

MAY 2023 ISSUE NUMBER: 314

Coolup, in the Shire of Murray, has unveiled a giant mural that has transformed the local Community hall.

Measuring 16 metres long and five metres high, the stunning black and white aerosol mural depicts local ANZAC stories and was completed in time for ANZAC Day. Painted by self-taught artist *Shakey*, the giant installation was commissioned by the Coolup Progress Association as part of its *ANZAC Memorial Revitalisation Project*. It is installed on the southern external wall of the Coolup Community Hall.

The mural depicts two local stories: "The Baker Boys", which was the real-life tale of three local brothers that all went to fight in the Great War, with only one returning, and "Ethel McKay", a local war nurse whose sister married the returning Baker brother, and whose family still live in the area.

Ange Rogers is President of the Coolup Progress Association the organisation behind the innovative painting:

"The Coolup community has supported ANZAC Day activities for a long time"

"The CPA began a popular ANZAC Eve service which is now in its 10th year, They campaigned and paid for the War memorial to be refurbished and relocated, and the community told us they wanted to further acknowledge our local ANZAC links with the painting of a giant mural"

The project has been in the planning for more than two years, during which time Ms Rogers discovered the artist, *Shakey*, who has been responsible for some of the most startling and arresting modern murals in Western Australia, including as part of the Collie Mural Art Trail.

"Shakeys style and attention to detail is unique, and we knew he would capture our local stories perfectly and portray them in a modern and compelling way" said Ms Rogers.

The mural is the largest Shakey has ever undertaken, both in size (75 square metres) and scope.

"It is important to me to depict stories that have genuine local meaning, and that are rooted in real life. The Baker Boys and Ethel McKay are characters whose tales still resonate in this community today, so it's a privilege to be able to bring them back to life like this," Shakey said.

The mural can be seen on the Coolup Community Hall which is on Murray Street, just off the South Western Highway in Coolup. There is a car park adjacent and viewing is free.

The project has been funded through donations from Robyn Clarke MLA, The Coolup Progress Association, the Shire of Murray and Doral Mineral Sands.



Autumn carries more
gold in its pocket
than all the other
seasons.



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What's happening at Murray House

May 2023

Hello again! The heat of summer is finally in the rear vision mirror as a distant blur of dust and grime.

Does your group need a helping hand with systems and processes? Pinjarra CRC is moving forward with the Pit Stops for Community Groups Program. The program is intended to support our local community groups to remain proactive and do what they do best along the way.

From time to time, we will invite our local community groups to attend a Pit Stop Session at Murray House to share ideas and updates. Keep an eye out for more information and an opportunity to come together before the end of June 2023.

Recently we attended the Dwellingup Nursing Post and collaborated with Carers WA, SMYL Parents Next, SMYL Jobs & Skills and the Waalitj Foundation. These service groups are as keen as we are to help the local communities in each of our outer localities. If you would like to know more information, please contact our friendly team at Murray House. Our services in outreach replicate the services that we provide out of Murray House. Our target group is anyone in the community. So, if you or someone you know who needs help with their phones or tablets or needs copying done or would like help to access other services through free teleconferencing or computing or wants to access their email account or report to Centrelink, then please spread the word.

We are also very happy to attend a local group regardless of where you are to explore how we might be able to assist you or your members.

Hold the press! We will be conducting a recruitment drive for volunteers in the near future and you might find we have just what you're looking for to challenge you or help you give back to our wonderful community. Keep an eye out for more information or pop in and chat to our team at Murray House.

Anyone for scrabble or cards or rummicub (tiles)? We have a number of activities that can be enjoyed at the Centre, and we are always on the lookout for our recreational warriors!

How do we make a difference? Many people are surprised by the broad nature of our services. You don't need a concession card to access our services as we are here to help everyone in the community. Why not pop into our centre to meet Sonya who can provide an overview of what we can do for you.

You can also access outreach services for both Peel Community Legal Services and the Peel Volunteer Resource Centre, via Murray House.

Our facilities are available to all members of the community including individuals, local community groups and businesses seeking appropriate workspaces including offices, meeting spaces and training rooms. We also provide a professional touch with reception services and secretarial support to accommodate you and your guests. Note, nominal fees and charges do apply.

The fortnightly Foodbank ordering service continues so please call in for more details on how to order. Our community can continue to benefit by accessing vouchers to assist with their purchases, as a result of this ongoing community project. The project is a collaboration with Alcoa of Australia, Foodbank and ourselves. So, if you know someone who is doing it tough, please encourage them to contact our friendly team to assist with an order.

Don't forget you have access to **free** teleconferencing to connect you to your service providers that might be located in Mandurah – yes, we can help save you the cost and time required to travel to Mandurah or further afield. Why not pop into Murray House to find out how we can help you to access community services.

We would also like to take a moment to acknowledge the Department of Primary Industries and Regional Development (DPIRD) further as without the operational funding they provide, we could not offer the services we provide to our community. The funding allows us to provide many services for free or very low cost.

PROUDLY SUPPORTED BY





Have you ever wondered what purpose the many coloured buoys on Egret Lake, opposite the Peel Zoo relate to? They are set in layouts to mark the courses for the various model boat competitions conducted by the Club.

Members compete in yachting events in both International One Metre and Dragon Force 65 craft, sailing on Thursday afternoons and each second Saturday from 1pm.

Sunday mornings from 9 am see the power boats take to the water. These battery powered craft are of various designs and purpose. The Fast Electric boats are small speed boats, running against the clock over a four minute timed event in which laps around the outer buoys are scored accumulate for a season trophy. A Junior event is also run using smaller craft on a shorter course over two minutes. Both groups run single boats at a time to eliminate the mayhem and damage that could (and has) result in some spectacular collisions.

A series of coloured buoys set one metre apart form the course for the Scale Steering competition. Skippers navigate their scale model boats of various sizes and types through a set path with points deducted for touching a buoy or missing an entrance or exit point.

Tunnel Hulls, high speed twin hull boats also run solo over a three minute period for accrual of laps. These boats often take a dive beneath the surface with an anxious wait to resurface. They are also prone to capsize on cornering, but design has them capable to self-right within a few seconds.

Finally, at least one Sunday per month is designated Free Sailing when members bring non-competitive boats down for a bit of quiet sailing. Competition boats also run for test and tune purposes. Craft present sometimes include scale model merchant ships, tugs, a Gordon River catamaran ferry, a model of USS Abraham Lincoln an aircraft carrier approx. 2.4 metres long, and a model of the paddle steamer Pevensey complete with working steam engine.

The Club is currently seeking new members who may have an interest in any of the above craft types. Further information can be obtained from the website ravenswoodmodelboats.org.au or by contact with the writer on 0412 312 156.

As we operate on private property and have certain obligations to the land owner, we are unable to run an open house, but by making contact it can be arranged for you to visit to view our events and gain further information with respect to possibly joining the Club.

For just a look, a small jetty across the road from the peel Zoo is a good vantage point.

Fred Backshell

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What's on



PINJARRA PACEWAY

MONDAY 5th JUNE Gates & Tote open at 11am | Entertainment from 12pm

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FOUR APARTMENTS



2 bedroom, 2 bathroom apartments with an Onsite Overnight Assistance (OOA) available for shared support.



Nesti Housing and JA Builders are excited to present these beautiful SDA apartments in the coastal city of Mandurah. This could be YOUR new home this July!

This Specialist Disability Accommodation (SDA) apartment building boasts spacious living areas, modern finishes, easy access to all the best amenities in town, and has everything you need to live your best life.

The apartment building consists of four, 2-bedroom, 2-bathroom SDA apartments which are designed for people with High Physical Support (HPS) needs. There is an Onsite Overnight Assistance (OOA) in the building which provides an opportunity for tenants to access a shared model of support together with other tenants in the building.

Nesti Housing's vision is to create a community where everyone belongs and feels connected. We look forward to empowering you to live independently in these bespoke apartments.

For more information, contact the Housing Engagement team at Nesti Housing or visit our website for more details.

Nesti Housing

T: (08) 6253 4700

E hello@nesti.org.au

32 Burton Street
Cannington Western
Australia 6107

nesti.org.au



 TO FIND OUT MORE SCAN ME

May in the garden

Autumn is the best time of the year for planting! With the heat of summer fading and the soil still warm, plants can grow strong roots. Get your vegie patch pumping with crucifers like Broccoli and Cauliflower; root vegies like Garlic and Carrots; as well as Peas and Leafy Greens. Beautify your garden with flowering plants like Sweet Peas and Camellias. Expand your indoor plant collection, feed and get rid of pests. Reinvigorate your lawn by feeding and oversowing or install a brand new one.

Garlic must be in the ground by the end of April, so if you have plans to grow garlic, get the bulbs in today.

Plant flowering annuals like Sweet Peas, spring-flowering bulbs and root vegies like carrots, parsnips, turnips, potatoes, swede turnips, kohlrabi and beetroot.


In May plant out the following vegetables and flowers into punnets and directly into the soil.

Garlic, Do not use shop purchased garlic as it has been sprayed with chemicals, buy from farmers markets or online.	50 -100 garlic cloves or whatever amount you would like to grow for your family.
Cabbage, broccoli, cauliflower and kale	Punnet of 8 seedlings in April and July
Onions. Brown, white and red	Punnet of each. About 70+
Carrot, parsnip, turnips and beetroot. I like to mix soil and seed 50-50 in my hand and sow these veges.	Sow directly into the ground.
Herbs should go into pots to prevent these plants taking over your garden. E.g., Mint.	
Climbing peas, snow Peas, beans and broad beans	50 of each.
Try other varieties of vegetables including swede turnip, kohlrabi, radish, celeriac and celery.	
Plant out seeds of spring bulbs including anemone, daffodils, iris, tulips, ranunculus, alliums, Dutch iris, hyacinth, John Quill, crocus and freesia.	
Cottage garden flowers of delphinium, larkspur, lavender, stocks, pansy, poppy, swan river daisy and many more suitable to the Peel and Murray region. Just ask at your friendly Nursery.	
Potatoes seed potatoes as shop purchased spuds with eyes can have diseases and you do not want to take the disease into your garden beds.	Buy a bag of seed spuds and plant in trenches with mobs of manure and blood and bone.

Pests and Diseases Citrus gall wasp (*Bruchophagus fellsis*) is a pest of citrus trees and has been found in Mandurah. It will decimate your citrus trees in the back yard, however you can control this if you look at your trees nearly on a daily basis through until the end of July. Last month I sent in a picture of what a Citrus gall wasp looks like and how to control this pest in your garden.

So, monitor all citrus trees on your property, looking for the stem thickenings (galls) that signal citrus gall wasp infestation from April to June each year. Remove any visible galls by the end of June each year and solarise any galls removed after June before disposing of them. Buy your bare rooted fruit trees in May and June and support your local Nurseries.

By John Bodycoat



Carers WA
Carers WA Pit Stop
Boddington

1300 227 377 www.carerswa.asn.au

Do you provide unpaid care and support to family members or friends with disability, mental health challenge, chronic condition, terminal illness, a substance dependency, or who are frail aged?

Look out for Priscilla, our community engagement van at your location, where you can meet some of the Carers WA team.

Come down and have an informal chat about how Carers WA can help, and the services we provide.

When: Tuesday, 23rd May 2023 | 10.00am - 2.00pm
Tuesday, 30th May 2023 | 10.00am - 2.00pm
Tuesday, 6th June 2023 | 10.00am - 2.00pm

Where: Old School, 20 Banister Rd, Boddington WA 6390

www.carerswa.asn.au



FREE EVENT
BOOKINGS ESSENTIAL

PHBG WEED ID AND ADVICE WORKSHOP

Bortolo Pavilion, Greenfields | Friday 12th May 10am to 3pm

- **Main presentation by weed experts Andrew Mitchell and Greg Keighery**
- **Bring along a sample of weeds from your property for identification by the experts**
- **Learn about the species support available to landholders through the Peel Harvey Biosecurity Group**

All attendees will receive a FREE copy of 'Southern Weeds and their Control'

REGISTER FOR THE SESSION:



For more information email field@phbg.org, call 0409 079 156 or visit www.PHBG.org

Peel Harvey Biosecurity Group 93 South Western Highway, Waroona 0409 079 156

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You'll Have To Spend The Night*

Book, music and lyrics by
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Bob Pickett




Directed by Carole Dhu

7.30pm - 5, 6, 12, 13, 19, 20 May 2023
2pm - 13, 20 May 2023

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From 13 March \$22

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At
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10am – 11am

Friday 19th MAY
Carol Simpkins

Will recount her and Bob's
2022 trip to

SOUTH AMERICA

Always an interesting tale



ST VINCENT DE PAUL SOCIETY

8-10 GEORGE STREET, PINJARRA WA 6208

Vinnies Pinjarra Emergency Relief continues to provide
the Community with Emergency Relief.

If you require assistance, please call us

on **9531 2158** during Opening hours to book an
Appointment.

We are open Tuesday, Wednesday, Thursdays
from 9:30am to 12:30pm.

We Can assist you with:

Food Assistance

Foodbank Referrals & Foodbank Shop Vouchers

Coles & Woolworth Vouchers

Fuel Vouchers for Medical appointments & Job
Interviews outside of the Pinjarra area.

Transperth 24hour Smart Rider cards.

Utility Bills

Rent Assistance (Breach Notices)

Pharmacy Assistance for Medical Prescriptions (Terry
White Pharmacy Only)

Optometrist Prescription Glasses.

Financial Counselling, Budgeting.

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21 Coopers Mill Way
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appointment
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Full Groom from
\$70 small
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Can we help you? Can't find what your looking for?

If you would like to do or learn something that we don't have listed or not sure who to ask, then come and chat with our friendly team. If we can't help we probably know who you can speak to.

Remember you can use our computers free of charge (T&C's apply).

Computers can be used for self paced activities for those studying, logging into MyGov or other government services, undertaking research, personal job searching, accessing your emails or anything else computer related. Access is free however, there is a small printing charge.

We also hire out hot offices and training rooms – please contact our friendly team for more information. Options for long term tenancy is also available.

We can help you with scanning, emailing, copying, laminating, binding, setting up passport accounts and citizenship papers – minor fees apply. tel 08 95312298


Monthly advertising rates 2022

6.2cm x 6.6cm	\$25
12.7cm x 6.6cm	\$40
¼ Page: 19.4cm x 6.6cm	\$60
¼ Page: 9cm x 13.5cm	\$60
½ Page: 19.4cm x 9cm	\$90
Half Page: 13.4cm x 19.4cm	\$120
Full Page: 27.5cm x 19.4cm	\$200
Front or Back Page – 100% surcharge	
Inserts - Not-for-profit	\$95
Business	\$120
Artwork and design	\$50.00

Prices include GST

DEADLINE 3rd Wednesday of each month

University of the Third Age (over 50s) are pleased to be giving talks every third Friday of each month at **Murray House** in Pinjarra.
Next talk 19th May 10am



Murray Community News Distributors:	
Landmark Waroona	Caravan Park
Puma Petrol Station Waroona	Western Greenery
Coolup Store	IGA Austin Lakes
Mitre 10	North Yunderup Ampol Service Station
Leisure Centre (Pool)	Tatham's Sth Yunderup
Bedingfeld	Settlers Village
Pinjarra Medical	Pharmacy Ravenswood
Pinjarra Stock feeds	Peel Zoo
Pinjarra Saddlery	Pinjarra Physio
Pinjarra Bowling Club	Murray Library
Vibe, Pinjarra and Coolup	Pinjarra Doctors
Belswan Village	Terry White Chemmart
Pinjarra Junction	Dwellingup IGA
Muffin Break	Dwellingup Visitor Centre
Jarrah Infusion	Murray Shire Office
Bendigo Bank	Fairbridge Village
Dome	North Dandalup Post Office
Pinjarra Art Hub	Pinjarra Butcher
Roger May	Newsagent Pinjarra
First National Mercer Harries	Elite Eyewear
	Greenhouse Real estate

Robyn Clarke
MURRAY-WELLINGTON
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9531 3155 | robyn.clarke.mla@mp.wa.gov.au
Robyn Clarke MLA
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Solicitor & Public Notary



www.nashclavey-mandurah.com.au | 9535 1577 | reception@ncmandurah.com.au | 44 Vivaldi Dr, Mandurah Ocean Marina

Pinny Police on the beat



In several of my previous articles I have discussed how Police rely on the community to solve crimes and how good CCTV really helps. The following story is a demonstration of how both of these factors, combined with good Police work can achieve results quickly.

On the 3rd of April a person in North Dandalup noticed something wasn't quite right at their neighbour's property. They contacted Pinjarra Police who immediately attended the address and confirmed a burglary had occurred. The home owners arrived shortly afterwards and a review of their CCTV identified two suspects and a vehicle being utilised.

Pinjarra Police contacted Mandurah Detectives and supplied the CCTV images. This immediately identified the suspects. The detectives with some local knowledge and playing a hunch, drove past a possible linked address for these offenders and observed the vehicle of interest.

The area was contained and a search warrant executed, locating all of the stolen property, the two suspects as well as two other people wanted by Police for other matters.

The suspects for the North Dandalup burglary had several outstanding inquiries. They were charged with numerous matters and remanded in custody. One of them is still in prison.

These offenders were in Police custody within an hour of the "switched on" neighbour contacting Police.

This is a good Segway into my next point, which is that Police need the community to report suspicious behaviour.

One of the things Pinjarra Police do to make sure we know what is going on in our community is monitor the local social media groups.

What we often see is people discussing suspicious behaviour or even offences that have happened, which doesn't correspond with what is actually reported to us. Please make sure if you see something you think is not quite right or if an offence has happened – report it.

If an offender has done something minor to you or your home, it is highly likely they have done it to others. If Police know about it we can do something about it. We may not solve the crime but we can prevent further occurrences by doing things such as increased patrolling of the area, or making sure residents know what is going on in their area, so they are more vigilant.

Sometimes the smallest thing such as a number plate from a vehicle or a description of clothing can be the piece of information that assists Police identify an offender.

Mark Howes

Senior Sergeant 8761

Officer in Charge

Pinjarra Police Station



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Happenings at Pinjarra Arts Hub

Food Truckin' for a Cause

The Council initiative set up as a fund raiser for the Fire and Rescue Service volunteers drew a fair number of food trucks at Edenvale on Saturday 1st April and a good turnout of the public enjoying a break from the kitchen. The kids (and dads) enjoyed the games provided. The next event will be Thursday 4th May and starts at 4:30pm.

Featuring **Terry Caraher**, Founder of Murray Arts and Crafts Society

Now trading as Pinjarra Arts Hub our society was established forty-nine years ago by Murray Shire Councillor Terry Caraher who served on the board from 1979 to 1998. Terry came to Australia from the western English county of Lancashire and initially worked on the WA railways both as a train driver and fueller. Terry was always greatly interested in all things artistic and was an avid collector of antique furniture a quantity of which graced his home which still stands in what is now Belswan Retirement Village.

He revisited England frequently and became greatly impressed by the arts and crafts groups he had observed there and believed Edenvale had great potential as an art centre even though, at the time, its historic buildings were in a sorry state of disrepair. Windows were gone, ceilings were down and floor boards had been vandalised and used as firewood by local Aborigines. Council wanted to bulldoze what had been the main residence of the original pioneer family, the McLarty's, and create a car park. But Terry fought the plan and pushed for Edenvale, once renovated, to become the hub of Pinjarra's artistic life. Together with the nineteenth century school, St. John's Church built in 1861, and pioneer buildings, he envisaged Edenvale becoming the town's showpiece.

Terry placed an ad on 6th March 1974 asking art-inspired people to attend a meeting at the civic centre with a view to forming an arts and crafts club and was pleased to welcome 31 enthusiasts. Terry served as Chairman of Murray Arts on the executive committee for many years. First located, courtesy of Mr R Lane, at 12 Pinjarra Road, from small beginnings the society grew and today consists of a craft outlet where our talented members present their beautifully hand-crafted wares for sale, a large well-stocked workshop known as The Barn and a craft and meeting room affectionately known as 'Terry's Room' named in his honour. Unfortunately, Terry passed away some years ago, but we are sure he would be extremely impressed by the fruits of his labour if he was with us today.



Teaching at PAH

Teaching the many facets of arts and crafts is one of the programmes we have to offer and throughout the year we have a program of interesting workshops and classes tailored to the talents of individual participants.

Classes and Self-Help Groups

The following classes are available on a weekly basis.

Gayle, Pottery, Mosaics, a Self-Help Group on Tuesdays 10:00am to 3:00pm. **0439 903 470**

Jo, Thomas, Pottery Forming on Wednesdays, 9:00am and 12:00pm. **0408 421 439**

Corrie, Pottery a Self-Help Group on Wednesdays 12:00pm to 3:00pm. **9531 4419**.

Rita, Painting & Drawing Self-Help each 1st, 2nd, & 4th Wednesday. 10:00am to 2:00pm **0431 825 636**

Judy, Leadlighting on Fridays 8:30am to 11:30am **9581 1894**

Linda, Watercolour Painting On Fridays 1:00pm to 4:00pm **0427 094 418**

Jo Wood, Print Making On Fridays 10:00am to 3:00pm **0405 725 857**

Details about workshops, when available, can be obtained by contacting **Sharron Officer** on **0412 015 547**.

For information about any of the exciting events and attractions happening at PAH, follow us on...
Facebook...@PinjarraArtsHub

Internet...www.pinjarraarthubatedenvale.org/

Tel...9531 3598

Mike James...Public Relations

Positive Thoughts

Count Your Blessings

The ongoing COVID problem around the world, along with recent wars and natural disasters, has increased uncertainty and fear in the lives of many people. In response to this, I have noted the increase of people complaining about the government, getting upset with changes that have taken place with price increases in fuel & food, slow access to medical care and generally focusing on many negative things around them.

I am very aware that lots of changes have taken place and that this has affected people in many different ways and my family hasn't been immune to that. Recently we flew my daughters family over from Sydney for a Christmas holiday and the cost of the airfares was 3 times higher than their last visit. However, as we reflected about their visit the other night, we realised that we had to take a step back and look at the bigger picture rather than complain. We had a wonderful time with our daughter & son-in-law and our 3 grandchildren. In other parts of the world families are separated by war, under physical threat, hungry and uncertain of their future. Things are not that bad!

One thing we are very thankful for is the fact that we live in Australia. Free medical care for all, even if there is a wait time. I had a liver transplant over 9 years ago that would have been impossible for me financially if I lived in most other places around the world. Australia is a safe place when compared to many other places and I can walk my dog with no fear on my local streets at night.

A while ago I came across an old anonymous poem which I think is a good reminder to us all.

Count your blessings instead of your crosses;
Count your gains instead of your losses.
Count your joys instead of your woes;
Count your friends instead of your foes.
Count your smiles instead of your tears;
Count your courage instead of your fears.
Count your full years instead of your lean;
Count your kind deeds instead of your mean.
Count your health instead of your wealth;
Love your neighbour as much as yourself.



Rev. John Coman

Rev. John Coman
0402033285

Pinjarra Alliance Church
Find us on Facebook



St Augustine's Catholic Church

George Street, Pinjarra

Sunday Mass : 10:00am every Sunday

Weekday Services:

Wednesday: 9:10am Rosary
9:30am Mass, followed by morning
tea & Scripture Reflection

Friday: 9:30am Mass

Baptisms & Weddings

by appointment

Catechism & Sacramental

Classes

after school hours on Monday

EVERYONE IS WELCOME

Dwellingup Mass 5pm 3rd Sat every month
Boddington Mass 8am 1st & 3rd Sundays

Telephone: 9531 1227

Email: staugpin@westnet.com.au

www.pinjarracatholic.org.au

Anglican Parish of Pinjarra Waroona **service times**

Pinjarra 8:30 am every Sunday

Waroona 10:30 am every Sunday

Dwellingup 10:30 every 1st and 3rd Sunday of the month

Coolup 5pm 1st Sunday of the month.

Our Pinjarra Op Shop is open Monday to Friday from 8.30am to 12:30pm and Saturdays from 10am to 12pm.

Our Waroona Op Shop is open Mondays to Saturdays, 9 am to midday.

Check us out on Facebook

<https://m.facebook.com/parishofpinjarrawaroona/>



PINJARRA UNITING CHURCH

37 George St. Pinjarra

Worship 9.00 am each Sunday

Sunday School 9.00 am each Sunday
of school Term

ALL WELCOME

Contact: Office— phone 08 9531 2296

Email: pinjarrauca@gmail.com

0418 932 243 9531 1244

Pinjarra Community Kitchen

In partnership with Peel Community Kitchen

EVERY TUESDAY from 11am-1pm

Free lunch provided to anyone in need

Located at the rear car park of the

Alliance Church - Corner of George and Peel Street

Pinjarra Family Church, Uniting Church, Alliance Church,

Catholic Church

For more details please call : Pastor John on

0402 033 285



**PINJARRA
PHYSIOTHERAPY**

May Newsletter

Did you know you can book online?
Go to www.pinjarraphysio.com.au

Come and see us!

Opening Hours:

Mon: 0800 - 1600

Tues: 0800 - 1200

Wed: 1000 - 1800

Thurs: 0800 - 1600

Fri: 0800 - 1600



Upcoming Classes/Events:

- Massage Home Basics (Neck and Shoulders)
- Sideline series: Ankle Strapping
- Strong Knees In Progress
- Better Balance Club

Register your interest to receive updates about events by emailing us or keep an eye on our facebook page

Is Hydrotherapy For You?

As the weather gets cooler you might experience some aches and pains. Why not warm up and loosen up in the hydrotherapy pool!

Hydrotherapy is a program of therapeutic exercises or activities in an aquatic setting. Our Hydrotherapy classes and 1:1 sessions are conducted at MALC in a heated pool (33 deg +)

Our group class is low impact, gently improving whole body flexibility and muscle strength. The class may be of benefit to you if you are managing an arthritic condition or recovering from injury (including low back pain). Hydrotherapy can also be utilised after joint replacement surgery, after prolonged illness resulting in global deconditioning and in falls prevention.

Group Hydrotherapy:

Who: Anyone who wants to improve their flexibility, strength, pain or balance

What: Gentle water-based exercise

When: Thursday 12 - 1

Where: MALC

Wear: Bathers or activewear (shirt and leggings)

Bring: Towel, water bottle, sandals

Cost: \$25



Find us at Unit 1 29 Murray Street, Pinjarra | Phone: 9531 3045 | Email: info@pinjarraphysio.com.au

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Karen 0482 692 273



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I appreciate how stressful settling any kind of property
can be and that is why I make it my job to ensure that
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*Please call Dominique on 0408 924 581
to discuss your settlement requirements.*

www.pinjarrasettlements.com.au

T 0408 924 581 | E dom@pinjarrasettlements.com.au

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*Help us keep
People & their Pets
Together*

Pets of Older People (POOPS) is all about reducing the stress on people over the age of 65, those receiving palliative care or people with disabilities while also improving the wellbeing of their pets.

When no alternative help is available Volunteers provide a free service by walking dogs, feeding pets or transporting them to boarding kennels or vets.

We have a growing number of people needing our services. If you have a little time available to help pet owners in your local area then please email or, for further information, admin@poooswa.org.au or go to www.poooswa.org.au.

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Assistance Available

Scanning/Emailing (Fee for Service)

Online Passport Assistance (\$10 Australian, \$15 Overseas)

Printing, Binding (Fee for Service)

Service / Business	Frequency
Services Available	
Atwork Australia – Disability Employment Services	Weekly Mon - Fri
Smyl ParentsNext	By appointment
Allambee Counselling	Weekly Tuesdays
Waalitj Foundation	Fortnightly on Tuesdays
Peel Community Legal Services	1st Wed of the Month 10am-2pm by Appointment
Department of Transport , Licensing and Vehicle Registration Services and Renewals	Mon-Fri 9am-12.30pm 1.30pm-4pm
GP Down South	By Appointment
AMD Chartered Accountants	Weekly on Thurs by Appointment

VIDEO CONFERENCING SERVICES AVAILABLE AT MURRAY HOUSE RESOURCE CENTRE, DETAILS AVAILABLE BY CALLING 9531 2298 OR CALL IN AND ASK OUR FRIENDLY STAFF



The Pinjarra Community Resource Centre is a TRANSWA Agent

Come in to us today and we will book any travel for you in relation to the TRANSWA Train and Road Coach Services.

Bookings for Australind and Prospector, and all points Coaches.

Bookings can be made at:

Murray House

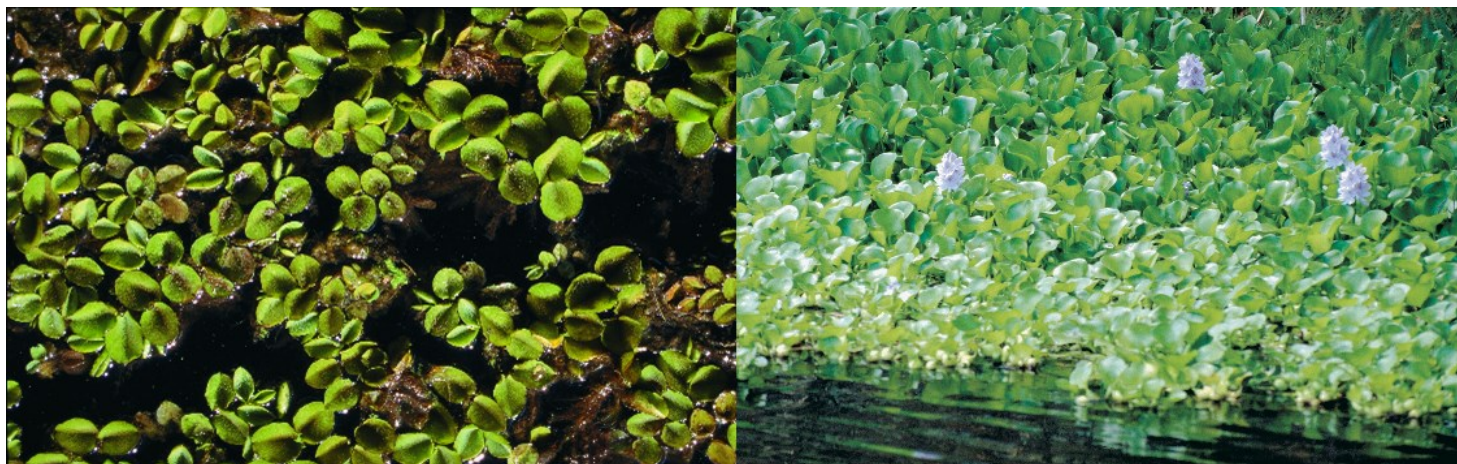
14 James Street, Pinjarra

Enquires Only : 08 9531 2298





Prohibited aquatic plants



Left: Salvinia (*Salvinia molesta*) and right: water hyacinth (*Eichhornia crassipes*).

Fret over these floaters

Keep your eyes peeled for aquatic plants such as Salvinia and water hyacinth – two highly invasive weeds that we need to report and eradicate from Western Australia. They have the ability to negatively impact our local ecosystems by out-competing local species and reducing water quality.

The costs and efforts taken to remove these aquatic plants once they enter our environment are massive. They can impede water flow, increase flooding and erosion, block agricultural irrigation channels, create health hazards and displace natural vegetation. Some aquatic plants can even form thick mats to resemble groundcover, creating drowning hazards for people and livestock.

Salvinia, (*Salvinia molesta*), is a non-flowering, free-floating aquatic weed that has pairs of oval leaves connected by a horizontal stem. They have a multitude of hair-like structures on top of the leaves which split and re-join at the tips to form eggbeater like structures helping them to be buoyant. They produce vegetatively - meaning that even small stems that break apart can form entirely new plants.

Water hyacinth, (*Eichhornia crassipes*), is a notorious floating weed with large funnel-shaped lilac flowers that have 6 petals and a yellow centre.

These flower summer to early autumn. The leaves are hairless, glossy and have a spongy base that helps them to float. This weed can double in size in just two weeks via flower pollination, or vegetatively. They have submerged fruits that can carry up to 300 seeds each, and these 1 mm seeds can be viable for up to 20 years!

Don't get caught out!

These plants are sometimes advertised on platforms like Facebook Marketplace, Gumtree or other channels, but they're illegal to have in WA. Salvinia and water hyacinth are prohibited species under the *Biosecurity and Agriculture Management Act 2007* and cannot be sold, traded or cultivated. This also applies to several other aquatic plants including *Rotala rotundifolia*, water lettuce (*Pistia stratiotes*) and *Sagittaria* (*Sagittaria platyphylla*).

You can be a responsible gardener and report any suspect illegal plant sales, or the presence of these declared weeds in the environment. Reporting options include the Pest and Disease Information Service (PaDIS), the MyPestGuide® Reporter app or webpage, or you can anonymously report an illegal agricultural matter on [crimestopperswa.com.au](https://www.crimestopperswa.com.au) or phone 1800 333 000. If you're unsure about the plant, report it anyway.



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

Pinjarra Services

Bus Service

Route 600 Mandurah—Pinjarra
Via Pinjarra Rd
604 Mandurah—South Yunderup
Via North Yunderup

Timetables available at: Pinjarra Community Resource Centre, News Agency, Shire of Murray and the Library.

Taxi:	13 10 08
RAC Service:	13 11 11
Pinjarra Police:	13 14 44
Mandurah Crime Prevention:	0418 948 809
Murray Hospital:	9531 7222
Shire of Murray:	9531 7777
Public Library:	9531 7712
Recreation Centre:	9531 2000

Churches

Murray Bible Baptist:	9537 7248
Pinjarra Alliance:	9531 3173
St Augustine Catholic:	9531 1227
Anglican Church:	9531 1248
Bridge Christian Fellowship:	9531 3034
Uniting Church:	9531 2296

Freemason:

The Peel District Day Lodge

Meets on the first Thursday of the month at 9:15am.
Enquires to the Secretary;
Kevin St Jack Tel. 9582 5194

Rotary Club Pinjarra

Meets each Thursday at 6:15pm at the Pinjarra Golf Club



Pinjarra RSL Sub Branch

President: Les Giles 0407424561
presidentprsl@westnet.com.au
Secretary: Sue O'Donnell
0478636732
pinjarrarsl@westnet.com.au



CWA Coolup Branch

Meets 2nd Monday of each month at 1pm
CWA Rooms Coolup
Contact Fay on 9530 3268

WERE YOU A NASHO?

National Servicemen's Association Mandurah/
Murray Sub-Branch Members and eligible persons . Contact Secretary 9534 9977 for details.

Answers to Crossword on pg 22

Across:	Down:
3. Hamper	1. Candles
4. Brunch	2. Ribbon
7. Smooches	4. Breakfast
8. Mum	5. Comfortable
10. Flowers	6. Slippers
13. Strawberries	9. Mug
14. Necklace	11. Spa

AROUND TOWN

ALCOHOLICS ANONYMOUS—Every Monday 7.00pm Health Clinic, Pinjarra Hospital. Phone Dean on 0450 258 076

MURRAY HEALTH GROUP

Tuesday 1pm. Community Health Centre, Pinjarra Ph: Rae 9581 2040

MURRAY DISTRICTS PLAYGROUP

Monday & Wednesdays 9.30-11.30am during school term.
visit <https://www.facebook.com/murraydistrictsplaygroup/> for more details.

MURRAY TOY LIBRARY

Open during school term every 2nd Saturday 9.30—11.30am and the 1st Wednesday of the month 9.00—10.30am.
Phone: Kelly Higgins 0417 927 015

COOLUP CRAFT SOCIAL GROUP

Wednesdays—9.30am CWA Rooms
Ph: Maxine 0488991347

PINJARRA BOWLS CLUB

Dixon Avenue, Pinjarra Ph: 95311840

DWELLINGUP TRAILS AND VISITORS CENTRE

Marrinup Street, Dwellingup.
Ph: 9538 1108
Email dtvc@murray.wa.gov.au
OPEN 9AM—4PM 7 DAYS A WEEK

COOLUP PROGRESS ASSOCIATION

We meet on the 1st Thursday of each month at 9am in the Coolup Hall.
Contact: Bev Alexander 0407 381 281

FRIENDS OF MURRAY DISTRICT HOSPITAL

Meets the 1st Wednesday of the month in the Murray District Hospital Board Room at 2pm.
Ph: Ailfa Boekhorst 0439990241

PINJARRA HORSE & PONY CLUB

Rallies each month Equestrian Centre, Coolup. **New Members Welcome**
www.pinjarrahpc.net for enrolment details
Find us on Facebook

PINJARRA PATCHWORK & QUILTERS CLUB

Old School House Edenvale
Phone: 95311026
Open 10am—3pm Daily
Great display of hand made items for sale
New Members Welcome

NORTH YUNDERUP COMMUNITY ASSOCIATION

General meetings 3 monthly, all welcome. Members notified via Facebook
Hall at 45 Culeenup Road available for hire – discounts for members
Contact Linda: 0409 687 926.
lgregory@inet.net.au

AROUND TOWN

ROGER MAY MACHINERY MUSEUM

Men interested in becoming a part of this group of valued Volunteers can phone 95317777

PINJARRA SWIMMING CLUB

Interested persons can contact
treasurer@pinjarraswimmingclub.com.au

Or visit www.pinjarraswimmingclub.com.au

PINJARRA ARTS HUB

Edenvale Complex, Pinjarra
Weekly classes & groups. Workshops
Craft Val Emmerson on 0409 061 989 Email:
murrayartslink@gmail.com

MURRAY DISTRICT HISTORICAL SOCIETY

Old Schoolmaster's House, Edenvale Precinct.
Open Friday, Saturday, Sunday 11am – 3pm
Committee meets monthly on the 3rd Wednesday of the month.

Community Meetings are held bi-monthly on an arranged date.

Home of the Local History Library

Contact person: Anne Cubitt – Secretary

mdhspinjarra@outlook.com

MURRAY HOUSE RESOURCE CENTRE

Registered Training Organisation
Training and Safety Specialists
Ph: 9531 2298
Email: admin@mhr.org.au

PINJARRA CRC

Ph: 9531 2298
Email: admin@mhr.org.au
14 James Street, Pinjarra.



PINJARRA NETBALL ASSOCIATION

Toni Bennett - President
Didi Deslandes - Registrar
Email: pinjarranetballassociation@gmail.com
New Members Needed and Welcome

PINJARRA MEN'S SHED

Office number 0419827554
Email contact@pcms.org.au
Open 9.00am to 1.00pm Mon-Sat



COMBINED PROBOS OF MURRAY DISTRICTS

Meetings—2nd Tuesday of the month
Pinjarra Bowling Club—9.00-11.30am
Contact—Secretary:
murrayprobus1999@gmail.com



Murray District machine knitting group, meet at the West Murray Community Centre every Wednesday morning nine till noon. CONTACT 95929808 or 0403983371

The Peel Slot Car Club

PeelSCC@yahoo.com , or contact Shayne on 0437168776 or Paul on 0497874689 for more information

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3rd Sunday of the month.

9am – 1pm

Great variety of stalls

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BODDINGTON MARKETS

1st Sunday of the month, 8am-11am,

Boddington Old School Oval. Phone: 9883 8246

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Every Saturday and Sunday 10.30a and 2pm

Restaurant Train every Saturday 7.30pm

Trains run 10.30am and 2pm every weekend, all year.

During winter (May to October) the Sunday service is the Steam Train.

Restaurant Train operates every Saturday, departing at 7.30pm

All services are operated by volunteer members.

Book on line:

www.hothamvalleyrailway.com.au

Enquiries: 6278 1111 (9am to 5pm Monday to Friday)

PINJARRA CRAFT GROUP

Tuesday 10am—1pm

Anglican Parish Hall

Phone Jennifer 9531 1928

PINJARRA COMMUNITY GARDEN INC.

Open Fri and Sat 9 - 12.

You can find us at Lot 362 Pinjarra/Williams RD, Pinjarra. (carpark for Hotham Valley Railways) John Bodycoat 0411984271

Venue hire available

John.bodycoat@fairbridge.asn.au

PINJARRA RED CROSS

Pinjarra Red Cross are looking for new volunteers to help with our Trolley service at MDH group monthly meetings. Please contact Cherle on 0437807893

Lions Club—Pinjarra

Lions Club of Pinjarra [Inc.] meet on the first and third Tuesday of each month. 6.00pm for 6.30pm

Enquiries: Les Hill - 9586 1749 - 0418 136 448 - hillie1@bigpond.com

Margaret Halford - 9531 1137 - 0481 880 072 - mhalford138@gmail.com



Chairperson: Roger Watson 0412 930 031

Secretary: Ian Cooke: secrcgi@iinet.net.au

Committee meet every 2nd Tues of month

General meetings 2nd Tuesday in February,

June & October 7pm Edenvale Homestead

Meeting Room Pinjarra., All residents welcome

to atten

www.ravenswoodcommunitygroup.org.au

OLD BLYTHEWOOD

Built in the 1860's overlooking the Murray River, South West Highway, Pinjarra. Open for viewing.

Small entry fee applies.

Phone: 9531 1485.

Saturday 10.30am to 3.30pm

Sunday 12.30 to 3.30pm

PINJARRA VOLUNTEER WALK GROUP

MONDAYS

SUMMER 8AM FIRST WEEK OF DECEMBER

WINTER 9AM FIRST WEEK OF APRIL

WE MEET AT THE DOME FOR ALL WALKS

NO FEES ARE TO BE PAID

ALL WALKERS MUST TAKE RESPONSIBILITY FOR THEMSELVES AND SHOULD MAKE SURE THEY ARE FIT AND WELL BEFORE UNDERTAKING THESE WALKS

For Enquiries please phone Anna on 9531 1149

Pinjarra Golf Club 08 9531 1252

BINGO has resumed!! Please call for details

BEDINGFELD LADIES AUXILIARY

****VOLUNTEERS NEEDED****The Auxilliary meets at the Bedingfeld Aged Care Facility every 3rd Tuesday of the Month.

Phone: Joy (President) 9531 1867

Alice (Secretary) 95304186

Murray Aquatic & Leisure Centre (MALC)

16 Camp Road, Pinjarra

Tel 95312000

www.themalc.com.au

Open 7 Days a week

(Mon-Thurs 6am-7.30pm, Fri 6am-7pm, Sat 8am-2pm, Sun 9am-1pm, MALC 24/7 Gym open 24/7)

Heartspace Womens Support Group.

Wednesdays 9.30am-1.30pm Pinjarra Community Garden details Tanya Langford 0402 386 761



Located next to Peel Zoo at Ravenswood

Sanctuary every

Thursday afternoon from 1pm and Sundays from 9am. The club welcomes people of any age to come along and see what activities that the club has to offer. All children must be accompanied by an adult.

Ravenswoodmodelboats.org.au or see our face book page. For further info contact Fred on 0412 312 156

PINJARRA CROQUET CLUB

come and join us. Phone Fran on 9530 3369

Editor Sonya Fletcher

Advertising Sonya Fletcher

Disclaimer

Advertisements, Advertorial and Community Editorial copy in the Murray Community Newspaper are the responsibility of the Author/Advisor. The views expressed are not those of the Murray Community Newspaper. While the Murray Community Newspaper makes every reasonable effort to ensure that no misleading claims or statements are made, responsibility is not accepted for failure of any product or service to give satisfaction.

Stories of Pinjarra

Stories of Pinjarra is seeking stories and images from the Murray region for the opportunity to be published in our book.

True stories, information, photography, poetry and art submissions are highly encouraged.



This project is proudly supported by



www.talemapper.com/storiesofpinjarra

Calling all local Active Retirees!



Murray District Probus Club members have a motto: **Fun – Fellowship – Friendship.**

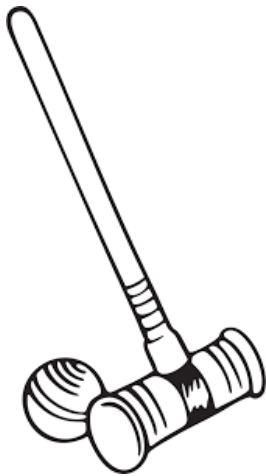
For 23 years we have been meeting the second Tuesday each month 9.15 to 11.30 to socialise during a light refreshment time and then listen to an interesting informative guest speaker. Also we endeavor to have a monthly external activity such as visits to educational/scenic/infrastructure sites/entertainment/restaurants. With currently a membership of around 55, the annual membership fee is only \$30 with a cover charge of \$10 each meeting. This is a non-fundraising global organization whose purpose is to provide interests and contacts to seniors. The venue is the Pinjarra Bowling Club, so if you feel you would like to learn more or give us a try, contact our secretary at

murraprobus1999@gmail.com providing your contact details.

Pinjarra Croquet Club

Join us for a friendly game of croquet on Thursdays 8.30am -10.30am on the Ross McLarty Oval off Lovegrove Street, where we have mallets to lend you and a coach to show you how to play. We play early so as to enjoy the cool of the morning during the Summertime.

Please wear a hat and closed flat shoes. Please call Fran on 9530 3369 or Sheila on 0417 357 352 for



Convict Group

The Convict group from FamilyHistoryWA (Western Australian Genealogy) is researching all the convicted men who came to WA in the 19th century.

The Group is coming to Pinjarra and will be holding talks about the convict era in St John's Church Pinjarra on Sunday July 9 from 11 to 12.30pm.

So far we have found many names of men who worked and/or lived in Pinjarra and will no doubt find more before July. We would be interested to hear from people descended from WA convicts wishing to share their knowledge or seeking more information on their forbear. We hope you can join us. Please look at our website.

<https://waconvicts.fhwa.org.au/>

Contact by email convicts.sig@fhwa.org.au

Bevan Carter 0481 525 002 or Julie Arrowsmith 0407 081172

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peters.sl@bigpond.com
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Pinjarra Industrial Area

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Pinjarra Croquet Club

The Pinjarra Croquet Club held its inaugural Trophy Presentation day on Thursday 20th April, with Murray Shire President, Cr David Bolt, officiating.

Winners of the first Club Championship were Liz Nicholas taking off the silverware, with runner up, Fran Graham. James (Toggy) Tognela was victorious in the Novice Tournament.

Cr Bolt said, "I am delighted to see the progress that our new Croquet Club has made as it approaches its first anniversary. Interest has been shown by the Pinjarra Primary School, and I can see a great future in having the game incorporate families for healthy, outdoor fun. Croquet is an inclusive game of skill and tactics for all ages."

For more information, Fran on 9530 3369, Liz on 0417 922 457



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What is osteoporosis?

Osteoporosis is a condition that causes bones become thin, weak and fragile. Over time the usually strong bone structure becomes porous, less dense and can easily break with even a minor bump or fall. Often osteoporosis is not diagnosed until a fracture occurs, as there are no symptoms of this loss in bone strength until it is fragile enough to fracture. This is why it is important to test and monitor bone density, before it reaches this critical level.

Am I at risk?

Different groups are more at risk of osteoporosis than others. Risk factors for Osteoporosis include:

- Family history of osteoporosis
- Aged over 70 years old
- Female
- Smoking/excessive alcohol consumption
- Inadequate Calcium or Vitamin D consumption
- Lack of physical activity
- Certain medications for breast/prostate cancer or epilepsy
- Long term or high dose corticosteroids (eg. preventer puffers or prednisolone)

If these risk factors apply to you discuss your bone health with your doctor or pharmacist. You may be eligible for a Bone density test to measure your bone strength and fracture risk.

What can I do to reduce my risk?

Both diet and exercise play an important role in protecting bone strength and reducing the risk of falls. This is especially important in patients at risk of osteoporosis.

Diet

Eating a healthy and varied diet including lots of fresh fruit, vegetables and whole grains is a great start towards good bone health. Calcium rich food are also important for building and maintaining your bones. To improve your bone health you should:

- Have adequate Calcium intake daily
- Avoid smoking
- Limit alcohol intake

Exercise

Although it is important to be active, not all exercise is beneficial for your bones. To reduce your osteoporosis risk, exercise needs to be ongoing and specific for encouraging bone density. Make sure you seek advice from your doctor or physiotherapist before starting new exercise programs, to ensure it is safe for you and to get the greatest benefit from it.

Types of exercises beneficial for bone health include:

- Weight bearing exercise, where your bones are supporting your body's weight eg. aerobics, jogging, stair walking, tennis.
- Resistance training with hand or ankle weights
- Balance or mobility exercises to reduce the risk of falls

Osteoporosis

What about Vitamin D?

Vitamin D is another important part of maintaining bone health. Vitamin D is needed to absorb calcium into your body and is important for bone growth. Some foods contain small amounts of Vitamin D but the main source is exposure to sunlight (UV light). Levels can vary throughout the year due to the different amount of sunlight and intensity, but if levels are too low it can lead to reduced bone density.

As little as a few minutes of sunshine daily can be enough for Vitamin D production, although longer periods will be required in winter. Sun exposure for Vitamin D also has to be balanced with being sun smart

and avoiding sun damage to the skin. Vitamin D levels can be deficient in people who stay indoors or are always covered when outdoors, or people with naturally darker skin.

Do I need Calcium or Vitamin D supplements?

Supplements should not be your only intake of Calcium and Vitamin D. Ideally you should get the majority of our calcium requirements from your diet and Vitamin D from the sun. Levels can be improved by eating more calcium rich food and getting the recommended daily sun exposure.

It can be difficult to achieve your recommended intake every day, especially as the requirement increases with age, which is where a supplement can be of benefit. Meeting your daily requirements will help to maintain stronger bones and reduce the risk of osteoporosis and fractures.

If you have a deficiency in Calcium or Vitamin D, or reduced bone density a supplement should be used daily to ensure you are getting adequate amounts. Supplements are available in different forms and dosages, so ask your pharmacist or doctor which is appropriate for you.

To raise awareness of osteoporosis we are conducting an instore screening event on Friday 12th May between 10am and 12 noon. The screening is run by healthcare professionals and is free of charge! The test is a non-invasive ultra sound of the heel and is completed in minutes. Our target audience is:

- Females aged 40 to 60
- Is perimenopausal or menopausal
- Patients considered to be at "high risk" of suffering osteoporosis eg family history, taking medicines impacting bone density

If you fit in any of these categories and would like to further discuss your risk of osteoporosis, please call us on 9531 2436 and we can book you in.

There is also more information available at www.healthybonesaustralia.org.au

FREE Bone Health Screen



Rob Pearson - Pharmacist/ Proprietor
9531 2436 | 27 Forrest St, Pinjarra



The Peel Slot Car Club

The Peel Slot Car Club is a youth focused group based in South Yunderup that has been formed with the aim encouraging a new generation of racers into the great hobby of slot car racing. It is a self-funded, not for profit group run by volunteers from the Mandurah Raceway Group, with a goal of seeing future drivers experience the satisfaction of collecting, preparing and racing Slot Cars.

We cater for all levels of drivers between the ages of 7 to 17 inclusive, so come and have a go!

Racing is held on Wednesdays throughout the school terms. The track open between 4:00pm and 6:30pm. The cost is only \$5 for an afternoon filled with the fun and excitement of racing 1:32 scale slot cars on a four lane routed timber analogue track. Controllers and cars are provided and the first week is free!

Please note that the junior driver must be accompanied by a responsible adult or guardian. Mobile devices are to be left with the guardian and no alcohol is permitted.

The Peel Slot Car Club page can be found by searching on Facebook, email at PeelSCC@yahoo.com, or contact Shayne on 0437168776 or Paul on 0497874689 for more information



Carers WA

**Caring for a parent,
spouse, child or sibling?**

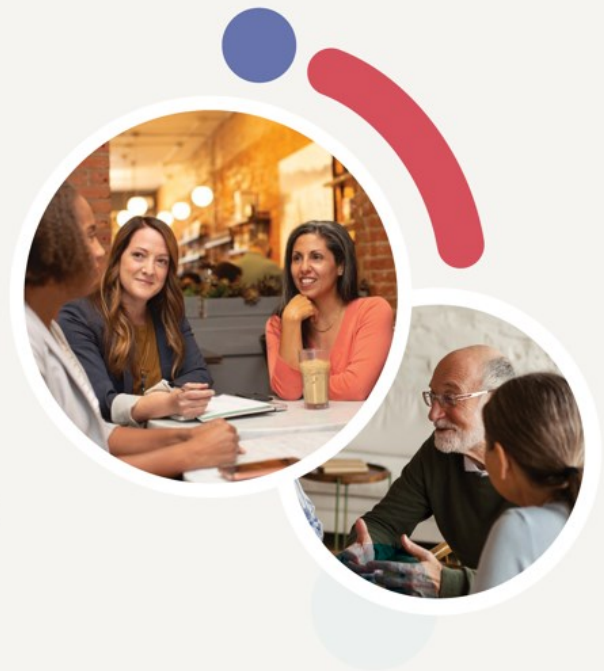
**Join the Pinjarra social
support group.**



www.carerswa.asn.au



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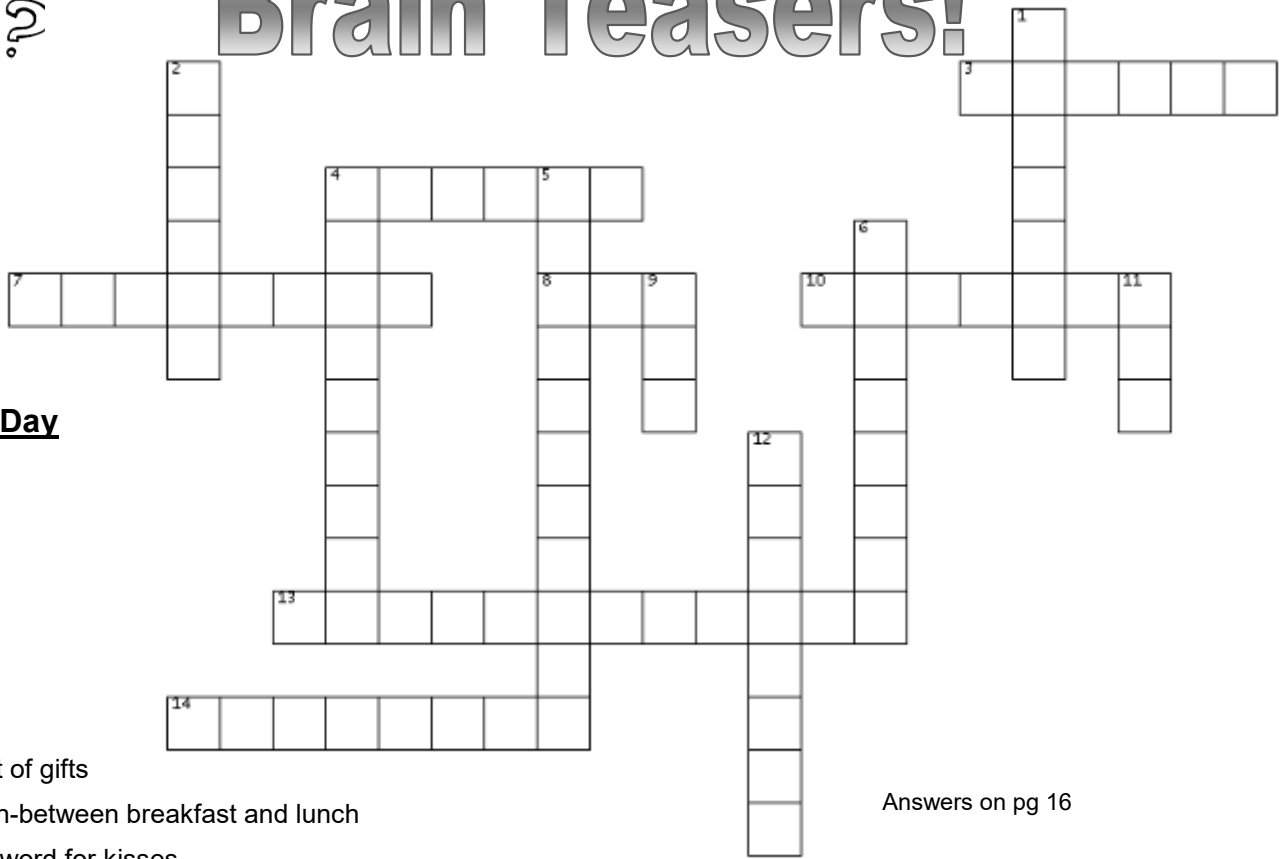
**BANK
LOCAL**

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Community Bank
Pinjarra



Brain Teasers!



Mother's Day

ACROSS

3. A basket of gifts
4. A meal in-between breakfast and lunch
7. Another word for kisses
8. The person this day is about
10. A pretty gift for mum
13. A sweet fruit that can be covered in chocolate
14. A sparkly piece of jewellery worn around the neck

DOWN

1. A present that smells good
2. Something silky that make your wrapped presents pretty
4. Something you will give mum in bed in the morning
5. Something mum makes you feel
6. Fluffy shoes your mum wears in the morning
9. What mum drinks coffee out of
11. A place mum can get a massage
12. Something that makes mums nails pretty

Answers on pg 16

**FALLEN SOLDIERS MEMORIAL HOSPITAL
DWELLINGUP
1923 100 2023**

**Centenary Commemoration
of
The Dwellingup District
Fallen Soldiers Memorial Hospital**

Sunday 28th May 2023 from 1:30pm

Official plaque unveiling at 2:00pm
Afternoon tea will be served
RSVP message to 0499 297 815

**Murray
Districts
Playgroup**

Located on Forrest St (Behind the library) in Pinjarra.
First Two visits are FREE—Everyone Welcome
Lots of play, crafts and outdoor fun on our new Playground
Please bring a piece of fruit or snack to share for morning tea

Bring Your Friends for a New Place
to Meet up for a Coffee
A Coffee van comes straight to our

Like us on Facebook to see what we get up too!
Murray Districts Playgroup

Pinjarra Community

Men's Shed



It's good to be back and thanks to everyone who helped out and kept the home fires burning. The front fence is now complete and painted. We have had a huge clean up at the Shed and we now have an area for the members to sit and have a cuppa and enjoy the great autumn weather.

Boyd Parry and myself attended a Men's Shed Zone Meeting last Friday at Cockburn Men's Shed. The Zone meetings provide the opportunity to share ideas and compare notes with representatives from other Sheds, we always come away with a plethora of new ideas to try.

We had a Men's Health talk at the Shed this week conducted by Terry from Men's Regional Health. Topics that were covered included how to maintain good mental health, the importance of prostate checks, heart issues and some common cancers. Nineteen members attended and enjoyed the brunch supplied by Kim Bakery, we hope to have further talks organised through the year.

The model train display at the Pinjarra Junction Shopping Centre is moving along. We are now laying the foundation tracks for the display and the shop area is being organised to better showcase our handmade craft wares. We are still looking for volunteers to help man the shop so if you have a few hours to spare please consider coming along to help out. We are open 10am to 3pm (subject to change) Monday to Saturday.

There are a number of trains, busses and vehicles that we unfortunately can't use in the display and we are now going to sell these items to help finance the completion of the display. These items can be viewed at the shop in the Pinjarra Junction Shopping Centre or you can make an appointment to view the display on 0419 827 554, Monday to Saturday 9am-2pm.

The Saturday BBQ breakfast is still happening, everyone is welcome, members \$2, visitors \$3 with bottomless tea and coffee. You would be hard pushed to find a bargain to beat that in Pinjarra and you get great company thrown in as well. Unfortunately we may have to increase the costs soon as the price of everything is continuously increasing.

Our Shed is working well with a myriad of projects on the go including furniture restoration, welding, garden sculptures, and woodturning. We have a few members who are making grazing platters and cheese boards with resin inserts in various colours which make great gifts, but call in and check out the wonderful unique handmade gifts on display, and don't forget Mother's Day is not that far away (Sunday, May 14)

The bicycle restoration program is still on going, so keep an eye out on market place for any bikes we have for sale

Thank you to those who have donated timber, steel and other items including everyone who deposits cans and bottles into our recycling collection bin. These donations help the Men's Shed continue to help our community. We would also like to say a huge shout out and thank you to Alcoa for the group of community volunteers for assisting us in many areas at our shed.

We always look forward to having visitors to our shed and we would also like to see you all at our stall at the Pinjarra Festival on June 4 and 5, so come along and have a chat with the members and check out our display.

Jim Salmon
Chairman

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MAY 2023 TIMETABLE



TRAINS DEPART FROM DWELLINGUP STATION

1 Marrinup St, Dwellingup

Day	Date	Service	Departure
Saturday	6 May	Forest Train	10.30am and 2pm
Saturday	6 May	Restaurant Train	7.30pm
Sunday	7 May	Steam Ranger	10.30am and 2pm
Saturday	13 May	Forest Train	10.30am and 2pm
Saturday	13 May	Restaurant Train	7.30pm
Sunday	14 May	Steam Ranger	10.30am and 2pm
Saturday	20 May	Forest Train	10.30am and 2pm
Saturday	20 May	Restaurant Train	7.30pm
Sunday	21 May	Steam Ranger	10.30am and 2pm
Saturday	27 May	Forest Train	10.30am and 2pm
Saturday	27 May	Restaurant Train	7.30pm
Sunday	28 May	Steam Ranger	10.30am and 2pm
Saturday	3 June	Forest Train	10.30am and 2pm
Saturday	3 June	Restaurant Train	7.30pm
Sunday	4 June	Steam Ranger	10.30am and 2pm
Monday	5 June	Forest Train	10.30am and 2pm

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Hotham Valley Railway Happenings

Last month I mentioned about idle hands during school holidays with the likelihood of vandalism and asked anyone seeing suspicious activity to report to the Police. Fortunately, no damage has occurred on Hotham Valley Railway property during this period. However, past damage to the railway house used by volunteers when working at Dwellingup on consecutive days has seen some repairs. This work has required many hours and substantial cost to bring the house back to a liveable standard. Senseless destruction of property is heartbreaking to our volunteers and diverts resources away from our objectives of operating heritage rail services for the benefit of the community. This time drastic action has been taken with all windows being either boarded up or otherwise protected.

Despite the downside to setbacks members usually put on a good face and enjoy participating in the various tasks required to operate the services. To further develop good comradie thanks to Steve and Pauline for their organisation and hospitality the Dwellingup Monday Crew enjoyed a day out at Coopers Mill. The weather was glorious until days end when rain came in as the party was packing up.

To get the Steam Season underway many hours will be put in to cleaning the carriages which have been dormant for six months. Without much fanfare the Steam Loco has been receiving its annual maintenance and annual testing to ensure all runs smoothly for the season.

The June long weekend (3/4/5) will be the annual Model Train Exhibition at Claremont Showgrounds where we have a stand to promote our Railway, sell souvenirs and answer enquiries. Not being held for the past two years due to COVID implications it is expected to attract big crowds.

To our surprise the Forest Train has during the school holidays has seen it operate to full capacity on several days. So a reminder to those people wishing to travel to book online and avoid disappointment. This is also important for the Restaurant and Steam Ranger services. The Steam Ranger commences 7 May.

Our Annual General Meeting is scheduled for 28 April 2023 giving members an opportunity to reflect on activities both highs and lows for 2022.

Bookings: www.hothamvalleyrailway.com.au
Telephone enquiries: 6278 1111 (M to F 9am to 5pm)
Follow us on Facebook or Instagram



Monday crew with partners relaxing at Coopers Mill

Murray Districts Historical Society



MDHS
Murray Districts
Historical Society

Located at the Old Schoolmaster's House, Edenvale Heritage Precinct, Pinjarra.

Our volunteers are there to greet you on Fridays, Saturdays and Sundays from 11 am – 3 pm, or by appointment.

The aim of the Historical Society is to research, collect, maintain and share stories of the Murray District that stretches from North Dandalup to Coolup, from West Murray to Dwellingup – and including the vibrant town of Pinjarra. We have a well maintained local history library, interesting displays and a large collection of photographs, documents, and display books.

We also have a strong membership of enthusiastic people and are always looking for additional members to join us. If you have a love of history, in particular of the Murray District, or if you have information to share, please visit us. And if you like what you see, consider becoming a member of our group. Our general meetings with a guest speaker are open to visitors. Other events, including bus trips, are usually restricted to members. All visitors are welcome to browse our collections during our 'open' hours or by appointment.

Interesting Event - *Every day we learn something new, Magic !*

It was a busy day at **Edenvale Precinct on Sunday 16th April 2023** when Kalamunda and Districts Historical Society visited Former St. John's Church, Murray Districts Historical Society's Old Schoolmasters House, enjoyed lunch at Edenvale Tea Rooms and then on to Blythwood to round off their day. Highlight of the day, a gentleman showed interest in the old pump organ and he actually made it work as well as logging all its details for further research.

Coming Event – Diary Notes:

Pinjarra Festival – 3rd - 4th June 2023

The Shire of Murray's biggest public event of the year, the Pinjarra Festival is back for 2023. To be held once again on the beautiful grounds of the iconic Edenvale Heritage Precinct

10am – 4pm daily on Saturday 3rd and Sunday 4th of June during the WA Day long weekend.

On that weekend the Murray Districts Historical Society will also be open from 10am – 4pm so come along and enjoy soaking up the history displayed at the Old School Master's House near the Heritage Rose Garden and St John's Church.

Waldeck Reunion - 28 October 2023

Old Yacht Club

Victor Adam Park - Halls Head Parade, Mandurah



11am to 3 pm Book with [Eventbrite.com.au/e/waldeck-reunion-tickets](https://www.eventbrite.com.au/e/waldeck-reunion-tickets)

We recommend attending the event as the Waldecks have an incredible connection with the descendants of the Swan River Colony immigrants. Norma King started the pin wheel family tree then it got modified. I hope to supply a different format set of trees by splitting up in the descendants of each of the children as my computer cannot handle the whole tree at once, 8 generations equal 476 A4 pages portrait format or 346 landscape format. (Article submitted by Mervyn Beacham)

Note: There is more to read on our **Local History** so do come along to the Murray Districts Historical Society and see what is available.

Follow our monthly articles in the Community Newspaper for more information about the history of Pinjarra and the heritage buildings of the Murray District. And we always welcome any stories or photos you are willing to share with us.

Visit us to view our current photographic displays: **ANZAC Display, Coolup Farms and Families, Coolup Sports and Social, 1834 Massacre – Pinjarra, Alcoa, North Dandalup**

For more photos and stories of the rich history of the Murray, look at our Website <http://www.murrayhistory.org.au/home> or visit us at the Old Schoolmaster's House within the Edenvale Heritage Precinct.

For information about the Murray Districts Historical Society, its membership and its activities, please contact Anne Cubitt – Secretary mdhspinjarra@outlook.com

For assistance with research or general questions about local history, contact Merv Beacham on 0417 986 838 or Val King 0458 673 608

Like us on Facebook



Centenary of the The Fallen Soldiers Memorial Hospital & Nursing Post History



In the 1890's, thousands of acres of forest were leased to private companies wanting to establish saw millings operations. One of these mills was established in Dwellingup. While the timber gathering teams worked in the forests, the family homes were built near the Dwellingup Mill, and slowly grew to become a town.

In June 1911, letters of the time sent to "The Colonial Secretary" reveal that a medical fund called the 'The Holyoake-Marrinup Medical Fund' had been set up to cover 'medical attention and hospital accommodation' for the workers (numbering 500) at the local mills, and their families. The local population felt that a doctor should live at Dwellingup and the fund would pay his salary of £33 6 shillings 8 pence per month; and a drug allowance of £4 3 shillings 4 pence per month. The Colonial Secretary did not agree that a doctor or a hospital should be situated in Dwellingup, but instead the department purchased a private house in Pinjarra and set up a hospital, situated on the banks of the Murray River.

Due to persistent approaches by the Holyoake Marrinup Medical Fund, in May 1914 a 'Casualty Ward' measuring 16' by 18' was completed in Dwellingup. The local committee felt that it was inadequate for the purpose and declined to furnish or use it, except sporadically. Instead, Pinjarra was used for all inpatients from the area with casualties being attended in Dwellingup.

A local doctor (Dr Stubbe) wrote to the Commissioner of Public Health in January 1922 requesting an extension of the Casualty Ward to a full hospital status comprising of two wards with a total of ten beds. Agreement was reached with Public Health in January 1922 that the hospital would be built on a pound for pound basis, with the timber supplied free by the State Sawmills at Dwellingup and bricks supplied from the State Brickworks at Armadale.

Tenders were called for 'labour only' in the "Western Worker" (now The West Australian Newspaper), and the "South Western Advertiser". The hospital was to be named 'The Fallen Soldiers Memorial Hospital'.

A tender of £185 10 shillings was accepted from a Mr Ward. The total cost of materials and erection was 630 shillings with a further 200 shillings for furnishings and equipment. The hospital was completed in May 1923, including separate quarters for the doctor who from that time resided in Dwellingup.

In May 1954 the bed capacity of the hospital including 4 male verandah beds, had increased to 17. In September 1958 the bed capacity was increased again to 25 including 6 verandah beds and 3 cots. 24th January 1961 saw a catastrophic bush fire sweep through the Dwellingup townsite and surrounds. Many homes and businesses were destroyed, including the hospital. The separate Nurses Quarters and clothes drying shed at the hospital survived the fires.

In April 1961 the Government of the day decided not to reinstate the hospital, instead using the Nurses Quarters as a Nursing Post. It was felt that it would be some time before Dwellingup would revive, if ever, and Pinjarra would supply hospital facilities for the foreseeable future. The terms of the Board of Management of The Fallen Soldiers Memorial Hospital expired in July 1962. The members did not seek re-election and the Nursing Post came under the administration of the Health Department of WA.

There is an event to commemorate the hospital:

What: Dwellingup District Fallen Soldiers Memorial Hospital Centenary Commemoration

When: Sunday 28th May 2023, 1.30pm with plaque unveiling at 2pm

Where: Old Nursing Post, 2510 Del Park Road, Dwellingup

Afternoon tea provided for those who RSVP to 0499 298 815 before the 19th May 2023.



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