterhood should be celebrated with more get-togethers that allowed our members to socialise and a better balance applied to the fundraising activities we take on over the year. As a group we are passionate about sustainability and a more relaxed approach gives us an opportunity of sharing ideas and embracing new approaches with our members.

We were delighted to be able to support the fundraising activities of our local St John Ambulance branch with a donation of \$1,000 towards their Sub Centre's proposed new building in Frankland River. We see this as a wonderful addition to the community and a fabulous statement for emergency services within our Shire.

A donation of \$500 will also be made to the Frankland Community Fund (FRCCG). We fully support this groups aims to enhance infrastructure in our community for the benefit of all residents, while working in a close relationship with the Shire of Cranbrook.

Three of our members will be visiting the Rocky Gully CWA branch for their St Patrick's Day morning tea event later this month and we look forward to the occasion.

March is quite a month for celebrations with our members Julie, Mel, Bron and Jen all celebrating a birthday. Happy birthday and very best wishes on your special day ladies.

TO BE SURE, TO BE SURE

# Saint Patrick's Day

IRISH COCKTAILS      BEEF & GUINNESS PIE,  
PRIZES FOR BEST      MUSHY PEAS,  
IN GREEN              CHIPS & PINT = \$20

FRIDAY  
17 MAR  
5PM ONWARDS

@ THE FRANKLAND COUNTRY CLUB  
WINGEBELLUP ROAD • RSVP TO 0448 118 801

Frankland River  
Community  
Resource  
Centre

Shire of Cranbrook  
Great Southern's Finest

State Library  
OF WESTERN AUSTRALIA

## FRANKLAND RIVER PUBLIC LIBRARY

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

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



## SHIRE SNAPSHOT

Phone: 9826 1008

Email: [admin@cranbrook.wa.gov.au](mailto:admin@cranbrook.wa.gov.au)

Website: [www.cranbrook.wa.gov.au](http://www.cranbrook.wa.gov.au)

### SHIRE OPENING HOURS

8.30 AM — 4.00 PM

Monday—Friday



### The Council Corner

The Council held their Annual Electors Meeting on 6 February 2023 in Cranbrook to discuss the 2021/22 Annual Report. The purpose of this meeting was to present The Shires 2021/22 Annual Report and for attendees at the meeting to raise any questions regarding the content of the Annual Report.

At the meeting a member of the public (Mr Peter Denton) put forward a question in regards to the Shire's Planning for the Future—Strategic Community Plan. Mr Denton asked — "Can the Shire advise on what they are doing to promote Cranbrook as 'The Gateway to the Stirlings' " in which the Deputy President invited Community Development Manager, Jenny Cristinelli to respond;

The Shire is currently in the process of implementing Phase 2 of the Information Bay Project, located on Dunn Street/Climie Street. Part of Phase 2 is the install of Signage. The Shire has engaged with the consultants (Outdoors Great Southern) who are collaborating the contents of the signage, we propose to incorporate "Gateway to the Stirlings". In relation to promotional items, Shire staff will investigate options and costings which will be consider for the 2023/2024 budget. "Gateway to the Stirlings" being one of the brandings. Also, to be considered for the 23/24 Budget is minor renovations to the Gateway Arch located on Salt River Road near the railway crossing, (e.g. painting) along with the potential inclusion of Darwinia Bell, this being a suggestion only. Of recent, minor gardening works has been undertaken on the four entry statements into Cranbrook, including mulching. Plantings around the base of the statements will occur when weather permits.

Lastly, 'Gateway to the Stirlings' status is registered with the Australian Government, IP (Intellectual Property) Australia under the Shire of Cranbrook. Trademark No. 2018817. This status is due for renewal on the 10 July 2029. This ensures the safety of the wording being for the use of the Shire of Cranbrook only.

The Ordinary Council Meeting was held on the 15 February 2023 in Cranbrook, and this was a combination of both December 2022 and January 2023, as per the usual practice of not holding a Council meeting during the month of January.

At the Council Meeting on 15 February 2023 Council had reports to consider, amongst these were:

- The Council noted the List of Payments from December;
- A Planning Application for a proposed single house (new transportable) and carport was presented and approved by The Council;
- General business was carried out in the duration of this meeting;

#### Next Council Meeting

**Wednesday, 15 March 2023 in Cranbrook**

To read the full minutes from all Council meetings head to our website at [www.cranbrook.wa.gov.au](http://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.

### Recycling Kerbside Collection

**6th & 20th March 2023**

### Administration Office Closed

The Shire of Cranbrook Administration Office will be closed for the Labour Day Public Holiday on Monday 6 March 2023, re-opening Tuesday, 7 March 2023 at 8:30am.

### CAMPING AND COOKING FIRES

No camping or cooking fires are permitted within the Shire of Cranbrook during the Prohibited Burning Period 1 November to 14 February (Dates inclusive); During the Restricted Burning Period 1 October to 30 October and 15 February to 30 April (dates inclusive);

- A) a permit must be obtained from the local Fire Control Officer for all camping and cooking fires on private property; and
- B) Additional written permission must be obtained from the Local Government CEO for all camping and cooking fires located on Shire property and Council Reserves; and
- C) A camping and cooking fire is described as;
  - A solid fire which is contained in a designated fire pit , or
  - A solid fuel barbeque contained in a fire safe receptacle, or;
  - A wood fired pizza oven

That must meet safety requirements detailed in Section 25 of the Bushfires Act 1954. A camping and cooking fire not contained by one of the above mentioned practices, are not permitted.



## SHIRE SNAPSHOT

The Shire is looking for some old railway sleepers that are in good order that anyone would like to donate or sell to the Shire. We would like to use them to replace the old sleepers that are positioned at the Railway Station building as we want to plant a garden there. If you or someone you know may be able to help please contact Linda Gray on 0456 600 133 or Jeff Alderton on 0437 450 147 to organize pick up.

Calling young filmmakers!

CinefestOz would love to see students from the Great Southern participate in their Cinesnaps competition!

Don't forget this closes on 30 June 2023.  
As well as Year 7-9, we have a Year 10-12 category, offering up a \$1000 prize. 🎬

There's still plenty of time to SWITCH on the ideas!

Download entry packs here: or visit their Facebook Page  
<https://cinefestoz.com/.../short-film.../entry-pack/>



### 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.



### Vintage update 13<sup>th</sup> Feb 2023

With this year's vintage approaching in the coming month. The Frankland River Winemakers & Grape Growers Association would like to update you all on how the season is tracking. The cooler than normal start to spring and summer has delayed the start of vintage till March.

We aim to provide regular updates as vintage progresses during March and April, over social media, local websites, and the local shire newsletters. In the meantime, if anyone has any questions on how vintage is progressing, please contact Kim Lange on 0427 774 334. Here's to a fruitful 2023 vintage!

### 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 2/3/23 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.



# Play in the Park

2023 February to June

## Regional Locations

Community

ALL WELCOME

playintheparkgs

Supported by

**10am-12noon**

2023	Denmark 1st Wednesday	Kendenup 2nd Wednesday	Jerramungup 3rd Wednesday	Cranbrook 4th Wednesday
February	1	8	15	22
March	1	8	25	22
April	5	Holidays	Holidays	26
May	3	10	17	24
June	7	14	21	28

**FREE!**

**Outdoor Play Time**

**Story/Rhyme/Craft/Fruit**

Support your child's development through play

For more details contact: [Geraldine.pegler@ymcawa.org.au](mailto:Geraldine.pegler@ymcawa.org.au)



## Intermediate Excel Course

**1st & 8th June**

2 days held over 2 weeks

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

### IMPORTANT NOTES TO STUDENTS:

- You will be required to bring your own device
- Have a fairly up-to-date version of Excel installed
- Enrol at least 7 days before the course

Access to Office 365 and Excel will be given for the course content once paperwork and enrolment has been completed.

For further information please call 9855 2310

# CRANBROOK SHOW

**25 MARCH 2023**

**FASHION PARADE \* ARTY BRELLAS \* CLIMBING WALL \* HIGH ROPE COURSE \* DOG JUMP \* SOUTHERN EDGE ARTS \* THE SHANTY MEN \* SHEEP POO LOTTO \* NOVICE CHOOK COMPETITION \* SHOWBAGS \* STALLS & MUCH MORE**

Fish & chips available after the show at the Cranbrook Sporting Club.  
For more information contact Bernie 0407 261 123  
or find us on Facebook 'Cranbrook Show'

Supported by many local and regional businesses



**CRANBROOK SHOW**

**25/03/2023**

**SILENT AUCTION**

CRANBROOK

Proceeds to



CRANBROOK SUBCENTRE

Frankland River new depot build

**Josh Kennedy**

**Signed football**

Sponsored by:



**CRANBROOK SHOW**

**25/03/2023**

**\$5 RAFFLE**

CRANBROOK

Proceeds to



CRANBROOK SUBCENTRE

Frankland River new depot build

Prizes include:

- \*Year supply of Origin house gas 6x 45Kg bottles
- \*800L Coerco slimline water tank
- \*Electronic tap timer and watering kit
- \*\$250 BCF Voucher
- \*\$150 Plastics Plus Albany Voucher
- \*TopGun & Heiniger Shearing gear
- \*Yeti gear \*Bar fridge \*Pet supplies
- \*Plus more to come



**Machinery sales, parts & service – workshop or mobile**

*We sell:*

<b>Tractors</b>	<b>Lawnmowers</b>
<b>Hay &amp; Feed Gear</b>	<b>Quad Bikes</b>
<b>Horticulture equipment</b>	<b>Side by Sides (UTV's)</b>
<b>Spray Gear</b>	<b>Spreaders &amp; attachments</b>

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](http://www.southernforestmachinery.com.au)

Follow us on Facebook and Instagram



## St Lukes Family Practice

### Doctors Visits to Frankland River

[www.stlukesfamilypractice.com.au](http://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 March**

#### The Franklander Deadline Dates for 2023

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

*Your news items, photographs and articles are a welcome addition to our community news, please don't leave it to the last minute to submit them.*

#### YOGA

Tuesday's & Thursday's 6.30pm – 7.30 pm.

Frankland Hall

## NUNIJUP PATCHWORK & CRAFT GROUP

### Meeting Dates for 2023

March	16th and 30th
April	6th and 20th
May	4th and 18th
June	1st, 15th and 29th
July	6th and 20th
August	1st, 17th, and 31st
September	7th and 21st
October	5th and 19th
November	2nd, 16th and 30th
December	7th

We will be hosting our Airing of the Quilts on Saturday 23rd September, Sunday 24th September and Monday 25th September. Times to be confirmed closer to the event.

If you would like to set aside a regular patchwork or craft date, please join us!

write4fun.net

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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.**

<https://www.facebook.com/FRiverCRC>

## Walking up to 20 kms a Day – Our Ancestors and Exercise

Our ancestors were used to walking up to 20 kilometres per day, they had to, to survive on the Savannah Plains and the Serengeti or they would end up as someone’s lunch. We are not designed for sitting around and not exercising. The human body has not had millions of years to adapt to our sedentary lifestyle and we need to change our habits before it is too late.

Blokes have had a significant change because many of the work tasks that have always been manually done are now obsolete or automated.

Exercise is essential for our brain, mind, body and our cardiovascular health. I read a book titled *Brain Rules* by John Medina and rule 1 (out of 12 brain rules) is *exercise boosts brain power*. An enlightening read.

There are a lot of variables, from nurture to nature, that help how we age but one of the greatest predictors of successful ageing is the absence of a sedentary lifestyle. Industrialization has given us many benefits, but it has also meant, that for most of us, we have gradually quit moving. The result of this is more and more Australians are being classified as being overweight, with the fastest growing chronic condition in Australia in 2022 being Type 2 Diabetes.

There is a lot of current research that suggests exercise can:

1. help prevent Type 2 Diabetes (by up to 60%);
2. improve our cardiovascular health thus decreasing the risk of strokes and heart attacks;
3. affect the outcome of both anxiety and depression. The fact that exercise helps regulate the release of chemicals (serotonin, dopamine, and norepinephrine) into our bodies makes it an important element in maintaining the right balance;
4. halve the risk of general dementia through aerobic exercise, just twice a week. It can also cut the risk of Alzheimer’s by 60%.

So, what does this all mean for our exercise regime?

There is a lot of advice around with different suggestions on exercise requirements. This varies from 5 minutes high intensity, to 30 minutes per day, to 1 hour a day every second day. We are the only one that knows our body’s physiology and what will

ultimately work for us. A guide is a minimum of 150 minutes per week of moderate exercise.

If you are limited in how you can exercise you can still make a difference. If you can physically walk only 50 metres a day, double it! Walking 100 metres per day compared to 50 metres can make a difference. The improvement in your body’s physiology will be profound and the positive effect is that starting with a little bit of exercise will make you want to move more.

Exercise options are endless, swimming, hydrotherapy, light gym work, walking groups, belonging to sporting groups, volunteering. Although in regional WA sometimes these options can be limited for people to access.

Don’t let it stop you exercising – get moving!

The Regional Men’s Health Initiative

P: (08) 9690 2277

E: menshealth@4blokes.com.au

 @RMHI\_4blokes

 Working with Warriors Podcast

 regionalmenshealth.com.au



Frankland River CRC

*Naturopathy*

Janine Bush  
NATUROPATH  
BHSc (Nat)

<https://janinebushnaturopath.com>

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To book your consultation in Frankland River for Janine's next visit call

9844 3623 or M: 0410 054 780



**ALBANY ROLLER DERBY 2023 SEASON**  
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 AGES 18+ | ALL GENDERS  
 6:30PM-8:30PM

**SKATE LIKE A GIRL**  
 AGES 12-17 GIRLS\*  
 5:30PM-6:30PM  
 \*FEMALE IDENTIFYING & NON-BINARY YOUNG PEOPLE

**JUNIOR ROLLER SKATE**  
 AGES 7-12  
 ALL GENDERS  
 5:30PM-6:30PM

ALBANYROLLERDERBY.COM.AU

ALBANY ROLLER DERBY LEAGUE (ARDL) logo and QR code.

ALBANY ROLLER DERBY LEAGUE (ARDL) logo and KIDSPORT logo.

**READY FOR ROLLER RESTART**

The 2023 Albany Roller Derby League (ARDL) season begins on April 27 with roller derby for people of all genders aged 18 and up, as well as the return of the popular kid's programmes, Junior Roller Skate for children of all genders aged 7 to 12 and Skate Like a Girl\* for girls, trans girls, and non-binary young people aged 12 to 17. Both youth programmes are geared towards those who are new to roller skating as well as those who are looking for a new challenge.

Since COVID had a significant impact on the club in 2020, the club hopes to host their first home game in October of this year. "We currently have about half a team and would love new skaters to join the club with the goal of playing this year," said club president Natalie Jarvis. "We run a fun and friendly training program for those aged 18 and above to play roller derby and we can teach anyone interested in learning."

Roller Derby is a full contact sport played on roller skates across the world. It is a body-positive

sport where the emphasis is on teamwork and playing to your strengths. Each week people are taught basic skating skills, progressing to more complex and challenging skills as they are ready, in a fun group setting with other new skaters. ARDL has experienced coaches and skaters enthusiastic to teach new skaters the basics of roller derby and get a team ready for October.

On April 20th at 5.30pm the club will host a Meet & Greet at the White Star Hotel for those who want to talk to skaters and get involved in the club. "Roller derby is as much about the community and great friends you make as it is about the sport," Natalie Jarvis said. "Our skaters all come from a range of backgrounds, some never having played sports, some mums, teachers, nurses and lots of people who are new to Albany looking to make some friends."

ARDL takes great pride in being an inclusive and diverse space, and welcomes people of all genders, sexualities, cultures, abilities, and faiths to participate.

People are invited to contact the club via email [albanyrollerderby@gmail.com](mailto:albanyrollerderby@gmail.com) or on social media for registration, programme information, and any other questions they may have about the sport.

**Frankland River Bowling Club**  
**\$10 a ticket**  
 Drawn on 12<sup>th</sup> March 2023

**1st Prize**  
 ARB 60ltr Car Fridge/Freezer  
 Value \$1300

ARB ALBANY 4WD & CAMPING CENTRE

**Cellarbrations 2nd Prize**  
 \$500 Alcohol Basket

**3rd Prize**  
 \$150 Gift Voucher

**PLANTAGENET HOTEL ~ MOTEL T**

**4th Prize**  
 \$100 Gift Package

Albany reTraVision

Persons Under 18 years of age are PROHIBITED from purchasing a ticket. Name & Address is required for ticket to be VALID

Permit# LS219075422  
 Permit Holder Darrell S Spry 0482 513 758

### ACCOMODATION REQUIRED

Accommodation required!

Flat Rocks Wind Farm Stage 1 requires short -medium term accommodation options for its workforce, effective immediately.

Granny flats, furnished houses - all types considered.

Please contact Olivia 0459 359 399.

### 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

### 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.

### 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

### Australian Fire Danger Rating System

**Moderate:** Plan and prepare.

**High:** Be ready to act.

**Extreme:** Take action now to protect your life and property.

**Catastrophic:** For your survival, leave bushfire risk areas.

When there is minimal risk, Fire Danger Ratings will be set to 'No Rating'.

For current Fire Danger Ratings and Bushfire Warnings visit [emergency.wa.gov.au](http://emergency.wa.gov.au)

Check the Fire Danger Rating daily and decide what you will do before there is a fire. Visit [mybushfireplan.wa.gov.au](http://mybushfireplan.wa.gov.au)



For current bushfire information & fire danger ratings

[emergency.wa.gov.au](http://emergency.wa.gov.au)

### 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.



Frankland River Community Resource Centre  
your local connection

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# FRANKLAND RIVER



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Frankland River: Wednesday 9-12  
Cranbrook: Friday 11-12  
Contact Bron on 0408 939 049 for queries

**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](mailto:sales@franklandrural.com.au)

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**Dr Miles Nye-Chart**  
Bsc BVMS (Hons)  
And Associates

**Mount Barker**  
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8:30am - 5:00 pm

Saturday  
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**Cranbrook**  
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9:00am - 10:00am  
Farm calls by appt. after 10:00am

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[www.mtbarkervet.com.au](http://www.mtbarkervet.com.au) | [admin@mtbarkervet.com.au](mailto:admin@mtbarkervet.com.au) | After hours emergency only: 0427 426 203

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

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

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3rd April

17th April

1st May

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*Visitors Welcome*

*Open weekdays 10.00 am to 4.00 pm*  
*Weekends and Public Holidays by appointment*  
*Frankland Rocky Gully Road*

**Ph: 9855 1544**



**MARCH 2023**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		7 Storytime Yoga 6.30pm	8 International Women's Day 'Cracking the Code'  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	15 DOCTOR  Playgroup & Toy Library	16 Nunijup Patchwork  Op Shop 10am - 1.30pm  Waste Station 1:00pm - 5pm  Yoga 6.30pm	17 Waste Station 7:30am - 11:30am  Article deadline  St Patrick's Day	18 Op Shop 8.30 - 12.30
19 Waste Station 7:30am - 11:30am  Catholic Mass	20 Recycling  Waste Station 1:00pm - 5pm	21 Storytime Yoga 6.30pm	22  Playgroup & Toy Library	23 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
26 Waste Station 7:30am - 11:30am	27 Waste Station 1:00pm - 5pm	28 Storytime Yoga 6.30pm	29  Playgroup & Toy Library	30 Op Shop 10am - 1.30pm  Nunijup Patchwork  Waste Station 1:00pm - 5pm  Yoga 6.30pm	31 Waste Station 7:30am - 11:30am  Article deadline	1 Op Shop 8.30 - 12.30
2 Waste Station 7:30am - 11:30am	3 Recycling  Waste Station 1:00pm - 5pm	4 Skin Cancer Clinic  Storytime Yoga 6.30pm	5  Playgroup & Toy Library	6 Op Shop 10am - 1.30pm  Waste Station 1:00pm - 5pm  Yoga 6.30pm	7 Waste Station 7:30am - 11:30am	8 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](https://www.youtube.com/channel/UCV4nIqkuX_cj7LwacAgAdAw)

Contact Mark Jefferies 0428 517 103

### Catholic

Parish Priest Father Ely Comanda

Ph 0421 282 775

Contacts:

Clarissa Devine 0497 545 334

Debbie Coole 0427 240 556

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

All new community members warmly welcomed.

## EMERGENCY NUMBERS

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

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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](mailto:franklander@franklandrivercrc.org.au)

**TO THE  
RESIDENT**