



FAMILY FUN DAY

Activities:

- Slip & Slides
- Food Stalls & Coffee Van
- Face Painting
- Carnival Games / Rides
- Local Market Stalls
- Arts & Crafts

Stall bookings are welcome!

Email: manager@franklandrivercrc.org.au

SUNDAY
10 MARCH
11AM - 3PM





WANTED

Market Stall Holders for the upcoming Family Fun Day

Attention all community groups, visiting artists,
and producers!

Have you secured your spot at our upcoming event?

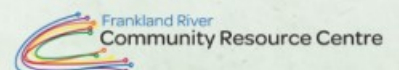
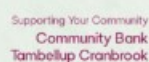
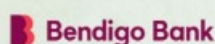
Held on Sunday 10th March 2024

From 11am to 3pm

For further information, please contact

Teresa at Frankland River CRC

Or scan the QR code to learn more.



**FRANKLAND RIVER
FOX SHOOT
9TH MARCH 2024**



***SHOOT ALL NIGHT**

***PRIZES TO BE WON**

***BREAKFAST \$10.00 PER PERSON**

**Meet at Kieron Haynes Shearing Shed
Poison Hill Road for breakfast at 7.30am**

Count at 8.30am

Team nominations in by 1st March to:

Pete Ettridge: 0458 552 271

Kieron Haynes: 0438 552 360

Simon Hilder: 0427 888 379

***Prizes issued for whole bodies ONLY at the count**

SAVE THE DATE!

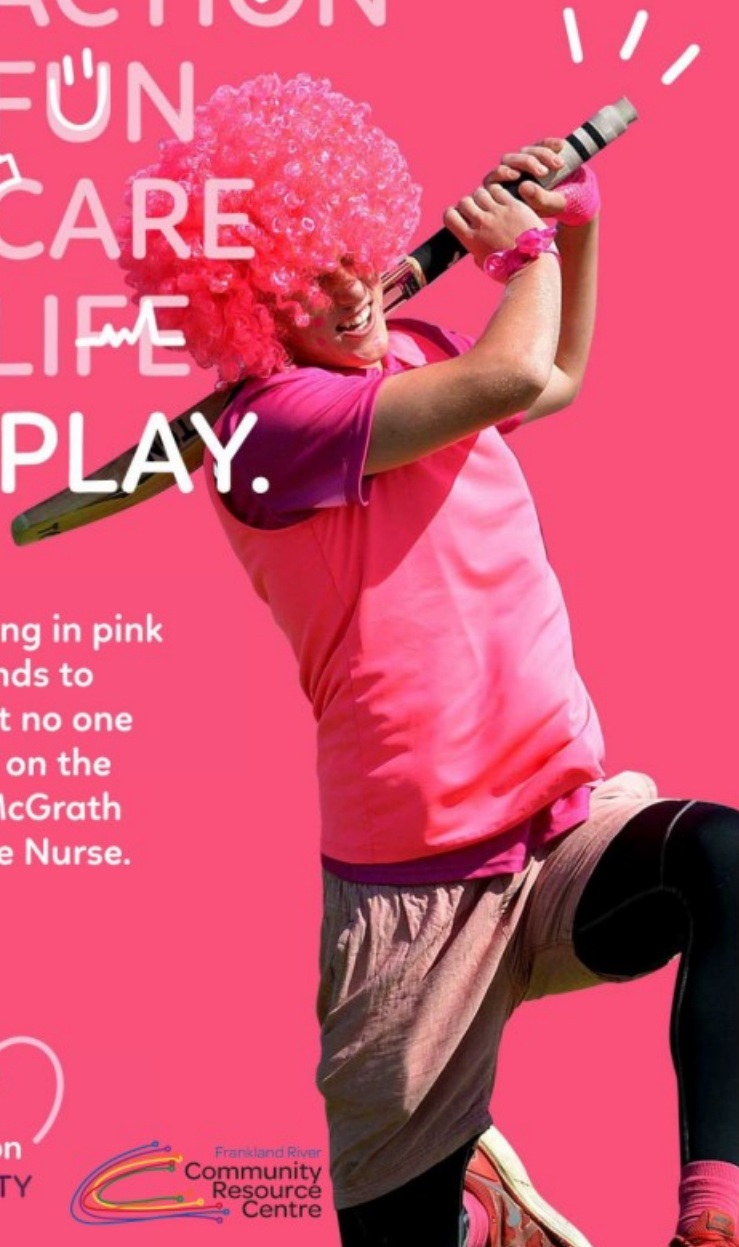
Sunday 6th of October 2024

Donate now and next time you are in the CRC nominate to play on the day.

Looking to sponsor a fantastic event, we are looking for local businesses to sponsor our teams and support this worthwhile cause.



PINK IS THE
COLOUR
OF ACTION ✓
OF FUN 🎮
OF CARE 🩺
OF LIFE
WE PLAY.



We're playing in pink to raise funds to ensure that no one misses out on the care of a McGrath Breast Care Nurse.





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

KIDS CLUB TERM 1
7th February '24 to 27th March '24

Sign the Kids up to the After-School Kids Club every wednesday afternoon during Term 1, from 2.30pm to 4.15pm

- Dream Catchers
- Cooking
- Art & Craft
- Lego
- Music & Dance
- Easter crafts

LIMITED SPOTS

FOR AGES 5 AND UP

REGISTER NOW!
PH 98 552310

Community Garden

Updates & Announcements



To grow social connections through education & sustainable living.

Recipe's

Easy Rhubarb Cordial

Ingredients - 500g rhubarb, cut into 1cm slices, 200g granulated sugar.

Method - Step 1- Put 300g of the rhubarb in a container and freeze. Put the remaining rhubarb in a jar or container with the sugar and 100ml water, giving it a good stir, then cover and put in the fridge for 2-3 days - it's a long time to wait, but this will allow the sugar to dissolve and the rhubarb's colour and flavour to infuse into the liquid.

Step 2- After 2-3 days, put the frozen rhubarb in a metal bowl. Cover tightly with foil, then set it over a pan of simmering water. Leave the rhubarb to defrost and then cook like this for 2 hours - the freezing process breaks down the cells in the rhubarb which then allows the juice to leach out of it once heated.

Step 3- Strain the juice from the frozen and cooked rhubarb into a sterilised jar or bottle, then strain the syrupy liquid from the other rhubarb into it, mixing the two liquids together. Keep in the fridge for up to a week. To serve, mix 30ml of the rhubarb cordial with 30ml of non-alcoholic spirit or gin, then top with soda water.

You'll need to be patient when making this cordial, but it's almost effortless to actually create. Use the cordial in a cocktail, or simply top it up with soda water for a seriously good thirst-quencher.

Recipe by Delicious

Weather

Tuesday:
Sunny
Top of 34

Wednesday:
Sunny
Top of 39

Thursday:
Hot & sunny
Top of 41

Friday:
Overcast
Top of 23

Garden Tips

The Importance of Shady Spots in Your Garden

When it comes to gardening, shade is an essential feature that should not be overlooked. It's important to protect delicate plants from the scorching summer sun, and introducing clusters of native shrubs and small trees, such as wattles, can do just that. By serving as a natural barrier against the sun, these plants provide a protective cover for your more sensitive flora. This is especially crucial for plants that are in west-facing boundaries and are exposed to the intense heat of the afternoon sun. Remember to consider the importance of shade when designing your garden.



St John

TINY TOTS FIRST AID COURSE

WHERE - CRANBROOK
COMMUNITY HUB
WHEN - THURSDAY 22
FEBRUARY
9AM - 1PM



WHERE - FRANKLAND
RIVER CRC
WHEN - WEDNESDAY 28
FEBRUARY
9AM - 1PM

St John WA will be running a **FREE** Tiny Tots First Aid course, no prior learning or assessments required. RSVP essential, babies in arms welcome. Expressions of interest for creche



Please register your spot by 12 February
lauren.lehmann@cranbrook.wa.gov.au
or 98261008

Celestial Celebrations



**Free Astronomy Event
& Sausage Sizzle**

Saturday 27 January

From 6.45pm

The Kodja Place

143 Albany Highway



RSVP by 25 January to Kristel at bcc@kojonup.wa.gov.au or phone 9831 0500



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



Take a Break and Discover Our Latest Library Additions

We have a
great selection
of DVDs, books,
and audiobooks
to choose from.





MAA18 Auschem Accreditation

12 & 13 February 2024

8.30am to 4.30pm

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

Costs - \$36.00 (resource fees) + \$75.00 Registration fee = \$111 per student
Temporary VISA/Commerical rate = \$875.50 + \$75.00 (registration fee) = \$950.70

IMPORTANT NOTES TO STUDENTS

All participants are now required to:

- Complete the pre-enrollment forms
- Wear clean & functional gloves/mask
- Wear long sleeved shirt & long trousers
- Wear enclosed boots
- Bring safety glasses
- Bring reading glasses if needed

Please enroll by the 2nd of February 2024

For further information please call 9855 2310



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

Next Council Meeting

Wednesday, 21 February 2024 in Cranbrook

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

21 February 2024	Cranbrook
20 March 2024	Cranbrook
17 April 2024	Frankland River
15 May 2024	Cranbrook
19 June 2024	Cranbrook
17 July 2024	Cranbrook
21 August 2024	Frankland River
18 September 2024	Cranbrook
16 October 2024	Cranbrook
20 November 2024	Frankland River
11 December 2024	Cranbrook

The Ordinary Meetings of Council for the scheduled dates in February, March and April will be at 4pm as a part of a trial period for a potential permanent change of time. All other Meetings currently commence at 3.00pm. Members of the public are welcome to attend.

Linda Gray
 Chief Executive Officer

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 1/02/2024 & 29/02/2024 between 1.30 & 2.30pm.

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

Recycling Kerbside Collection

5 & 19 February 2024

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.



The fourth instalment (4 instalment option) for your 2023/24 Rates is due 13 March 2024. Late payments will accrue interest.

For any Rates Enquiries please contact our Rates Officer, Alecia Taylor on 9826 1008.



PUBLIC NOTICE—CHANGE TO FEES & CHARGES

Notice is hereby given in accordance with Section 6.19 of the *Local Government Act 1995* that the Shire of Cranbrook has adopted a new charge of \$10 for wine glasses, effective from 14 February 2024.

The entire fees and charges may be viewed at the Shire of Cranbrook administration office or on the Shire's website.

Linda Gray
 Chief Executive Officer
 22 January 2024

SHIRE SNAPSHOT

RETIRING COUNCILLOR

It is with regret that the Shire President, Councillor George Pollard, accepted Councillor Peter Slater's resignation from his position on Council after the Ordinary Council Meeting on 13 December 2023. Cr Peter Slater has been a Councillor since 2017 and with his background in health, safety and tourism has made a valuable contribution to Council through his knowledge and expertise. He has also contributed in many ways as a volunteer in the community for St Johns Ambulance, the Cranbrook Men's Shed and the Seniors in Cranbrook.

The vacancy will be filled by our first backfill candidate, Jen Quick who has already served on Council and was a very valuable contributor to the decision making process. This will mean that we do not have to hold an extraordinary election due to the availability of a backfill candidate. We are pleased to welcome Cr Jen Quick.

CRANBROOK CEMETERIES

The Shire of Cranbrook recognises the importance to the community of the local cemeteries. They represent people's culture, identity, and heritage, and comprise a resource which allow the community to delve back into their past. The graves represent the last public memorials of many people who were involved with the growth of the local area in which they are buried. For that reason, the Shire of Cranbrook is implementing a policy of marking six "unmarked" graves – those without a visible headstone and a number only, each year, with a simple plaque with details of the person's name, date of birth, date of death, and hopefully a sentence about their lives.

This will ensure that as time moves on, people are not totally forgotten.

As part of this process, the Community Development Team have selected the following and are seeking any information about these people:

CRANBROOK CEMETERY:

Plot No.	Name	Burial Date
A2	Susan Gabnel Kinsella	14/11/1933
B3	Fred Punch	15/08/1955
C4	Jeffrey Allan Keith Dunn	21/03/1938
C13	William Arthur Smith	12/02/1957
C22	Leonard Joseph Chamberlain	22/11/1969



Please forward any details that you may have via email to admin@cranbrook.wa.gov.au or contact Jenny Cristinelli on 9826 1008.

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.



A ChemClear collection is coming!

Dispose of your unwanted or obsolete AgVet chemicals in one easy collection.

Free collection of chemicals:

- with readable labels
- still in original containers
- not mixed with other products
- within 2 years of expiry or deregistration

Fee for service available for other AgVet chemicals.

WA Collection
March - April 2024




Registrations close
31 January 2024



Free collection of chemicals displaying the drumMUSTER logo.

Register your chemicals at ChemClear:

 chemclear.org.au/register-your-chemical

 1800 008 182



SHIRE SNAPSHOT



Shire of Cranbrook Annual Electors Meeting

Notice is hereby given that the Annual Electors Meeting will be held in the Frankland River Community Centre on **Monday 5 February 2024, commencing at 5.00pm.**

AGENDA:

- Confirmation of Minutes
- Receipt of Annual Report, incorporating the Annual Financial Report for 2022/2023
- General Business

Electors are requested to provide the Chief Executive Officer with their questions in writing no later than seven (7) days prior to the meeting date to enable staff to research the matter if required.

The 2022/2023 Annual Report is available for viewing via the Shire's Website at www.cranbrook.wa.gov.au or by contacting the Shire Administration Office on 9826 1008. A limited number of copies will also be available at the meeting.

Linda Gray
Chief Executive Officer



Department of Transport

Did you know that the Shire of Cranbrook is a licencing agent for the Department of Transport, as such we are not permitted to take licencing enquiries over the phone.

If you are attending the administration office to complete licencing duties please ensure you come prepared. The best way to make sure you have everything you require for your enquiry is to jump onto the Department of Transport website before hand and familiarise yourself with what your particular enquiry may need.

If you come prepared with the correct ID requirements and information it will streamline the time you spend within the admin office. Please note that our staff have to follow the directions and regulations set upon us from the Department of Transport.

If you are unable to come into the Shire of Cranbrook Administration Office for your licencing enquiry you must contact the Department of Transport on 13 11 56.

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.



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/>



St John



Click to Save



Festival fiasco – know how to avoid ticketing blues

You've got your outfit picked and you know all the words to your favourite band's songs – then they cancel as a headlining act. There are other bands to see but you're still disappointed and you assume you're not entitled to a refund.

Well, that's not entirely true. You have rights under Australian Consumer Law (ACL) when things go wrong and an event is cancelled or has a major change (such as the date, the location or the headliner doesn't perform). It's worth noting these rights don't just apply to music festivals and live concerts. You have the same rights if the event is a food or arts festival, expo, sporting event, convention or other large event.

If the event is cancelled, you may be entitled to a full refund from the company that sold you the ticket. If you lost extra money due to the cancellation, such as from cancelling flights or accommodation, contact the ticketing agent first. The ACL says a business must provide the goods or service it advertised.

If the event goes ahead but is significantly different from what was advertised, you may also have a right to a refund on the grounds you were misled, or because you would otherwise not have bought a ticket in the first place had you known the line up, venue, date or any other important feature, would change so much.

What happens if a support act cancels, or traffic delays meant you missed the first few songs of the headliner? We recently saw this with the Robbie Williams concert in the Swan Valley. In these types of cases there may be grounds to receive a partial refund.

With any of these issues, in the first instance you should contact the ticketing agent to attempt to negotiate a solution. If you have issues obtaining a refund or the ticket is refused at the gate, the event is cancelled or your ticket doesn't arrive, then we recommend seeking a chargeback from your bank.

If this fails, Consumer Protection may be able to assist to find a reasonable solution. And just like any other purchase, hold on to your receipts and purchase details. If issues can't be resolved, lodge a formal complaint on the Consumer Protection website consumerprotection.wa.gov.au. For more information on your rights when it comes to festivals and events, check out our fact sheet on the website: consumerprotection.wa.gov.au/consumer-protection/music-festivals-and-outdoor-event.

Active Farmers is a Not-For-Profit Organisation with a vision to *Build stronger and more resilient farming communities.*

Are you passionate about fitness? Active Farmers is looking for a local person to run fitness classes once a week in Frankland River.

Active Farmers covers all costs of venue hire, equipment and can provide a program to follow. Instructor is paid for each session regardless of attendance. Training can also be provided for anyone wanting to pursue study in Certificate III in Fitness, but formal qualification is not required.

Further information can be found at [Active Farmers | Group Fitness Classes in Regional Australia](#)

or contact Teresa on 9855 2310 or by email on manager@franklandrivercrc.org.au for more information.

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.

YOGA Returns in Term 1

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

Frankland Hall



Supporting Your Community
Community Bank
Tambellup Cranbrook

OPENING HOURS

View our Websites & Facebook page

Cranbrook Ph 9826 1777
Mon & Wed 9.30am-12pm 12.30pm-4pm

Tambellup Ph 9825 1333
Tues & Thurs 9.30am-12pm 12.30pm-4pm

Friday - Book an appointment & we can come see you. Call the Branch direct on the above phone numbers

Woo-hoo We Are CELEBRATING 25 YEARS In 2024

Your local Community Bank have acquired many achievements over the years which include:

- * Bendigo Bank Certificate of Recognition—Meeting Customers Insurance Protection needs.
- * Bendigo Bank Community Choice Award 2009 —Best Local Promotion—Gt Southern Netball Carnival—Regional Sponsorship.
- * Bendigo Bank Community Choice Award 2013—Best Local Promotion—Finalist—Local Shows.
- * Bendigo Bank 2015 Branch of the Month—Tambellup.
- * Bendigo Bank Community Choice Award 2019—Best Local Promotion—360 Bloom Festival sponsor
- * Bendigo Bank Hall of Fame Award—State Finalist.
- * 2019 Celebrated 20 years in your community.
- * Jan-June FY23 SA NT WA Biannual Awards— Lending Excellence Award Tambellup & Highest Rural Lending Referrals Cranbrook.
- * Bendigo Bank FY23 SA NT WA Annual Awards— Insurance Excellence of the Year—3rd Place Tambellup Cranbrook.
- * Bendigo Bank Branch of the Year Award 2023— Finalist Cranbrook.
- * Quarterly Retail Staff Forum for SA NT WA—2nd Place Recognition Deposit Excellence, 3rd Place Rural Lending Referrals.



Painting by Phil Doncon 2019 Goomalling, Tambellup, Kulin Community Bank Branches & Bendigo main picture—fundraiser

Our Next Sponsorship Round

— Opens on 1st February 2024 & closes 15th March 2024 —

If you have an idea for an event or project, visit our branch to discuss with our staff.

DID YOU KNOW..... Over the past 24 years we have proudly invested a total of \$777,158.44 back in to your community. Sponsorship totaling \$597,849.00 and Dividends totaling \$179,309.44.

..... We have announced another 10% dividend payment to our Shareholders for the 2022/2023 financial year and **SHARES ARE AVAILABLE** in Great Southern Community Financial Services Limited, the company which operates our locally owned Community Bank Tambellup Cranbrook. Contact our Company Secretary to register your interest.

Anne-Marie Lockyer Ph: 0417 175 998 email: companysec@gscfsl.com

We are proud to support the Tambellup Family Fun Day on 18th February 2024

and look forward to seeing you there!!!



OUR SINCERE THANKS TO THE SHIRE OF CRANBROOK

FOR SUPPORTING OUR CLUB WITH COMMUNITY GRANTS FOR OUR 2023-24 COACHING PROGRAM AND THE NEW "ALL ACCESS" GATES.

The new courts and coaching have been appreciated and enjoyed by our members and the community — THANK YOU!





SEASON 2023-24

Saturday 3rd February
 2pm HotShots Junior Match Play
 3pm Club - *social tennis*

Saturday 10th February
 SunSmart Festival of Tennis
 2pm HotShots Junior Match Play
 4pm Team Triples Tournament
Sponsored by McIntosh and Son
 6:30pm Captain's Curry Night

Scan to register 



Saturday 17th February
 2pm HotShots Junior Match Play
 3pm Club - *social tennis*

Friday 23rd February
 CBK Haulage Men's Sundowner
 Social Doubles Afternoon
*Sponsored by CBK Haulage, Frankland River
 Pork, Regional Mens Health and CSBP*

Scan the QR code to order
 your Men's Sundowner Merch
 ".....Talk to a Mate!!"



Saturday 24th February
 2pm Club Doubles Championships
*Sponsored by Cranbrook Bulldozing, Australian
 Mineral Fertilisers and Frankland Estate*

For more information and to register for
 our upcoming events please visit our
 website or email
tenterdentennisclub@gmail.com
play.tennis.com.au/tenterdentennisclub/Events

Save the Date:

 **Tenterden TC - Open Mixed Doubles**
 Saturday 16th March
 Grades A, B and C



TENTERDEN TENNIS CLUB PRESENTS

SUNSMART

FESTIVAL OF TENNIS

Saturday 10th February 2024

EVENT PROGRAM:

- 2PM HOTSHOTS JUNIOR MATCH PLAY
- 3PM ADULTS WARM-UP CARDIO SESSION
- 3:30PM AFTERNOON TEA
- 4PM TEAM TRIPLES TOURNAMENT (INCLUDING KEEN JUNIORS)
- 6:30PM KIDS EARLY SAUSAGE SIZZLE
- 7PM PRESENTATIONS | SPONSORED BY MCINTOSH & SON
- 7:30PM CAPTAIN'S CURRY NIGHT
- LOCAL CHEF – PAULA TAYLOR

See our website for more information and to register:
play.tennis.com.au/tenterdentennisclub/Events

When UV is 3 or above be SunSmart
 Find your UV forecast at myUV.com.au

Partners:   



CBK HAULAGE

Men's SUNDOWNER

Social Doubles Afternoon



FORMAT
 Graded Clock Tournament
 Enter as individual
 3PM for 3:30PM Start



FRIDAY 23RD FEBRUARY 2024

ENTRY \$35 INCLUDES:

- tennis
- afternoon tea
- dinner – pork rolls
- refreshments

FOR MORE INFO AND TO REGISTER CONTACT:

tenterdentennisclub@gmail.com
 or call Mark on 0428268032



Alcohol - Taking Time to Consider Our Drinking Behaviours

When a new year comes around it gives us a chance to focus on ourselves, our drinking habits and the importance of a healthy balanced lifestyle. Speaking with a group of blokes about this, I asked them to have a think about their attitudes towards drinking which one bloke replied, "I just love the taste". This is a fair enough response, and it's also the same problem I have with my kids, who love ice cream and chocolate, but trying to teach them that you don't have it every day takes effort.

The fact that going alcohol-free for a month is seen as a challenge for many, highlights just how prevalent alcohol use is in Australia. Alcohol is our most widely used and most accepted drug, and over time it has formed part of our Aussie culture and identity. Its use and associations are many, including advertising, sport, social occasions, celebrations and within the workplace culture. Peer pressure does not only happen to teenagers! Think of the last time you were encouraged to have a drink when you were not planning to. As Joe E. Lewis once quoted "I distrust camels, and anyone else who can go a week without a drink". There seems to be an underlying normalisation, glamorisation and justification for drinking which is also present in pop-culture, movies (The Hangover) and social media (my friend who posts 'its beer o'clock').

Now I am not saying I'm a shining light leading by example when it comes to abstaining from having a drink, my arm is often twisted a bit too easily. We should all take the chance to have a think about our own individual drinking habits, behaviours and attitudes:

- What example do I set when I drink?
- How often/how much am I drinking?
- Is it to relax?
- Is it to cope or deal with stress?
- Is it habitual or has it become a dependency?

For those who do enjoy a night out, here are a few points to help reduce unhealthy drinking behaviours:

- What mood/state of mind am I in before I drink? Alcohol is a depressant but can also enhance negative behaviours i.e. anger, aggression and reckless risk taking;
- What sort of situation/crowd am I drinking with? Personal safety is up to us! Am I with people I know and trust in a safe environment or am I out with random individuals in a public space?
- Self-regulate by knowing your limits and plan ahead.

Organise a designated driver, take a swag, don't risk it!

- Harm minimisation could involve having a decent meal before going out, serve finger food at parties and remember alcohol dehydrates so drink water before, during and after drinking alcohol;
- Having alcohol-free days is important. At least 2-3 days per week will show two benefits:
 - 1, I can go without a drink, and
 - 2, regenerative effects on the liver (along with many other health benefits).

I recently saw a creative post showing a picture of our political leaders with the caption *No matter who wins they will not fix your life, better plan on doing it yourself.* Like a lot of things in life and especially alcohol, we can't expect governments and multimillion dollar ad campaigns to reduce the risk, control our use and fix alcohol related problems. Moderation, awareness, responsibility, and balance is the key to our alcohol use.

The Regional Men's Health Initiative

P: (08) 6314 1436

E: menshealth@4blokes.com.au

 @RMHI_4blokes

 Working with Warriors Podcast

 regionalmenshealth.com.au



Employment Opportunity

KOJONUP BOWLING CLUB

requires a full-time Bar Manager or a combination of Part time / Casuals. Hours of duty are 76 hours per fortnight Wednesday to Sunday which includes bar duties, stocking and cleaning.

Wages are paid in line with Fair Works Club Employees Level 5 Modern Award.

RSA/Approved Manager is required.

Contact the President Robert Jehu 0448313235 or the Treasurer Paula Reid 0428913699, for further information.

To apply for the position, email a covering letter and your resume, including the names and contact numbers of three referees to kojibc@13.gmail.com. Applications close 16th February 2024.



CALLING LOCAL WRITERS

ANTHOLOGY 2024

Get published, get printed in the Albany-Kinjarling and Great Southern Authors Anthology 2024

We aim to:

- highlight and publish the work of new, emerging and established writers from Albany-Kinjarling and the Great Southern
- donate to the Albany Community Hospice

Deadline for submissions: 25 February 2024
 Two submissions only: Stories - 3,000 words max
 Poems - 50 lines max
 For information contact: Roger Guinery, Editor
 rogerguinery@hotmail.com

Frankland Rural
 Agricultural Supplies | Agronomy | Animal Health

3 Trent Street, Frankland River WA 6396
 P: (08)9855 2288
 M: 0477 552288
 E: admin@franklandrural.com.au

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

OUR TEAM
 Tim Trezise - Agronomist & Director: 0429 311 795
 Chloe Casson - Manager & Director: 0416 540 759
 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
 Garry Clarke - Shed & Packing department: (08)9855 2288

FRANKLAND Rural Helping you to be the most profitable and sustainable farming business

For current bushfire information & fire danger ratings
emergency.wa.gov.au

ROCKY GULLY REVIVAL
SHOW 'N SHINE
 SATURDAY 2nd MARCH Annual
HIGGINS PARK
 ARBOUR STREET ROCKY GULLY
9.30AM TO 4.00PM
 Rod 0448 766 444

Show & Shine \$40
 Show \$20
 Entrance \$10

Great Prizes on Offer

SWAPMEET & MARKET STALL 50+ STALLS CONFIRMED

SHAMROCK LOGISTICS

Rhys
 0438 162 679
 Melanie
 0419 927 559

Frankland River WA 6396
 shamrocklogisticswa@gmail.com
 Bulk Ag General Freight Wool

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Email | reception@southernhaulage.com.au

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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.

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 greatly assists us with production costs. Thank you all.



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5th February

19 February

4 March

18 March

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**P O BOX 558
MT BARKER WA 6324**
CONTRACT OR COST

FEBRUARY 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		30	31	1 Nunijup Patchwork Op Shop 10am - 1.30pm Waste Station 1:00pm - 5pm	2 Waste Station 7:30am - 11:30am	3 Op Shop 8.30 - 12.30
4 Waste Station 7.30am - 11.30am	5 Recycling Waste Station 1:00pm - 5pm Annual Electors Meeting Frankland River 5pm	6	7 After School Club	8 Op Shop 10am - 1.30pm Waste Station 1:00pm - 5pm	9 Waste Station 7:30am - 11:30am Article deadline	10 Op Shop 8.30 - 12.30
11 Waste Station 7:30am - 11:30am	12 Auschem Waste Station 1:00pm - 5pm	13 Auschem	14 After School Club	15 Nunijup Patchwork Op Shop 10am - 1.30pm Waste Station 1:00pm - 5pm Yoga 6.30pm	16 Waste Station 7:30am - 11:30am	17 Op Shop 8.30 - 12.30
18 Waste Station 7:30am - 11:30am Catholic Mass	19 Recycling Waste Station 1:00pm - 5pm	20 Yoga 6.30pm	21 Playgroup & Toy Library After School Club	22 Op Shop 10am - 1.30pm Waste Station 1:00pm - 5pm Yoga 6.30pm	23 Waste Station 7:30am - 11:30am Article deadline	24 Op Shop 8.30 - 12.30
25 Waste Station 7:30am - 11:30am	26 Waste Station 1:00pm - 5pm	27 Yoga 6.30pm	28 Playgroup & Toy Library Tiny Tots First Aid Course After School Club	29 Nunijup Patchwork Op Shop 10am - 1.30pm Waste Station 1:00pm - 5pm Yoga 6.30pm	1 Waste Station 7:30am - 11:30am	2 Op Shop 8.30 - 12.30

Church Announcements

Anglican

Cranbrook:

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

Tenterden:

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

Baptist

No services at Frankland River until further notice

Cranbrook Service 10.00am

Cranbrook Frankland River Baptist Church

Services are also uploaded to YouTube

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

Contact Jason Watterson 0439 976 989

Catholic

Parish Priest Father Ely Comanda

Ph 0421 282 775

Contacts:

Clarissa Devine 0497 545 334

Debbie Coole 0427 240 556

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

All new community members warmly welcomed.

EMERGENCY NUMBERS

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

AA
Contractors 

Earthmoving & Freight

Frankland River

 **0427 552 321**

The Franklander

Frankland River Community Resource Centre

8 Wingebellup Road

Frankland River 6396

Phone: 9855 2310

Email : franklander@franklandrivercrc.org.au

**TO THE
RESIDENT**