

FRANKLAND				
FOX SHOOT 2024				
TEAM	FOXES	CATS	RABBITS	TOTAL
WATSON	42			42
RENDEC	57		8	586
SI	27		6	282
CHUCK	21	4	1	272
FINNEY	21	1	2	239
HARR	20		2	204
KANE C.	15	3	1	172
ROBO	14		16	172
MELAN	16		2	164
SUREY	15			150
SAMMY	7			70
D & H	6			60
	279	8	38	

Frankland River Fox Shoot 2024 was a successful day on the March calendar. The annual all-night event attracted 12 teams this year with vermin removal tallies of 279 foxes, 8 feral cats and 38 rabbits recorded.

Congratulations to the winning teams and hats off to Pete, Simon and Kieron who organise this event each year just prior to seeding for the past 22 years. Well done.



A huge thank you to the sponsors who assist with prizes and costs involved with a community breakfast to round out the event.

- | | |
|----------------------------|-----------------------|
| Alkoomi | Tims Tyres |
| Rays Firearms | Albany Afgri |
| Frankland Rural | Wurth |
| Auto one Albany | Repco Albany |
| McIntosh Albany | AOS |
| Barry & Sons Firearms | Frankland Shop |
| V Belt & Rubber | T&C hardware supplies |
| Rugged Xtremes | Lightforce |
| Westrac Bunbury | |
| JZ Contracting & Firearms | |
| Southern Tools & Fasteners | |

A special mention to Chris from the Frankland River General Store who not only donated a prize but also donated money per fox shot, to assist in the future of the Frankland River Fox Shoot as an annual event.



Fox Shoot 2024





Traineeship Opportunity 2024

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 either a

Certificate III in Community Services

Certificate II in Workplace Skills

Certificate III in Business

Certificate III in Library and Information Services

This position will include some retail work and working with volunteers.

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

Please forward your cover letter, resume and application addressing the Criteria via email to manager@franklandrivercrc.org.au



Frankland River
Community Resource Centre

EASTER COLOURING-IN COMPETITION

Prizes to be won

Come & grab an Entry form from
the Frankland River CRC.
Submit your picture by
Thursday 28th March for your chance to win!

Categories

- Kindy - Year 1
- Year 2 - Year 4
- Year 5 - Year 6

The poster features a vibrant blue and yellow sunburst background with several colorful Easter eggs in various patterns and colors.



EASTER PUBLIC HOLIDAYS

**FRANKLAND RIVER CRC
WILL BE CLOSED**

**Good Friday 29th March
Easter Monday 1st April**

Re-Opening

Tuesday 2nd April '24 @ 9am

Easter

The notice is set against a bright yellow background decorated with white daisies, yellow flowers, and butterflies.



Frankland River
Community
Resource
Centre

EASTER RAFFLE

WIN
Basket full of Easter Chocolate goodies
Tickets are \$2 each
or
\$5 for 3 tickets

Tickets available from the
Frankland River CRC

Drawn Thursday 28th
March 2024
@ 4pm

The raffle poster has an orange background with a pattern of white Easter eggs and butterflies. It includes a small illustration of a basket of colorful Easter eggs in the bottom left corner.



SAVE THE DATE

PINK STUMPS FUNDRAISER

Sunday 6th October 2024
Frankland River Sports Oval

Join us for a Fun day of cricket and help us raise funds for the McGrath Foundation

Register online by using the QR code or go to www.pinkisthecolour.com.au and use our code name FR Communitiy Fundrasier
 All player levels welcome
 This is family friendly event
 Food and Bar will be available on the day
 More information to come closer to the date






PINK IS THE COLOUR WE PLAY

The Volunteers from the Frankland Rummage would like to thank the community for their ongoing support and donations, it is lovely to have a constant supply of new items on display.

We do ask that you ensure the items being donated are clean and in good condition

We do not have a tip pass to dispose of unusable items. If you are unsure if a donation is suitable please pop in and see us.

Thank you


Easter Break

Frankland River Op Shop ladies are deservedly taking a short break over the Easter period.

We will be closed
Thursday 28th March
&
Saturday 30th March

If you would like to join the Op Shop team as a volunteer, please contact the Frankland River CRC or call 0409 299 706

As always, any assistance would be grateful to continue the valuable service this project offers to our community.



MOUNT BARKER CO-OP ERATIVE LIMITED
 ESTABLISHED 1918

SPONSORSHIP / DONATIONS FOR 2024 / 2025 FINANCIAL YEAR

All community organisations and sporting groups seeking sponsorship or a donation for the above-mentioned financial year are advised that Application Forms are now available from the Administration office or email the members officer at membersofficer@mtbarkercoop.com.au. Any organisation/group wishing to receive sponsorship or a donation is required to submit an application. This also applies to any Organisations/Groups that have received funding in previous years. Please be advised that late applications will not be considered after the closing date.

Applications close 31st March 2024
 "Supporting Your Community"
 14 Lowood Road (PO Box 147) Mt Barker

Administration Office
 Phone 9851 3311
 Email: membersofficer@mtbarkercoop.com.au

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



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

Managers Report

I have been asked by the Op Shop ladies to let everyone know that the Op Shop will be closed over the Easter break, reopening on Thursday the 4th April. We are urgently looking for volunteers to work in the Op Shop particularly on a Thursday or any other day you may be available to help out, the opening days of the Op Shop are not set in stone. It can be just an hour or two, anything will help. Two of our regular volunteers are unable to continue working in the shop, so we need replacements or unfortunately we will need to reevaluate the operation of the Op Shop. It would be a huge loss to the community if we had to close but without volunteers it can't continue. Please contact me at the CRC or on 0409299706 if you are able to help in any way.

Coming up at the CRC we have a few vacation care activities planned for over the school holidays, we will be doing some Winter Crafts on Thursday the 4th of April then Lego Club on Tuesday the 9th and Movie afternoon on Thursday the 11th. Contact the CRC on 98552310 to book your child in.

Anzac day is on Thursday the 25th of April and we will be holding our Anzac Dawn Service at the memorial at the town hall. We hope to see everyone there.

Have a lovely and safe Easter

Teresa

**APRIL
SCHOOL
HOLIDAY**

APRIL
Winter crafts
Thursday 4th @ 10am - 11am
Lego
Tuesday 9th @ 10am - 12pm
Movie
Thursday 11th @ 1.30pm - 3pm
\$5 per child per day
For ages 5yrs and up

BOOK NOW
At the
Frankland River CRC
Call - 98 55 23 10

Frankland River
Community
Resource
Centre

Community Garden

Updates & Announcements



To grow social connections through education & sustainable living.

Recipe

Apple and walnut hot cross buns

Ingredients

1 1/3 cups (330ml) skim milk, 40g butter, chopped, 2 tsp (1 sachet/7g) dried yeast, 4 cups (600g) plain flour, 1/4 cup (55g) dark brown sugar, 1 tsp mixed spice, 1 tsp ground cinnamon, 1 1/2 finely chopped Granny Smith apples, 1/2 cup (55g) coarsely chopped walnuts. 1 Egg lightly whisked, 1 tbsp caster sugar, 1 tsp gelatine powder. **Flour paste** - 1/3 cup (50g) plain flour, 1/4 cup (60ml) cold water

Method

Step 1. Combine the milk and butter in a small saucepan over low heat. Cook for 2 mins or until butter melts. Set aside to cool slightly. Add the yeast and whisk to combine.

Step 2. Combine the flour, dark brown sugar, mixed spice, cinnamon, apple and walnuts in a large bowl. Add milk mixture and egg. Stir until well combined. Turn onto a lightly floured surface and knead for 10 mins or until dough is smooth and elastic. Transfer to a bowl. Cover with plastic wrap. Place in a warm, draught-free place for 1 hour or until dough doubles in size.

Step 3. Preheat oven to 200°C. Line a baking tray with baking paper. Punch down the dough. Turn onto a lightly floured surface and knead until smooth. Divide the dough into 20 even portions and roll each portion into a ball. Arrange side-by-side in concentric circles on the lined tray. Loosely cover with plastic wrap and place in a warm, draught-free place for 30 mins to rise.

Step 4. To make the flour paste, place flour in a bowl. Stir in enough water to make a smooth paste. Place in a sealable plastic bag. Cut off 1 corner. Pipe over the buns to make crosses. Bake for 10 mins. Reduce oven to 180°C. Bake for a further 20 mins or until golden brown and the buns sound hollow when tapped on the base. Transfer to a wire rack. Set aside for 10 mins to cool slightly.

Step 5. Combine the caster sugar, gelatine and 2 tbs water in a small saucepan over low heat. Cook for 1-2 mins or until the sugar and gelatine dissolve. Brush over the buns. Serve warm.

Recipe By Taste

Weather

Tuesday:
Sunny
Top of 30

Wednesday:
Sunny
Top of 32

Thursday:
Sunny
Top of 33

Friday:
Sunny
Top of 30

Garden Tips

The Easter break is the perfect time to spend some more time in the garden! Spring flowering bulbs make an impressive display in any garden and the ideal time to plant is from late March to early May when the weather and soil has started to cool. Also time to plant or pot up pansies, violas, polyanthus, cineraria for cool season colour.





MAA18 Auschem Accreditation

22nd & 23rd May 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

Vale

Stanley Millard Stubber

Stanley Millard Stubber born 12 March 1929, Narrogin, Western Australia.

Stanley was in a hurry to enter this world. His Mother Norah was taking the train from Cranbrook to Perth for his birth but Stanley had other ideas. Norah had to disembark from the train in Narrogin and there Stanley was born.



Stanley, was the third child of six children to Sewell Edgar Stubber (1865 – 1939) and Norah Stubber (1901 – 2000) (nee Furness) of "Eden Vale", Frankland River. Sewell and Norah married in 1923.

Sewell purchased "Eden Vale" in 1916 from George Thomas Powney. George purchased this property in 1905 from Alexander McLaren Moir. The property was called "Glen Valley", but Sewell changed the name to "Eden Vale", when he purchased it. "Eden Vale" was the name of Sewell's parents, Edward and Frances Stubber, property in Mirboo North, Victoria.



Stanley and Desmond would often go with their Father Sewell to take livestock to Cranbrook for sale. They would walk the cattle and sheep from "Eden Vale" to Cranbrook. When taking cattle, the journey would take two days and they would stop for the night at the

12 mile and sleep on the ground. When taking sheep they would stop first night at Kenny's tank, next night at 5 mile wash pool and then on to Cranbrook. This was a huge adventure for these young boys alongside their Father Sewell.

Stanley attended the Frankland River School from the age of 6 – 10 (1935 – 1939). Going to school was an adventure for Stanley and his siblings. They would have to walk or ride a push bike the three kilometers to school, through the farm and across the creek.

Stanley left school and stayed home to help on the farm. This was due to the death of his Father Sewell. Stanley's eldest sister Doreen (14) was working as a domestic for Mrs Devine in Frankland River. After the death of their Father Sewell, she moved to Cranbrook to work as a house maid at the Cranbrook Hotel. In 1939 his eldest brother Desmond was offered a scholarship to study at Albany High School in 1940. Desmond spent 1940 studying at Albany High School and returned to "Eden Vale" after that school year. Stanley's youngest siblings at the time of their father's death, Joan (6 ½), Beryl (4 ½) and Percy (2 ½).

What a wonderful help Stanley was for his Mother Norah.

Helping to milking the cows, trap rabbits, attend to the orchard and vegetable garden and help with the sheep and many other duties around the farm and home.

Stanley enjoying playing many sports, including cricket, hockey, badminton, tennis and football. Often playing alongside his brother's Desmond and Percy. In later years he enjoyed going to the Frankland River Country Club, catching up with members of the community, and playing in competition darts and pool games.



Stanley enjoyed many trips to Perth, Albany and many other places around the district. These trips were taken along with his siblings and friends. They would enjoy going to dances, playing sport and going to horse races and many other events.

In 1959 Stanley married Shirley Dawn Gittins.

Shirley, daughter of Albert Gittins (1902 – 1991) and Lila Jean Winifred Toovey (1912 – 1967). Albert and Lila (aka "Jean") married in 1931. Shirley has two sisters, Lorna (aka "Del") and Laurel (aka "Gaye").

In the late 1950's Stanley helped to build a house at "Nardarup". After Stanley and Shirley's marriage they moved into their new home, even though it was not completely finished. The only rooms that had internal lining were the kitchen and main bedroom.



"Nardarup" was a section of his parent's property "Eden Vale". In 1964 Stanley's Mother Norah divided "Eden Vale" into three. Desmond continued farming the home block and the original name "Glen Valley", Percy the next section to the east and name "Eden Vale" and Stanley the next section east naming it "Nardarup".

Stanley and Shirley have three children, Leanne born 1960, George born 1961 and Gavin born 1971.

Stanley worked for many years as a shearer around the district, while farming on "Nardarup". Many days he would have done a full day shearing and go home and continue his working day on



“Nardarup”. Checking on his livestock, fences and numerous other farming duties depending on the season.

Stanley enjoyed camping/fishing trips to Pallinup River, school holidays in Albany while their children participated in swimming lessons. Christmas Day was often spent at Lake Poorrarecup. Stanley enjoyed taking his children marroning, playing cricket and football on the back lawn with them.

Stanley enjoyed watching his AFL team Geelong and WAFL team South Fremantle, loved the cricket and his favorite was the horse racing on television and radio.

Stanley was community minded and was involved in many community events and voluntary activities. He was a founding member of the Frankland River Country Club and volunteered for the Frankland River Fire Brigade.

Stanley and Shirley have two grandsons, three granddaughters and two great granddaughters.

Stanley continued the tradition and enjoyed playing cricket with them and taking them around “Nardarup”. The grandchildren say, “Pop would be sitting on the back verandah, reading his newspaper and enjoying a beer. They would run up and tap on the newspaper. Pop would just continue reading his newspaper as if nothing had happened.”

Stanley is survived by his wife Shirley, children Leanne, George and Gavin, grandchildren Ryan, Cassie, Jayden, Emma and Molly and great granddaughters Aria and Rosie, his sister’s Joan Webster of Canning Vale, Beryl Toovey of Albany previously of “Ferngrove”, Frankland River and brother Percy Stubber of Albany, previously of “Eden Vale”, Frankland River. His sister Doreen Irving passed in 2012 and brother Desmond Stubber in 2016.

Stanley spent his whole life in Frankland River, working on his farm “Nardarup”, which has been in the family for over 100 years.

Stanley passed peacefully 17 November 2023, aged 94 years 8 months.



Frankland River Branch



The past few weeks have flown by with several community activities keeping us busy.

Several of our members, wearing an array of community hats were delighted to also represent our branch at the Frankland River Primary School Community Breakfast. What an amazing start to the working day!!

Next on the calendar was our sausage sizzle at the Frankland River CRC Fun Day which kept us busy throughout the day. A huge vote of thanks to Shamrock Logistics for their generous donation of sausages for the event. Most appreciated Reece and Mel.

Our thanks to everyone who supported us on the day, it was fabulous to have a chat with you all as you popped by our stall.

Support a Reader program saw us attending a mini PL with our Primary School Principal, Bronwyn Morris before commencing the two-day a week roster. This half hour activity is set at a quick pace bringing many smiles as the children are such a delight to work with and their enthusiasm brings a highlight to the day as we leave the before-school activity to attend to normal work duties. Our thanks to Bronwyn and staff for approaching our branch members to participate in this program.





Protect
Grow
Innovate

Carbon Farming and Land Restoration Program – Round 3 now open

Access financial assistance to start a carbon farming project

The program supports landowners in the South West Land Division to:

- Develop new revegetation, agroforestry or soil carbon farming projects.
- Access financial assistance to establish a project with a minimum 30% cash co-contribution.

Regional workshops are available to assist farmers to plan a project and prepare a successful application.

Applications close at 12 noon on Monday 20 May 2024.



Scan the QR code to learn more or visit agric.wa.gov.au/CF-LRP




BINGO

Night

Join us for a night of fun, games and prizes!

SAVE THE DATE

18TH MAY FRANKLAND RIVER COUNTRY CLUB 06.00 PM






Department of
Primary Industries and
Regional Development

Backyard Buddies

Your monthly guide to pests, weeds and diseases

Whitefly woes



Close up of adult whitefly on leaf, mango leaves in home garden with evidence of whitefly, eggs and adults on underside of leaf (photo: left & right: DPIRD, centre: MyPestGuide report)

In the intricate world of plant pests, whitefly, from the family Aleyrodidae, have a misleading name, given they are not flies at all. Instead, they belong to the order Hemiptera, sharing kinship with other sap sucking insect pests like aphids, scale, and mealybugs.

In their juvenile form the nymphs bear a resemblance to scale, while in their adult stage they take on the appearance of small moths. The only part of their name that is accurate, is the 'white'. This is particularly obvious when adult whiteflies are abruptly disturbed and take flight. The result is a large white plume or cloud of these tiny insects around their host plant. This behaviour is often referred to as 'flushing'.

Biology and lifecycle

Whiteflies are a tiny insect with a rapid and prolific lifecycle. Females lay between 30 to 40 near-microscopic eggs on the underside of leaves. Upon hatching, the 0.3 mm nymphs actively seek a feeding spot. Once found, they stay put, feeding, and moulting until their final form reaches 1 mm. The nymph then transforms into a winged adult, approximately 1.5 to 2.5 mm in size, completing the lifecycle in about one month. In spring and autumn, this lifecycle may be completed in as little as 18 days for some species. This efficient reproduction results in multiple overlapping generations each year, making the management of whitefly populations challenging.

Whiteflies are not fussy eaters and have a broad host range of horticultural plants including tropical fruits,

citrus, and solanaceous vegetables, plus many ornamental species, trees, and weeds. They are relatively weak flyers and rely on wind and human assistance for transportation, hitching rides on clothing, gardening equipment, and plant material. Three of five important species of whitefly in Western Australia were introduced this way. The other two, citrus whitefly and the native strain of *Bemisia tabaci*, are both native to Australia.

Impacts and management

Like other sap sucking insect pests, feeding damage caused by whitefly, in both its adult and nymph stages, can result in cell or leaf death (necrosis), impacting plant growth. Certain whitefly species are also able to transmit plant viruses. Virus symptoms include irregular ripening in tomatoes and blanching in carrots and broccoli.

The key to effective whitefly management is early detection. Check the upper surface of leaves for signs of feeding damage such as yellow mottling, silvery, wilting, curling, or distortion and check the underside of leaves for a sticky excretion (known as honeydew) or sooty mould. If found in the early stages, whiteflies can be reduced by removing infested leaves, hosing down with water, or even vacuuming (suitable for pot plants). If insecticides are needed, there are a range of products available. If treating vegetables or fruit trees, ensure you read the label and abide by any withholding periods. For most products, repeated treatments will be required, and remember to pay special attention to the undersides of those leaves!



Report your observations

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

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



Don't sweat it! How your fitness journey is protected by WA law

How's that new year fitness resolution going?

Maybe the January eagerness to get to the gym has worn off or you're nearing the end of a 12-week fitness challenge and you're feeling the pressure to sign up for another one. The good news is, no matter what you decide to do with your fitness goals, you are protected by Western Australian law when it comes to using fitness service providers.

In July 2021 the rules governing WA's fitness industry changed to provide better protection for consumers. The Fitness Industry Code of Practice applies to providers such as personal trainers, group exercise organisers and yoga classes.

Despite this, we have seen a 33 per cent increase in complaints from 103 in 2022 to 137 in 2023. The vast majority involve disputes over membership cancellations, and payments and refunds.

The Code has been in place for nearly two years. There is no excuse for flouting the rules, so Consumer Protection is putting the fitness industry on notice.

Charging over \$1,000 to cancel membership within the seven-day cooling off period is not what we consider to be reasonably reflective of the administration costs incurred. Using high pressure sales tactics to get people to sign up to expensive "12-week fitness challenges" is breaking the law. Providers cannot make people physically come into the gym to cancel membership contracts. These are just some of the types of complaints Consumer Protection is still seeing.

Consumer Protection has a few training tips for when it comes to engaging a fitness service.

Your membership agreement must include a summary statement to help you understand your responsibilities and it should also state whether it involves an ongoing month-to-month renewal or is a fixed term contract of no longer than 12 months. You must be notified before your membership is automatically renewed.

Should you decide the fitness service is no longer for you, you won't need to arrive in-person to cancel your membership. Cancellations can now be made by email, with direct debits required to stop immediately. High pressure sales tactics and harassment are banned.

After first signing-up, you have up to seven days to cancel your membership and you should only pay for administration costs or services used. If you want to cancel at any point after this seven day period, the most you can be charged on your membership is 30 days after your notice of cancellation.

Take the time to re-assess your new year resolutions and fitness goals. Consumer Protection is your cheer squad.

For more information on the Fitness Industry Code of Practice visit: <https://www.commerce.wa.gov.au/publications/was-fitness-code>

If your fitness service provider is breaching the code, call 1300 30 40 54, email consumer@dmirs.wa.gov.au or visit consumerprotection.wa.gov.au.

**FRANKLAND RIVER
LIBRARY
SEED LIBRARY**

Are you a Library member?
If so, why not drop by and explore the variety of seeds that we have available for you to take advantage of?
How the Seed Library Works
Select a packet from the Seed Library and either replace it with seeds from your own collection or with seeds you harvest in the future from your planted seeds your borrow!

AVAILABLE NOW

YOGA

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

Frankland Hall

Too Strong and Too Silent

It is common for us to be called to help men in the country with what is a seemingly without notice separation that leaves a dumbfounded male struggling to make sense of what just happened. Today women are more likely to be career-oriented, more independent financially, more educated and empowered. Divorce no longer carries the stigma it once did and rightfully women no longer are as accepting of abuse or not having their needs met.

Given this societal change there is an even greater need now for effective communication in relationships. Getting men to talk more is slowly changing, however, too often men tend to be stoic and un-communicative about how their relationship is going: *Too Strong and Too Silent*.

Relationships breakdown for many reasons. For example, emotional disconnection, differing views on finances, too much work, not enough time with the family, stonewalling, lack of respect, or not being appreciated to name just a few.

If we don't communicate what is going on within us, we are not resolving our issues and setting up our relationships to fail. A common quote is 'I tried but he just never listens', or 'I work hard every day, dawn to dusk to provide, I thought I was doing the right thing'.

If we talk about things as they arise, resolution is more likely. Men tend to be too silent but again women can be bad at communicating as well. I often hear comments like 'if only she had said something', or 'I didn't know'. Chances are maybe we were told or didn't want to deal with it or simply didn't listen. We need to learn to communicate more and listening to our spouse is paramount.

Here are 4 tips to improve listening skills:

- ◆ **Body language:** we may say we're listening to our spouse, but the body language says otherwise. Body language accounts for 93% of communication. Face each other, look into our spouse's eyes. Be cautious about our pose, things like being fidgety or folding your arms, tends to give a message of disinterest.
- ◆ **Ask questions:** asking questions shows that we are interested and heard what was said i.e. 'so, then what happened?' or paraphrase 'so what you're saying is...'
- ◆ **Avoid one-upmanship:** listen to the bad day story without jumping in with your worse bad day. Instead ask questions, listen, and show interest,

otherwise the message our spouse gets is we don't really care.

- ◆ **Don't try and fix it:** this is a vital thing to remember for blokes. Men will often offer a solution to the problem and try to fix it. We just need to listen and be engaged. Women prefer that blokes don't jump in with their best solution unless asked. Good effective communication is essential for a healthy relationship, don't be too strong and too silent.

As always, remember...before it all gets too much...Talk to a Mate®!!

The Regional Men's Health Initiative

P: (08) 6314 1436

E: menshealth@4blokes.com.au

 @RMHI_4blokes

 Working with Warriors Podcast

 regionalmenshealth.com.au



Frankland River Solitary Style Plates



Frankland River Solitary Style plates are available at a cost of \$220.00. They make a fabulous gift for birthdays, or the new car buyer.

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

Please call 9855 2310 for any enquiries.

Celebrating a special occasion?

If you would like to send congratulations, share the birth of a new addition to the family, post birthday wishes, celebrate an engagement, wedding, anniversary or special achievements we would love to hear from you! Email: franklander@franklandrivercrc.net.au Phone: 9855 2310

MYTH BUSTERS

“There’s no need to call 000 if you just see smoke. It clogs up the system!”

MYTH!
Never assume a fire has already been reported. Information you provide, however small, is valuable in emergency response efforts.

DFES

MYTH BUSTERS

“Firefighters will tell me when it’s time to evacuate.”

MYTH!
You can’t rely on someone telling you to evacuate. Network outages or depleted resources in an emergency mean you need to stay informed and be ready leave early.

DFES

We are still experiencing record dry conditions throughout most of the Great Southern, so our bushfire season is not quite over yet.

Some interesting stats on our region.

In the great southern region over the 2023/24 season, we had 264 bushfires the top 5 causes were:

- 1: Unknown - 121
- 2: weather-lightning - 46
- 3: Vehicles (including. Farm equipment/ Activities) - 23
- 4: Suspicious/Deliberate - 14
- 5: Burn off fires (private) - 12

You may also find the following resources and tools useful if you would like to engage further with your community around: Bushfire – stay prepared for the remaining bushfire season.

- Know the bushfire alerts and warnings
- Evaporative Air Conditioning
- Ember Attack
- MythBusters firefighters will evacuate me
- MythBusters seeing smoke

[Bushfire Prepare](#) on the DFES website

Complete a Bushfire Plan for your household at [My Bushfire Plan app or website](#)

[The Autumn Seasonal Bushfire Outlook](#) released by the Australasian Fire Authorities Council

dfes.wa.gov.au
emergency.wa.gov.au

Bushfire – stay prepared for the remaining bushfire season.

The most severe heat of summer may be gone, but the bushfire risk hasn’t. We know that hot, dry, and windy conditions will continue over the next three months. Having a bushfire plan is all part of the preparation, just like maintaining your fire break, trimming branches or cleaning your gutters.

Bushfires can start suddenly and without warning. To survive a bushfire, you must be prepared to make your own decisions. The single biggest killer is indecision. It’s important to understand your risks and plan what you’ll do to keep safe when a bushfire threatens your life or home.

There are still only 1.5 per cent of households with a recorded bushfire plan compared to 93 per cent of the State that is bushfire prone. It only takes 15 minutes to make those lifesaving decisions using the [My Bushfire Plan app or website](#) to outline when you will leave, where you will go and what to take.

Prepare your property It doesn’t matter if you’re staying or leaving, there are some important yet simple things you can do to help protect your home from fire, even if you’re not there.

It has been a long, challenging season with firefighters responding to 3757 bushfires across the state since October, **1409** of these fires occurred in the **Perth Metro**. This an **increase of 33 per cent** for the same period last season (2816 bushfires between 1 October 2022 – 24 Feb 2023). Recent fires in Kwinana, Gwelup and Bibra Lake have been a timely reminder that bushfires do occur in suburban area.

If you live near bushland and have a **roof mounted evaporative air conditioning unit**, your home may be at risk from bushfire ember attack. Burning embers from bushfires can travel relatively long distances from the actual fire through the air. If the embers land on or near your home and there is fuel available to burn, they can start a fire. Embers can get into your house through gaps (greater than 2 mm) in the roof, walls, windows, doors, and evaporative air conditioning units.

The South West Land Division experienced its second hottest year on record in 2023, meaning a large part of the state will enter autumn with its landscape drier than usual.

More than 30 bushfires have hit emergency warning level since October and many of those were in the Perth metropolitan area including Bibra Lake, Piara Waters, Cockburn and Wanneroo.



Click and wait – who's responsible for delivery issues?

A lot of us love a bit of online shopping. The convenience and fast delivery times are all part of the lure.

Online stores like Temu, Amazon and Shein are great for a bargain but who do you approach to get help when delivery is delayed or even worse... it never arrives?

Based on the complaints Consumer Protection receives, we know a lot of people believe they need to take delivery issues up with the courier service. But that is not always correct.

The online retailer is responsible. They are the ones who hold the contract with the courier service.

Under Australian Consumer Law (ACL), goods or services must be supplied to consumers within a reasonable amount of time or within a timeframe the retailer has indicated. The law also applies to online retailers here and overseas. However, the law is much harder to enforce internationally, so keep this in mind when doing your online shopping.

The retailer should not be accepting payment for items they cannot supply, or when they know, or should have known, they would not be able to supply the item in a timely way.

If the retailer claims to have posted the item, they are responsible for resolving any issues with the company used to deliver your item, such as Australia Post or the courier.

So how do you fight back when you've been waiting weeks for your item?

In the first instance, contact the retailer and attempt to resolve it with them. If that gets you nowhere consider seeking a charge back on your credit card via your bank or payment provider. This highlights the importance of only paying through secure methods, our advice is to never pay via bank or wire transfer as you cannot get your money back.

If your item arrives damaged, surely that is the courier's fault? It's not. The retailer has an obligation under the ACL to supply a product of acceptable quality.

Depending on the extent of the damage, you may be entitled to a refund, repair or replacement. The retailer

should also cover the return postage costs.

Before you return the product to the seller, take a photo of the damage for your own records.

For more information or to make a formal complaint about a retailer, report it to us at consumerprotection.wa.gov.au, or email consumer@dmirs.wa.gov.au or call 1300 30 40 54.

If your complaint involves Australia Post or Star Track you can lodge formal complaint with the Postal Industry Ombudsman.



<https://www.franklandrivercrc.org.au/>

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



FRANKLAND RIVER AUSKICK

MONDAY'S 3.20pm to 4.00pm

CONTACT - GARETH DOWLING

EMAIL: GARETHDOWLING@HOTMAIL.COM

CONTACT NUMBER: 0431521438

VOLUNTEERS WANTED

SCAN TO REGISTER





SEASON 2023-24

Saturday 30th March

Easter Saturday

3pm Club - social tennis

Saturday 6th April

2pm Club Singles Championships

Sponsored by Elders Cranbrook

Saturday 13th April

Closing Day

1pm AGM followed by social tennis

BBQ Dinner

Sunday 28th April

LGSTA Team Challenge

Time TBC

Emu Point TC

Let Mark know if you would like to

be in the TTC team

#defendingourtitle

WE APPRECIATE THE SUPPORT OF LOCAL BUSINESSES - AS LISTED ON OUR WEBSITE - WHO ARE VALUED SPONSORS OF OUR CLUB.

play.tennis.com.au/tenterdentennisclub

THERE'S ONLY A FEW SATURDAYS LEFT OF SEASON 2023-24 - COME AND HAVE A HIT!



Open Mixed Doubles

Thank you to all the players, sponsors and our members for supporting the mixed doubles tournament on Saturday 16th March. It was a great day filled with loads of laughs, smiles, delicious food and tennis. Thanks to those who tried to make it work, we look forward to seeing you next year. Tournament results and more photos are available on our socials and website. Congratulations everyone!



Fabulous Season for Young Cricketers



Cameron Hooper, Charlie Warburton, Kade Waterman & Bailey Ettridge played for Mt Barker Bulls green team under 12's junior cricket.

All played a fantastic season and showed enthusiasm, team spirit and showed so much improvement for the 23/24 cricket season!

Future cricketers in the making!

- Cam Hooper 186 runs & 6 wickets
- Charlie Warburton 154 runs & 5 wickets
- Kade Waterman 18 runs & 6 wickets
- Bailey Ettridge 56 runs & 13 wickets

Albany District Cricket Association was held on the 24th March in Albany with Cameron Hooper receiving MVP, Charlie Warburton R/Up and Bailey Ettridge coaches award

Frankland boys are representing!



<https://www.cranbrook.wa.gov.au>

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

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

Helping you to be the most profitable and sustainable farming business

SHAMROCK LOGISTICS

Rhys
0438 162 679

Melanie
0419 927 559

Frankland River WA 6396
shamrocklogisticswa@gmail.com

Bulk Ag General Freight Wool

Active Farmers Fitness with Zali

Mondays 5.30pm

Wednesdays 7.30am

New & used machinery sales
Spare parts
Workshop & mobile service & repairs
Automotive electrics & air-conditioners

Tractors	Quad bikes & side by sides
Hay & feed equipment	Spreaders & attachments
Spray & tillage implements	Lawnmowers
Mulchers, slashers, vine trimmers	Elevated work platforms
	Guidance systems

11320 South West Hwy, Manjimup
08 9777 2100 | 0477 706 948
southernforestmachinery.com.au

Frankland River General Store

Trading Hours

Monday to Friday

6.30am - 6.00pm

Saturday & Sunday

9.00am to 12noon

Public Holidays as advertised

Phone: 9855 2265

EC 128 55



0408 239 142

• Industrial • Commercial • Residential

dylan@djlelectrical.com.au



local carrier for

bulk wool livestock general

Bear & Kristy

M: 0427 785 225

E: admin@cbkhaulage.com.au



Locally run Family Business specialising in

BULK | FLOAT | LIQUID FERTILISER

Providing services for hauling:

Fertiliser

Lime

Sand

Gypsum

Feed pellets

Grain from farm to farm

Flat top for Hay Carting



Phone | 08 9851 1319 **Fax** | 08 9851 1219

Email | reception@southernhaulage.com.au

Website | www.southernhaulage.com.au

Albany Highway (PO Box 121), Mount Barker WA 6324

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

CLODE RURAL FENCING

RURAL FENCING CONTRACTOR
SERVICING FRANKLAND RIVER
& THE GREAT SOUTHERN AREA

☎ 0476 230 567

✉ darcyclode89@gmail.com

Specialising in all aspects of
fencing including:

- Rural Fencing
- Stockyards
- Strainers
- Exclusion Fencing

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.

IR & TM POPE **Shearing Contractors**

*4 and 5 stands
Vacancies*

**Servicing Cranbrook
Mt Barker &
surrounding areas**

Ring Ian Pope
0427 268 043



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

Van Stone
motor trimmer
ALBANY CANVAS & PLASTICS



- ◆ TARPULINS
- ◆ CANVAS CANOPIES
- ◆ SHADE COVERS
- ◆ BANNERS
- ◆ ALL TYPES OF VEHICLE UPHOLSTERY
- ◆ TONNEAUS
- ◆ BOAT COVERS
- ◆ MACHINERY COVERS
- ◆ PILOT INDUSTRIAL SEATING
- ◆ RETRO CHILD SEATS

"Quality Materials & Workmanship"

◆ AUTOMOTIVE ◆ MARINE ◆ AGRICULTURAL



22 PRIOR STREET, ALBANY
PHONE 9841 6688 - FAX 9842 5052

Recycling Dates

Every second Monday

1st April

15th April

29th April

13th May

FERNGROVE GREAT SOUTHERN WESTERN AUSTRALIA

AWARD WINNING WINES WITH A VIEW

Tastings welcomed by appointment.

Weekdays 10am - 4pm.

See our website for holiday opening times.

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

CLARKE

SHEARING **0427 359 570**

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

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

MARCH / APRIL 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		26 Yoga 6.30pm	27 Active Farmers Fitness with Zali 7.30am Play in the Park Cranbrook Playgroup & Toy Library After School Club	28 Op Shop Closed Waste Station 1:00pm - 5pm Yoga 6.30pm	29 Good Friday CRC Closed	30 Op Shop Closed
31 Waste Station 7.30am - 11.30am	1 Easter Monday CRC Closed Recycling	2 Yoga 6.30pm	3 Active Farmers Fitness with Zali 7.30am	4 Nunijup Patchwork Vacation Care @ CRC Op Shop 10am - 1.30pm Waste Station 1:00pm - 5pm Yoga 6.30pm	5 Waste Station 7:30am - 11:30am Article deadline	6 Op Shop 8.30 - 12.30
7 Waste Station 7:30am - 11:30am Catholic Mass	8 Waste Station 1:00pm - 5pm Active Farmers Fitness with Zali 5.30pm	9 Vacation Care @ CRC Yoga 6.30pm	10 Active Farmers Fitness with Zali 7.30am	11 Op Shop 10am - 1.30pm Vacation Care @ CRC Waste Station 1:00pm - 5pm Yoga 6.30pm	12 Waste Station 7:30am - 11:30am Chiropractor	13 Op Shop 8.30 - 12.30
14 Waste Station 7:30am - 11:30am	15 Recycling Waste Station 1:00pm - 5pm Active Farmers Fitness with Zali 5.30pm	16 Yoga 6.30pm	17 Active Farmers Fitness with Zali 7.30am Playgroup & Toy Library	18 Nunijup Patchwork Op Shop 10am - 1.30pm Waste Station 1:00pm - 5pm Yoga 6.30pm	19 Waste Station 7:30am - 11:30am Article deadline	20 Op Shop 8.30 - 12.30
21 Waste Station 7:30am - 11:30am Catholic Mass	22 Waste Station 1:00pm - 5pm Active Farmers Fitness with Zali 5.30pm	23 Yoga 6.30pm	24 Active Farmers Fitness with Zali 7.30am Playgroup & Toy Library	25 ANZAC Day	26 Waste Station 7:30am - 11:30am	27 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**