

# MURRAY COMMUNITY NEWSPAPER



14 James Street Pinjarra WA 6208 Ph.: 08 9531 2298 Email: admin@mhr.org.au

#### JULY 2023 ISSUE NUMBER: 316

# Thankyou to Pinjarra Community Bank

Murray House Resource Centre/Pinjarra Community Resource Centre is very excited to announce its new partnership with Community Bank Pinjarra.

Community Bank Pinjarra has generously sponsored our organization with the purchase of new equipment, to help us operate more efficiently and provide better service to our community.

This means that our Team is better equipped to meet the needs of our community members, it also means that

our community members are using the latest technology when they come in to visit Murray House Resource Centre. We have even seen improvements in the production of the Murray Community Newspaper as we are able to produce the content far more efficiently and without technical glitches brought about by aging technology.

In summary the new equipment enables us to continue to help meet your needs, starting at our front counter.

Come in to Murray House to chat with our team and see the difference the equipment makes for everyone.

We sincerely thank Community Bank Pinjarra for their generosity and understanding of our needs, in the process of continuing to provide efficient services to our shared community.

pm1@mercerbryant.com.au www.mercerbryant.com.au





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Welcome to that very chilly but beautiful time of the year, when blankets of frost bring about an amazing show of sparkle and glitter across our landscapes .....and cars!

As we hit the new financial year, the team at Murray House would like to thank everyone for their continued support through the centre, we will continue to be here for you all as we move through the new year.

Look out for next month's edition in which we will be acknowledging the organisations that have supported us across the last 12 months which in turn supports you, our community.

Our Pit Stop Sessions for local communities continue to be developed and whilst there has been some delay, there will be a definite date announced in July. In the meantime, however, we remind all our community groups that the door at Murray House is always open and we are more than willing to continue working with individual groups as we already do.

Sonya was out and about recently, and we provided coordination for the first social support network group meeting with Carer's WA. The group enjoyed one another's company and a great morning tea at Simply Rustic located within the Edenvale complex. If you would like to know a little more about the broad range of supports available for carers, please do contact our friendly team at Murray House. If you are looking after someone in any capacity, it might be a surprise to discover what things you can tap into.

Blister packs - update! If you have used blister packs (think used tablet foil strips), do your bit and drop them into the hot pink wheely bin, located in our front foyer area. Help us to help our environment by stopping needless landfill – every little bit we do together helps

We had a great turn out at the mobile Pinjarra CRC in South Yunderup and in July we are headed out to North Dandalup – spread the word! We will have service provides coming along too so check out the flyer for more information.

Our "Open House" was a great success, as we showcased our facilities and services that are available to all our local businesses. Jackie Campbell did a terrific job in the delivery of the Marketing Hacks workshop before we all enjoyed light refreshments at the conclusion. Many thanks to everyone who attended the event and or workshop.

What's with the purple park bench seat? Some of you will have noticed that there is a purple park bench seat outside of Murray House opposite the Pinjarra Junction Shopping Centre. Watch this space for an update as it has a very special purpose, and we will share more as the project progresses in the coming weeks.

Just a reminder that 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.

Anyone for scrabble or cards or Rummikub (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.

Hold the press! We will be conducting a recruitment drive for volunteers on 2<sup>nd</sup> August 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.

On that note, are you a bit of a tech head? We are keen to hear from anyone who would like to volunteer their time to lead a computing club. This is a great program that is very user friendly. Past participants have shared how they felt very comfortable, safe and importantly, listened to as they embarked on the basics of computers and the world of digital technology.

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



Department of Primary Industries and Regional Development



GOVERNMENT OF WESTERN AUSTRALIA



## better balance club GROUP CLASS FRIDAY 11 AM- 11.45 AM | \$30 Pre-assessment required | Bookings essential | 10% discount for concession card holders Better Balance Club is a low-impact, small Fri: group class designed to reduce your risk of falling through exercises aimed at improving: Mobility Strength Balance Gait Participants will also be coached on ways to reduce their modifiable risks Improve Individual Physio -Your Prevent Falls lead programs Mobility STRONG KNEES IN PROGRESS GROUP CLASS MON + WEDS 4.45 - 5.30 PM | \$45 A supervised exercise program to improve: STIFFNESS INSTABILITY MUSCLE WEAKNESS ACTIVITY LIMITATION and other symptoms of degenerative knee conditions including arthritis What to expect: Functional exercises for real-life improvement

Individualised programs

12 sessions over 6 weeks

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



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

# Come and see us!

- Opening Hours: 0800 - 1600 Mon:
- 0800 1200 Tues:
- Wed: 1000 - 1800
- 0800 1600 Thurs:
  - 0800 1600

## Upcoming Classes/Events:

 Massage Home Basics (Neck and Shoulders)

4th August

- 5PM-6PM
- RSVP essential
- Sideline Series: Acute Injury Management (online)
- Low Back Pain Series: Triage & Early Intervention (online)

## 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



Department of Primary Industries and Regional Development **Backyard Buddies** 

Your monthly guide to pests, weeds and diseases

# European wasp close of season

July 2023



Entrance of a subterranean (underground) European wasp nest. The nest entrance is easily hidden amongst leaves.

#### The European wasp 2022-23 season has drawn to a close with 21 nests found and destroyed.

The optimum time to detect and locate European wasps (*Vespula germanica*) has passed. Traps have been cleaned and now is the time to reflect on another fruitful surveillance season. It is also time to say **thank you** to everyone across WA who adopted a surveillance trap, kept an eye out and reported anything unusual!

#### How did we go?

Nest numbers were much lower than last season; 21 compared to 53. Nest distribution indicates multiple areas of incursion across Perth, predominantly in and around industrial areas – which is typical of this hitchhiking pest. The nests detected did not show signs of 'overwintering', which means they were created this season. This is a promising indication that nests were not missed during last season's surveillance activities.

Public awareness and reporting remained strong. Residents, businesses, and local government all detected wasp activity in good time. This allows for nests to be found and trapping areas expanded where required. And finally, there have been no signs or reports of wasp activity since April!

#### Season highlights:

- 2,800 surveillance traps deployed across the Perth metropolitan region
- 75 regional traps deployed with 0 detections
- 171 new traps adopted by the community, bringing the total of 'Adopt a trap' subscribers to 1076
- 350 public enquiries, with 4 confirmed detections
- 21 nests found and destroyed across 6 Local Government Areas, all in the Perth metropolitan region
- the majority of nests were found in embankments of water sumps and drains
- a nest was located in a wood log at primary school playground – yikes!
- wasp flight paths were tracked to locate a nest on Perth Airport grounds
- no public injuries were reported from disturbing these cryptic and often hidden nests

#### Learn more

The surveillance season runs December to May but reports of suspect wasp activity can be made yearround. For more information about the eradication program, how to identify European wasp or how you can Adopt your own surveillance trap, see **agric.wa.gov.au/wasps** or contact our Pest and Disease Information Service.



#### Report your observations

MyPestGuide<sup>®</sup> Reporter via app or online mypestguide.agric.wa.gov.au Pest and Disease Information Service (08) 9368 3080 | padis@dpird.wa.gov.au



Our members are often asked "What do Lions do?" To put it simply we follow our motto '**We Serve**'. Our projects play a significant part in funding vital medical research, improving health care, assisting adults and children with disabilities, responding to natural disasters and emergencies and improving the lives of others. Some people think all we do is sausage sizzles but there is a lot more to it than that. Our sausage sizzles and raffles are our main fund raisers. In the last financial year we have donated in excess of \$14,000 to local community and Lions Foundations. These foundations include Save Sight, Hearing, Children's Mobility, Youth, Cancer Research and many more. At a local level we support our schools, sporting groups and generally those in need of assistance. Our sausage sizzles can be found at local events like the Pinjarra Festival but we also run them for Blue Light Discos, community groups wanting to raise money for their group etc. One of our dedicated members is currently running a Pyjama Drive and has managed to collect over 100 pairs of new pjyamas for girls and boys ages 1 – 14 in need. These will be distributed to those in need in July through the Alliance Church and OVIS women's refuge. Need assistance? We have funds that we would like to see go to more local schools, groups or families in need. Simply write to Lions Club of Pinjarra (Inc) PO Box 221, Pinjarra or email hillie1@bigpond.com and all genuine requests will be taken to a meeting for consideration.

Our club recently held its Annual Changeover of Office Bearers and enjoyed a beautiful meal at the Pinjarra RSL Hall. Pictured are our Office Bearers for 2023-2024 with PDG Alan Hawkins.

Why would someone join the Lions Club? As a Lions Club member you'll join a local group of service-minded men and women who volunteer to support your community every day. You'll also become a member of Lions Clubs International – a respected international organization, a leader in your community and a friend to people in need. For more information on becoming a member please contact myself or my husband Les on 9586 1749 for more details.

Keep safe and warm.

Sue Hill PR



Next get together is 10am Thursday 27th July at Jarrah Infusion

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

Join the Pinjarra social support group.

**Carers WA** 



www.carerswa.asn.au



1300 227 377

Registrations essential—call 9228 7400 to book



Welcome to an update on the happenings at the model boat club. The Annual General Meeting was held at the end of May during which the election of the Executive Committee to lead the club through the next twelve months took place. Following special elections held in April to fill two vacancies of Commodore and Vice Commodore / Public Relations Officer, Jeff Galloway and Fred Backshell were re-elected to those positions. Alan Hawkins was elected as Hon. Secretary / Treasurer with Bill Hunt returned as Properties Officer. The remaining position of Committee Person saw Toby Backshell-Jones having reached Senior membership age elected to that position.

The club has applied to the Department of Mines, Industry Regulation and Safety to approve a new Club Constitution, revised from previous versions to bring the document up to compliance with the latest statutory requirements and mor fitting to the club going forward.

Competitions continue through the winter months, weather permitting each Thursday afternoon and each second Saturday afternoon for yachting events with powered boats competing each Sunday morning. Work is in progress to raise the lawn level sufficient to remain above high-water level when the lake fills to capacity with winter rains. A path will be incorporated in this project to prove a non-slip walkway to the wharf, a major benefit to all but especially those members who have mobility difficulty walking on sloping grass which can be spongy underfoot or slippery when wet.

The club is always seeking new members, should they wish to become active in model boat construction or sailing, or as an Associate for those who wish to enjoy friendships, watch the action on the water or perhaps lend a hand with improvement jobs around the facility, no major experience or special tools required. Contact details are provided in the community directory pages in this newspaper.

Fred Backshell. P.R.O.



The photo above shows recent Free Sailing day activity saw Alan Hawkins' model of USS Abraham Lincoln at over 250cms long being a little overbearing beside Fred Backshells steam driven PS Pevensey at 120cms long.



We received a grant from the Murray Shire for improvements to the North Yunderup Hall and we have now fenced off the land, which I am sure our neighbours appreciate.

A gazebo was also purchased as part of the grant and a big thankyou to Alcoa and the team of volunteers, led by Pat Brown who have installed it, they were a great team and built it in less than a day.

There are more improvements still in the planning stage which will hopefully make the Hall more useful for all North Yunderup residents.

#### **Other News**

We have started working with the Mandurah Environment and Heritage Group to see what we can do to protect and improve our beautiful wetlands area.

On the recycling front we have put recycling bins at the boat ramp, one is for bottles and cans in partnership with Containers for cash Mandurah and all money received will be used for community events or improvements. There are two other bins at the boat ramp, one for Blister Packs and one for plastic and wine bottle tops which all go to Boddington RRR for recycling.



# **PINJARRA BOWLING & RECREATION CLUB**

The Pinjarra Bowling & Recreation Club was thrilled to be awarded 2022-2023 Country Club of the Year, at the Bowls WA Awards Night, held at Optus Stadium.

Over the last 12 months the Pinjarra Bowling & Recreation Club has had a very successful season, with the Men's and Ladies Pennants teams being successful flag winners and gaining promotion next year. Pinjarra has also

recently celebrated our 73rd Anniversary Event, as the oldest club in the Murray District Bowling League.

As a club we work closely with the Shire of Murray and local politicians on collaborative projects and initiatives to support sporting & recreational development in the region and have an ongoing commitment to provide quality sport and leisure facilities for our members and the community.

Being awarded Country Club of the Year is a great achievement for our small but progressive club and our members are incredibly proud and honoured.

If you'd like more information about the Pinjarra Bowling & Recreation Club, please get in touch.

Phone: 08 95311840

Email: pinjbowls@bigpond.com



Like us on Facebook: **U** https://www.facebook.com/pinjarrabowlsclub

## 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.



# Dog Grooming Services

# Margaret and Neil

21 Coopers Mill Way Ravenswood

> Phone for appointment 0439949066

Full Groom from \$70 small \$80 med \$90 Lge

#### 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
1⁄4 Page: 19.4cm x 6.6cm	\$60
1⁄4 Page: 9cm x 13.5cm	\$60
⅓ 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

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 21st July 10am



# Murray Community News Distributors:

Landmark Waroona	
Puma Petrol Station Waroona	
Coolup Store	
Mitre 10	
Leisure Centre (Pool)	
Bedingfeld	
Pinjarra Medical	
Pinjarra Stock feeds	
Pinjarra Saddlery	
Pinjarra Bowlling Club	
Vibe, Pinjarra and Coolup	
Belswan Village	
Pinjarra Junction	
Muffin Break	
Jarrah Infusion	
Bendigo Bank	
Dome	
Pinjarra Art Hub	
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ews Distributors.
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Pharmacy Ravenswood
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Murray Library
Pinjarra Doctors
Terry White Chemmart
Dwellingup IGA
Dwellingup Visitor Centre
Murray Shire Office
Fairbridge Village
North Dandalup Post Office
Pinjarra Butcher
Newsagent Pinjarra
Elite Eyewear
Greenhouse Real estate



9531 3155 ≅ robyn.clarke.mla@mp.wa.gov.au

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#### Murray Community Newspaper Article—July 2023



With the winter months upon us, it's a timely reminder to take that little bit of extra care on the roads. Pinjarra Police have had to attend several very serious crashes lately.

One 25<sup>th</sup> May we had two serious crashes within an hour, one in Ravenswood and the other on the Pinjarra – Williams Road. Luckily both drivers were alive, but badly injured, the rescue helicopter had to attend one of the crashes to immediately get the injured person to hospital. I really need to acknowledge the great work of our local volunteers. The Pinjarra Fire and Rescue and one of our Shire of Murray Rangers who is also a volunteer ambulance officer, attended and worked alongside career paramedics and fire fighters. It was great to work alongside them. I have so much respect for people who volunteer their time to help others in the way that they do.

To try and keep people safe, Pinjarra Police will be out and about stopping as many vehicles as possible, conducting RBT's and random drug tests.

At the end of April there were a few cars broken into in South Yunderup with wallets and purses stolen. After that the suspects went on a "tap and go" spending spree. Luckily for Police several of the locations they used the stolen cards had CCTV, unfortunately we didn't know who they were. With a fair bit of investigative work, we did identify two suspects who were arrested in Baldivis. The duo had been offending from Busselton to Gosnells. These two were opportunistic offenders and "we" make it easy for people like this by leaving valuables in vehicles. Please make life harder for them and take your belongings with you.

In my last article I wrote about a suspect who took off from me in a boat on the Murray River, after we had seized his motorbike. I said that he could run but not hide. On 16<sup>th</sup> June this person was arrested by Pinjarra Police for other matters and is currently sitting in Hakea Prison.

In November 2022 Pinjarra Police charged a local woman with a variety of driving offences. The matter went to trial in the Mandurah Magistrates Court in February 2023. The accused gave evidence that she was not the driver of the vehicle at the time. An associate of the accused gave sworn evidence that they were in fact the driver not the accused.

Pinjarra Police began an investigation believing the duo had committed perjury in an effort to have the accused in the matter found not guilty. The investigation was handed over to Mandurah Detectives for completion.

On the 20<sup>th</sup> June both women were arrested and charged with Perjury and will appear before the Mandurah Magistrates Court on 27<sup>th</sup> June.

In closing please continue to assist Police by reporting suspicious activity. Apart from Crime Stoppers and 131444 an easy way is to go to the app store on your phone and download "Eyes on the Street". This app makes it so easy to report suspicious activity and allows you to upload photographs.

Mark HOWES—Senior Sergeant 8761, OIC Pinjarra Police.



# Happenings at Pinjarra Arts Hub

Our annual big event the Pinjarra Festival is now done and dusted once more and we hope all our readers who visited had a roaring good time. Judging by the comments we received from the public it was one of the best events the Shire has put on at Edenvale. Trading was brisk in our arts and crafts shop over the two days and many customers took home examples of the fine articles hand-created by our talented members. Whether it is an item bought to indulge yourselves or a gift for a friend or relative, you will never be disappointed with the range available. We keep our pricing affordable, Eftpos is available for your convenience and members are always on hand to help with your purchases.

**Pinjarra Arts Hub** has been a teaching establishment for many years. If you would like to try your hand at Pottery, Painting & Drawing, Leadlighting, Mosaics or Print Making give the following ladies a buzz. You don't have to be an expert to have a go. You will also find their flyers in our shop with times and phone numbers.

Classes and Self-Help Groups 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 1<sup>st</sup>, 2<sup>nd</sup>, & 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

#### Who's who at the zoo

#### Introducing Gwen Atkinson

Gwen, is one of Murray Arts longest serving members with twenty-eight years of involvement. She was at Committee level for eighteen of them, and served as President in the Chair for eleven and Vice President for two. She was born in Wagin, just prior to the Second World War, to farming parents, the youngest daughter of a family of 9. Although times were hard post war, she has fond memories of her early school days and, at the age of 6, being double-dinked to classes by her elder brother and causing a momentous crash by sticking her foot in the front wheel to guide the bike, as she thought.

Gwen was interested in art from a very young age, winning prizes at the local Agricultural Show in 1946/47. She remembers the farm being under water after heavy rains and many years later the mud brick house where



she had been raised being completely washed away. Darkan was her next home where her dad had bought another farm. At Glenorchy school she became very interested in sports and won trophies in under 12 athletics. At 13 she attended Bunbury High School so was the only member of her family to have a high school education. At 16 she decided she ought to be out earning a living and thought that getting a job would be easy. Unfortunately, this was not the case, and after many tries the only work she could find was cutting sandwiches and washing pots in a very busy restaurant. Later Gwen was employed temporarily at Woolworths and full time at Sherry's Department store. Much later on arrival in our neck of the woods she spent eight years in retail of men's clothing when the Mandurah Forum first opened its doors and claims she still takes note of what we guys are wearing. In her leisure time she became a Marching Girl and also tried her hand a basketball but says she was hopeless at that. In fact, sports were not really her forté. She tried tennis but says she wasn't too flash at that either, but persevered along with badminton, and both became part of Gwen's and husband Tom's social life. Gwen's life story is too long and her experiences too many to fully recount here. With her growing family, she has lived and worked in many West Australian towns and seen much of the great wide world including the UK, Europe, Canada and America with visits nearer home in Tasmania and New Zealand. Gwen has tried her hand at most crafts, but art, ceramics, sewing and gardening have been her favourite interests. She has gained many awards and certificates of appreciation for commitment and dedication to various causes. She says she finds volunteering most rewarding and has met some lovely people and made lots of special friends. She has many priceless memories and her family has continued to blossom too. She now has 12 Grandchildren and 10 Great Grandchildren.

Now that is quite a houseful, especially at Christmas.

Mike James...Public Relations

# **Positive Thoughts**

### ARE TEENAGERS LIKE CATS?

Recently I read an article that suggested that the way children behave can be related to cats and dogs. The writer suggested that younger children behaved a bit like our dogs do and that our teenagers behave a bit more like cats. This made me chuckle a bit as I read through the article because I was once a teenager (*many years ago*), I have had 3 children, and I now have 4 of my grandchildren in their teen years.

So how did the author make the comparison?

It's easy to be a dog owner. We feed it, train it, you tell it what to do and it is mostly compliant. It puts its head on our knee and gazes at us as if we were the most important thing in the world. Our pooch is excited when we come home and runs to us enthusiastically. All of this is also a general description of how our younger children usually respond to us.

Then around age 13, our adoring little puppy turns into a big old cat. When we tell it to come inside, it looks amazed, as if wondering who died and made you emperor. Instead of dogging our doorsteps, it disappears and reappears when it gets hungry. When we reach out to ruffle its head, in that old affectionate gesture, it twists away from us, gibing us a blank stare, as if trying to remember where it has seen us before.

Flooded with guilt and fear, we double our efforts to try and restore the old behaviour. Only now we're dealing with a cat, so everything that worked before now produces the opposite of the desired result. Call it, and it runs away. Tell it to sit, and it jumps on the counter. The more we go toward it, wringing our hands, the more it moves away. Instead of continuing to act like a

dog owner, we have to learn to behave like a cat owner. Put a dish of food near the door, and let it make the move to come to us.

In the middle of all this we need to remember that a cat needs our help and our affection too. Sit still, and it will come, seeking that warm, comforting lap it has not entirely forgotten. Be there to open the door for it.

One day our grown-up child will walk into the kitchen, give us a big kiss and say, "You've been on your feet all day. Let me get those dishes for you." Then we'll realize that our cat is still a dog at heart.

Like all parents, we hope that day comes soon.

Pastor John ComanPinjarra Alliance Church0402033285Check us out on Facebook



Rev. John Coman



EVERYONE IS WELCOME

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

<u>Telephone:</u> 9531 1227 <u>Email:</u> staugpin@westnet.com.au <u>www.pinjarracatholic.org.au</u>

St Augustine's Catholic Church George Street, Pinjarra

Sunday Mass : 10:00am every Sunday

Weekday Services:

<u>Wednesday:</u> 9:10am Rosary 9:30am Mass, followed by morning tea & Scripture Reflection <u>Friday:</u> 9:30am Mass

Baptisms & Weddings by appointment Catechism & Sacramenstal Classes after school hours on Monday



#### 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: <u>pinjarrauca@gmail.com</u> 0418 932 243 9531 1244

#### <u>Anglican Parish of Pinjarra Waroona</u> <u>service times</u>

Pinjarra 8:30 am every Sunday

Waroona 10:30 am every Sunday

Dwellingup 10:30 every  $1^{st}$  and  $3^{rd}$  Sunday of the month

Coolup 5pm 1<sup>st</sup> 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 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



It might be chilly in late June and early July, but there's still plenty to plant in the garden now.

From your favourite vegies and herbs to beautiful flowers to bring colour, bees and butterflies into your garden.

For a start there's delicious citrus fruit to be picked and Strawberries, Peas and Potatoes can be planted.

Fill garden beds and pots with flowers like Hellebores, Roses, Lavender, Grevilleas, Zygocactus and Hoyas. Learn how to rewild your garden and prevent future problems like lawn Bindii and stone fruit which can get and will get Leaf Curl.

Time to plant out your brassicas now including cabbage, broccoli, cauliflowers and kale. Don't leave this any later as white cabbage moth will attack these precious plants in late September and October as they are hard to control and will spoil your crops.

Peas, potatoes, turnips, beans, root vegetables and onions. It is too late to plant out garlic, this plant should be in no later than mid May.

All your favourite flowers can be planted out as seedlings into well prepared soil.

July is the time to Plan your summer garden areas for vegetables and flowers.

You must select an area that requires 6-8 hours of summer sun, so begin to dig in all your green grass which is green manuring and add animal manures to this soil then let this area sit until late August and plant out all your spring and summer plants. You will be rewarded with mobs of tomatoes for Christmas, melons, cucumbers and pumpkins for later.

Check for pests and diseases in the garden. Most insect pests live in areas you don't look at, your weeds. Many pests over winter in the weeds around your property so get rid of all these weeds.

For the citrus growers check out your citrus trees for citrus gall wasp, sooty mould and leaf minor.

Also spray your nectarines and peaches for leaf curl, which most gardens in the Peel and Murray regions have leaf curl. Spray a copper solution which can be purchased from your local nursery. This must be done at least twice before bud burst which will be in most varieties in July and August. Please do not ignore this as leaf curl can take 100% of your crop. Citrus gall wasp are galls on new twigs in your trees and sooty mould is the black stuff on leaves and trunk.

Why not head out to the shed and sharpen, oil and maintain your garden tools. Sounds tedious, but it's really rewarding and will save you cash in the long run. Practicing tool hygiene will prevent the spread of disease.

There is so much to do in the garden and a lot more to do in the garden shed. Get off the couch and put on the thermals, the beanie, a coat and your gumboots and warm yourself up with some winter garden love.



Happy gardening! John Bodycoat





waroonacarpetcare@outlook.com Karen 0482 692 273



#### Real Estate Settlements: Residential, Commercial, Vacant Land & Rural Private Sales | Subdivisions | Deceased Estates | Change of Name Related Party Transfers including Court Orders & Transfers Landgate Information/ Title Searches

# Why am I the easier way to settle?

I am a **mobile service** which means I can come to you and **guide you through the document signing** as well as completing your Verification of Identity.

I can even come to see you on weekends!

I appreciate how stressful settling any kind of property can be and that is why I make it my job to ensure that this part of **your transaction is effortless.** 

Please call Dominique on 0408 924 581 to discuss your settlement requirements.

#### www.pinjarrasettlements.com.au

T 0408 924 581E dom@pinjarrasettlements.com.auPO Box 82, North Dandalup WA 6207 ABN 12 786 828 247



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, <u>admin@poopswa.org.au</u> or go to <u>www.poopswa.org.au</u>.

## HAMEL NURSERY

NATIVE TREE AND SHRUB SEEDLINGS - \$1.20 Advanced trees and Citrus BULK ORDERS - HALF PRICE HUGH RANGE NOW AVAILABLE PLANT PILLS, TREE GUARDS, PLANTERS MONDAY TO FRIDAY 9 – 4 SATURDAY am – BY APPT. Telephone 0439 769 379 info@hamelnursery.com.au

178 ATTEIN RD. COOLUP



18 South Western Highway 97331454 Agent for





Technology training may be arranged on a 1 to 1 basis.
Call us to discuss training for Tablets, Smart phones, Laptops. We also teach, Word, Excel, Publisher, Outlook, at a range of levels to suit your needs.
PHONE 9531 2298 TO MAKE YOUR BOOKING

#### **Government Online Access**

Computer access for Online Inductions

#### 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							
Atwork Australia - ParentsNext	By appointment							
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							
AMD Chartered Accountants	Weekly on Thurs by Appointment							

#### VIDEO CONFERENCING SERVCES 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

Media Release



#### Shire of Murray Council Plan 2023-2033 adopted

Council has adopted the Shire of Murray Council Plan 2023 – 2033, setting the Shire's priorities for the next ten years.

Shire President, Councillor David Bolt, said the plan sets a new vision for Murray; an outstanding place for community, lifestyle and opportunity.

"Informed by significant community consultation, our Council Plan represents community priorities and aligns our actions to them," said Cr Bolt.

"The plan includes five strategic focus areas - people, planet, place, prosperity and performance – with a particular focus on health, economic development, tourism development and environmental sustainability.

"Inclusive of 185 specific actions across multiple themes, the plan outlines the deliberate steps we will take to drive outcomes and achieve our vision," added Cr Bolt.

The formal adoption of the Shire's Council Plan 2023 -2033 took place at last night's Council meeting. It follows the most comprehensive period of public consultation in the Council's history.

Consultation included community workshops, community surveys, seminars, an online community voicebank and the Shire's first-ever youth summit. 1476 surveys were completed, and 66,852 words of community ideas, suggestions and recommendations were collated.

"On behalf of Council, I would like to thank everyone that contributed towards this shared vision for Murray. We look forward to continued conversations as the plan is implemented," added Cr Bolt.

Prior to its formal adoption, the plan was presented to more than 150 people at sundowner event on 7 June. This provided community further opportunities to raise questions and provide feedback, which was very positive.



The Shire of Murray Council Plan 2023 – 2033 can be viewed on murray.wa.gov.au. Copies are also available to view at Murray Library.



# **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
Churche	S
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
<u>Freemason:</u>	

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



#### WERE YOU A NASHO?

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

#### Answers for crossword on pg 22

ACROSS	Down
3. Lemon	1. Lime
4. Banana	2. Almond
6. Orange	5. Apricot
9. Coconut	7. Avocado
12. Watermelon	8. Cucumber
13. Mango	10. Kiwi
14. Blueberry	11. Strawberry
16. Starfruit	15. Grapes
17. Cherry	

## **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.piniarrahpc.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@iinet.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 3<sup>rd</sup> 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**

100 Office number 0419827554 MEN'S SHED Email contact@pcms.org.au Open 9.00am to 1.00pm Mon-Sat

#### COMBINED PROBUS 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



"Your Local Connection"

### LOCAL MARKETS

#### **DWELLINGUP MARKETS**

Located at CWA hall. 3<sup>rd</sup> Sunday of the month. 9am - 1pm Great variety of stalls For more information call Bev 9538 1151 or Colleen 0438 916 719

#### **BODDINGTON MARKETS**

1st Sunday of the month, 8am-11am, Boddington Old School Oval, Phone: 9883 8246

#### HOTHAM VALLEY TOURIST RAILWAY

**TRAIN RIDES – Dwellingup** 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



"Families, Friends & Lifestyle"

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 AUXILARY

\*\*VOLUNTEERS NEEDED\*\*The Auxiliary 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

Peel Zoo at Ravenswood Located next to Model Boat Club Inc. 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. Winter start time 2pm.

Editor Jasmine Moore Advertising Jasmine Moore





(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 detailsTanya Langford 0402 386 761

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#### Disclaimer

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#### **PINJARRA FAMILY CHURCH**

Friendship Restoration Empowering Equipping

289 Wilson Road

Service time: Sunday 10-11.30am

Followed by free morning tea

All warmly welcome

Daily Bread R Us Community Care: Wednesday 10-1pm

Office hours: Mon & Wed 9-3pm

Youth group, Ladies & Men's groups For more information: Ps Sheryl Gangell

Senior Minister 0424239367



Contact Secretary Christine Ph 9537 6543

www.u3amandurah.org.au



Sailing every Wed. & Sat. 1pm. Austin Lake, Inlet Blvd. South Yunderup All welcome, boat available to try. Austinlakesradiosailing@gmail.com. Contact. Dave 0403 063 148

#### **PINJARRA MARKETS** AT EDENVALE HOMESTEAD

2nd Sunday of each month Sept-May 7am-12pm Twilight Markets, Food Trucks 3rd Saturday of each month Nov, Dec, Jan 5-9pm All enquires 0400310370



#### **Curtain Up!**

Primadonna Productions is presenting the very funny play Curtain Up! at the Pinjarra Civic Centre on October 13<sup>th</sup> (7-30pm) and 14<sup>th</sup> (2pm & 7-30pm.)

Michael passes away and leaves a run-down theatre jointly to the five women in his life (his mother, wife, daughter, ex-wife and secretary). The dilapidated state of the theatre, and the frostiness between some of the ladies looks like a recipe for disaster, but together they manage to come up with an ill-fated plan (involving a very big star) to raise funds to restore it to its former glory. Full of surprises, and unexpected warmth, you will be entertained and very amused as they negotiate their way through the unfamiliar territory of theatre management and serious fund raising. An



experienced cast of local ladies are looking forward to presenting this show for your enjoyment!!!!!

Booking link on the flyer.....please note bookings are through TRYBOOKING. All seats are \$13.50.

Booking link: https://www.trybooking.com/CIXLR

Complimentary glass of sherry or port on arrival or at interval for all our patrons 18 and older! Look forward to seeing you there, your support of our local community theatre is very much appreciated!

Carole Dhu (caroledhu@hotmail.com)



# **Pinjarra Croquet Club**

#### CELEBRATING THE 1<sup>st</sup> YEAR ANNIVERSARY OF PINJARRA CROQUET CLUB

#### CROQUET IS BOOMING STATEWIDE

New clubs are starting up in Waroona, Nollamara, Hyden, Belmont and Byford..

Our wonderful Pinjarra club - is one year old this July. Happy birthday Pinjarra Croquet.

Come and join in the latest croquet craze at 2pm each Thursday on Sir Ross McLarty Oval, enter from Lovegrove St. You will be most welcome and we have mallets to lend you. You don't need anything special to come and have a try - apart from a hat and flat shoes. Our coaches will show you how to play and there are home made bickies after the game !

Croquet is a game for all ages and abilities and is played all year round in the fresh air. It provides mild exercise for the body, plus strategies and tactics to keep the brain alive. Come and make new friends with us.

The Murray Shire has been most supportive, giving us a grant for equipment and much needed advice to get us going. Bendigo Bank has also given us funds for additional mallets and balls.

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

## 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 cove 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.



Croquet coaching session for new players

### **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 by guests Irma Walters, Ron Richards and our own convict-research team. about the convict era in St John's Church Pinjarra on Sunday July 9 from 11 to 12.30pm.

This event is free, and we welcome those interested in this aspect of the Pinjarra and Murray Districts History to join us.

After the talks, we will move over to the historic Edenvale Precinct for a simple lunch.

If you wish to join us for lunch the cost will be \$15.00 per person, payable in advance.

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/

Register your interest by email convicts.sig@fhwa.org.au Please include your phone number in the email. Bevan Carter 0481 525 002 or Julie Arrowsmith 0407 081172

# .... Window **Cleaning**

. . . . . . . . . . .

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peters.sl@bigpond.com 20 Fields Street Pinjarra Industrial Area

**Out of the Blue** 

# TerryWhite Chemmart. Pinjarra

In recent months, there has been a noticeable increase in the number of patients seeking advice about shingles. Often the condition can be quite painful and debilitating. WE hope this article highlights what to look out for and how best to protect yourself.

Shingles, also known as herpes zoster, is a painful and debilitating viral infection caused by the reactivation of the varicella-zoster virus (VZV), the same virus that causes chickenpox. Shingles occurs when varicella-zoster virus, which remains dormant in nerve cells after a person recovers from chickenpox, reactivates later in life.

This reactivation can be triggered by factors such as ageing, a weakened immune system, physical or emotional stress or certain medications.

Almost all adults are at risk of developing shingles, as more than 95% of Australians over the age of 30 have been infected with Chickenpox. It is estimated that 1 in 3 people will develop shingles in their lifetime.

The hallmark symptom of shingles is a painful, blistering rash that typically appears on one side of the body, following the path of a nerve.

#### Symptoms and Complications:

Early recognition of shingles symptoms is essential for timely intervention. The common signs and symptoms include:

- Pain, itching, or tingling sensation in a specific area of the body.
- Development of a red, blistering rash that follows a nerve pathway.
- Blisters that eventually break open, crust over, and heal within a few weeks.

While most cases of shingles resolve without complications, clothing. some individuals may experience prolonged nerve pain.

Other potential complications include bacterial skin infections, vision or hearing problems and facial paralysis (if the virus affects the facial nerve).

#### Treatment:

If you have been diagnosed with shingles, your doctor may prescribe specific medications to help manage the symptoms and speed up the healing process. Here are the common types of medications used in the treatment of shingles:

**Antiviral medications:** These medications are the primary treatment for shingles. They work by suppressing the replication of the varicella-zoster virus, reducing the severity and duration of the illness.

# Shingles

Examples of antiviral medicines commonly prescribed for shingles include aciclovir, valaciclovir, and famciclovir. It is crucial to start antiviral treatment as early as possible, ideally within 72 hours of the rash onset, to achieve the best results.

**Pain relievers:** Shingles can cause intense pain, especially during the acute phase and even after the rash has healed. Over-the-counter pain relievers like paracetamol (Panadol) or nonsteroidal anti-inflammatory drugs (NSAIDs) such as ibuprofen (Advil, Nurofen) can help alleviate pain and reduce inflammation.

**Topical creams or ointments:** Calamine lotion or lidocainecontaining creams or gels can be applied topically to the affected area to help soothe the itching, burning, and discomfort associated with shingles. These topical treatments can provide temporary relief.

#### Prevention Strategies:

**Vaccination:** The most effective way to prevent shingles is through vaccination. There are two vaccines, Zostavax and Shingrix, registered for use in Australia to prevent shingles in adults aged 50 and over. People aged 70 years are eligible for the Zostavax vaccine at no cost under the National Immunisation Program (NIP). Those aged 71-79 can also get the Zostavax vaccine for free until 31 October 2023.

**Boosting Immunity:** Maintaining a healthy immune system is crucial in preventing shingles. Strategies to boost immunity include eating a balanced diet rich in fruits, vegetables, and whole grains, engaging in regular exercise, getting enough sleep, and managing stress levels.

**Hygiene Practices:** Practicing good hygiene can reduce the risk of contracting and spreading the varicella-zoster virus. This includes frequent handwashing, avoiding close contact with individuals who have active shingles or chickenpox, and covering the rash or blisters with a clean bandage or clothing.

TerryWhite Chemmart Pinjarra can provide vaccinations for shingles prevention, no prescription required. To discuss with a pharmacist please call us on 9531 2436 or book online terrywhitechemmart.com.au

Regards,

Rob, Yang & Rebecca

**TerryWhite Chemmart Pinjarra** 

27 Forrest St, Pinjarra

9531 2436





We are a group of Ladies that enjoy our social get together. Quilting as well as Hand Embroidery.

The Pinjarra Festival was a very good weekend, we also had a raffle that was drawn on Sunday 4<sup>th</sup> by Murray Shire President, David Bolt, the results are in the West Australian.

Our building is the old school House where we do our craft, and we are happy for you to come and watch our members making their items.



**PINJARRA** PATCHWORK AND QUILTERS

1 Henery Street

Phone 95311026

Ν



Featuring Coles, K-Hub, Australia Post, Pinjarra Meat Supply, Dome, The Lucky Charm Newsagency, SportsPower, Plus Fitness, James St Travel & Cruise along with a variety of food outlets and specialty retailers for your shopping convenience.

#### **Proudly managed by**



LEASE EQUITY

21 - 31 George Street, Pinjarra pinjarrajunction.com.au



Gives talks each third Friday of the month

Δt

MURRAY HOUSE – JAMES ST PINJARRA 10am - 11am

> Friday 21<sup>st</sup> JULY Christine O'Brien

Will continue with her ongoing series on

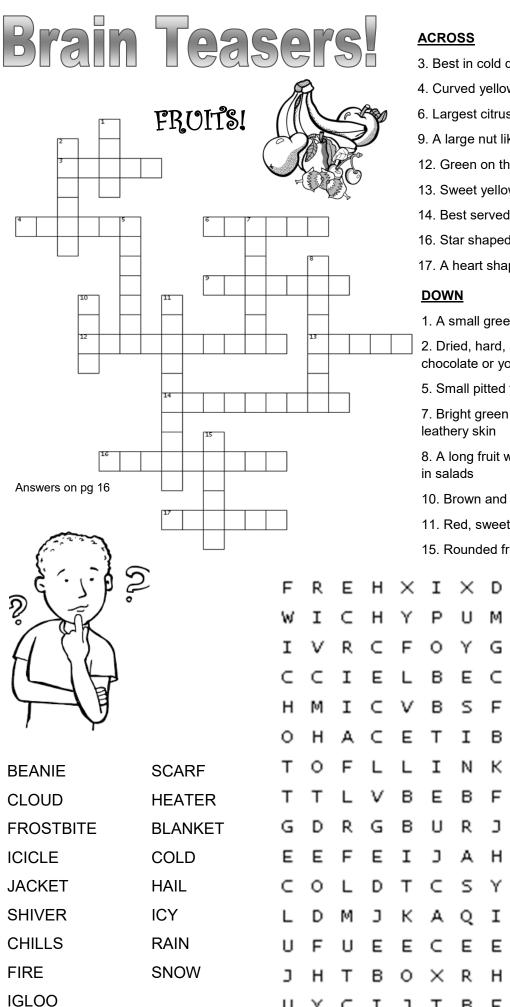
### SHIPWRECKS OF WA This month exploring

MANDURAH TO ESPERENCE









- 3. Best in cold drinks
- 4. Curved yellow fruit with a thick skin
- 6. Largest citrus fruit in the world
- 9. A large nut like fruit that grows in high trees
- 12. Green on the outside and pink on the inside
- 13. Sweet yellow tropical fruit with smooth skin
- 14. Best served in jams or smoothies
- 16. Star shaped fruit
- 17. A heart shaped stone fruit
- 1. A small green zesty fruit
- 2. Dried, hard, and most commonly eaten with chocolate or yogurt
- 5. Small pitted fruit, size of a golf ball

7. Bright green fruit with a large pit and dark

- 8. A long fruit with a hard green skin best served
- 10. Brown and furry with a white centre
- 11. Red, sweet and covered in seeds
- 15. Rounded fruit that grows in a cluster

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Hi everyone, well it's time to let the community know what's going on at our Pinjarra Community Men's Shed and as usual we have been very busy with all sorts of projects. We have completed the construction of our hazardous materials shed and installed a bank of shelving in the engineering section of our Shed. We had a stall at the Pinjarra Festival which was a great weekend where many people got to actually see some of the items that we make at our Shed, all of which were for sale. We also had one of our model trains running around the tracks which attracted a great deal of attention, especially from children. We thank the Pinjarra Community Garden for sharing their gazebo since we discovered ours had huge tear in it.

We have now got a small one-ton flat deck ute which has proven to be very handy for transporting timber and machinery. We must thank the Peel Community Kitchen who donated a covered in trailer which will be very useful for transporting and displaying items for fairs, markets, and festivals.

Our members social room (Barrie's Room) has been well used, last month we hosted an event in conjunction with Mens Regional Health which was attended by 20 people some of whom are members, and some were from our local community. Last week we hosted an event with guest speaker Senior Sergeant Mark Howes from Pinjarra Police Station who delivered a very informative talk regarding home security and burglaries in our region. This was also well attended, and everyone enjoyed the morning tea to follow. We will be hosting more events as the year progresses.

The Pinjarra Community Men's Shed Model Train shop is working well and the hiccup with the trains has now been corrected. I must thank our group of dedicated volunteers with extensive train orientated knowledge who are working on getting the trains running around two different tracks while construction continues on future new tracks. We have on display items for sale which have been made by our members, we also take orders from people who might be looking for that special one-off gift. So, we invite everyone to drop into our shop at the Pinjarra Junction Shopping Centre and check out our gift shop and model trains. EFTPOS is available.

We have some disabled members who are active within our Shed, some of whom are keen on fishing, so they have been making accessories to improve their fishing skills. One of our members, Andrew Guest, who is a carer for people with disabilities has organised a fishing group, so we donated some fishing rods and reels which has given these people a new interest to improve their lifestyles. If anyone out there has some fishing rods that are tucked away in the shed not being used they would be very much appreciated, they can be dropped off at Pinjarra Community Men's Shed. We are situated at 28 Pinjarra-Williams Rd, just down from the railway station, next door to the Community Gardens. We are open Mondays, Wednesdays, Fridays, and Saturdays from 9.00am to 1.00pm.

Just a reminder, we still have the recycling bin at the northern end of our Shed, we thank everyone for dropping off their recyclables. This includes most aluminium cans, paperboard single serve drink containers, single serve alcohol containers but please remember to remove any lids which are recycled separately.

The Saturday morning BBQ is still a big hit with sausage, bacon, egg, on bread, toast or roll, and bottomless tea & coffee, we ask \$3.00 from members and \$4.00 for visitors.

Jim Salmon

Chairman

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# **HOTHAM VALLEY RAILWAY**

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JULY 2023

## **TIMETABLE**



#### TRAINS DEPART FROM DWELLINGUP STATION

1 Marrinup St, Dwellingup

Day	Date	Service	Departure		
Saturday	1 July	Forest Train	10.30am and 2pm		
Saturday	1 July	Restaurant Train	7.30pm		
Sunday	2 July	Steam Ranger	10.30am and 2pm		
Wednesday	5 July	Steam Ranger	10.30am and 2pm		
Saturday	8 July	Forest Train	10.30am and 2pm		
Saturday	8 July	Restaurant Train	7.30pm		
Sunday	9 July	Steam Ranger	10.30am and 2pm		
Wednesday	12 July	Steam Ranger	10.30am and 2pm		
Saturday	15 July	Forest Train	10.30am and 2pm		
Saturday	15 July	Restaurant Train	7.30pm		
Sunday	16 July	Steam Ranger	10.30am and 2pm		
Saturday	22 July	Forest Train	10.30am and 2pm		
Saturday	22 July	Restaurant Train	7.30pm		
Sunday	23 July	Steam Ranger	10.30am and 2pm		
Saturday	29 July	Forest Train	10.30am and 2pm		
Saturday	29 July	Restaurant Train	7.30pm		
Sunday	30 July	Steam Ranger	10.30am and 2pm		
Saturday	5 August	Forest Train	10.30am and 2pm		
Saturday	5 August	Restaurant Train 7.30pm			
Sunday	6 August	Steam Ranger	10.30am and 2pm		



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Once again Hotham Valley Railway has been victim to senseless acts of vandalism with damage to heritage locomotives and infrastructure. Despite the frustration to members it is thanks to their resilience they continue to overcome these obstacles for the benefit of the railway. However, the general public are again asked to report any damage or suspicious activity in and around the Station precincts to assist in the apprehension of offenders.

This month saw the Board meet for the first time with new members. It has been sometime time since the board has had full membership. Therefore the opportunity was taken to allocate tasks to the members to ensure the background tasks were spread evenly amongst the group. Some of new appointees were surprised at the volume of administrative tasks which have been undertaken by a limited number of people.

On the maintenance side of things a large seatainer has been placed at Dwellingup and is currently being fitted out for use as additional workshop area. This has involved plumbing and electrical services being connected. A more congenial work space will benefit members who are involved in the engineering tasks required to keep the railway operating.

Although the members are continuing the annual track maintenance program it has been insufficient due to volunteer numbers to keep ahead of what is required. Therefore, plans are in place to ramp up the effort with support from fellow railway enthusiasts from Puffing Billy. Over the four weeks of concentrated effort the required number of replacement sleepers and re gauging etc will bring the program back on target.

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Bank Pinjarra.

Records continue to be broken with passenger numbers on the Steam Ranger service. One Sunday during May the service was at full capacity and several patrons were turned away. As I have often said there is a necessity to book early to avoid disappointment by attempting to purchase a ticket after arriving one the day at Dwellingup. This also applies to the Restaurant Train as it is nearly always booked out some six weeks in advance. During July School holidays additional Steam Ranger services will be operating each Wednesday are always popular so book early.

The Forest Train, even though it has open carriages is still proving a popular trip as the majority of passengers enjoy the "fresh air" while travelling through the scenic forest or taking the bush walk at Etmilyn

On line bookings are available for Forest, Restaurant and Steam Ranger Services.

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



Forest Train crossing Davis Brook

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#### 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.

#### **Diary Note:**

The Convict Interest Group of Family History WA will visit Pinjarra on Sunday July 9, 2023.

We thank the Murray Districts Historical Society and Merv Beacham who will host and assist with the organisation of the day.

#### Interested locals are invited to join us for this free event below:

#### **Programme for the day:**

We will assemble in St Johns Church by 10.45am for an 11.00am start.

- Guest Speaker, Ron Richards, renown local historian and author of:
  - "The Murray District of Western Australia: A History"

"Murray and Mandurah"

A Sequel History of the Old Murray District of Western Australia will give a short talk on early landowners of the district.

An overview of the large number of convict men with a connection to the district and the contribution they made to its development will follow.

- **Guest Speaker, Irma Walter,** author and researcher will talk on the puzzle of a convict who spent many years in the district, but whose name does not appear in transcribed convict records. John Witchell lived the last 20 years of his life as a gardener at Theodore Fawcett's in Pinjarra.
- Neil Bradley, who is spearheading the development of the WA Convict website, www.waconvicts.fhwa.org.au will introduce and demonstrate this valuable addition to the resources available to researchers interested in this important era in Western Australian history.
- **Convict Group Convenor, Bevan Carter** will use the website to tell the story of **William Calverley Bateman**, a convict who spent 30 years in Pinjarra and is buried, probably near the graves of two of his wives in St John's cemetery. Photos of gravestones below.



Mary Ann Bateman (61 yrs) – died 1878 Rebecca Bateman (52 yrs) – died 1893

**Lunch - Around 12.30pm** We will walk across the road to the historic Edenvale Precinct for a simple lunch. If you wish to join us for lunch the cost will be \$15.00 per person, payable in advance.

**From 1.30pm - onwards** The Murray Districts Historical Society will be offering guided walks through town, (weather dependant), and the Museum will be open until 3.00pm.

This event is free, and we welcome those interested in this aspect of the Pinjarra and Murray Districts History to join us.

Register your interest in attending via email to convicts.sig@fhwa.org.au Please include your phone number in the email.

Article submitted by Mervyn Beacham

Cont.. Page 26 Register your interest in attending via email to convicts.sig@fhwa.org.au Please include your phone number in the email.

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:

- Festivals and Events in Murray Districts •
- **Coolup Farms and Families**
- **Coolup Sports and Social**
- 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.

#### And we welcome new members.

For information about the Murray Districts Historical Society, its membership and its activities: 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 on 0458 673 608

# Term Time Tech

Be smart phone savvy - come alone to our signature session aimed to help you navigate your smart phone or tablet, come and spend time with our high school work place student who loves all things digital - term time only on Thursday morning 10.30am -12.30pm



FREE contact 9531 2298 for more info

Like us on Facebook.

Term Tech Time commenced on Thursday June 22nd and will continue weekly on Thursdays during the school term with our very tech savvy workplace student from Pinjarra Senior High School. If you are in need of help with your mobile phone or tablet, come down and bring your electronic devices whichever it may be and let us assist you in solving your technical issues!

> This space is available for local business advertising.

Please contact the friendly team for details on pricing

> 9531 2298 or admin@mhr.org.au

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