



**Gingin
Scout
Group
turns 40**
More on page 6

GINGIN **BUZZ**

FREE for all the Community

March 2023



Cover Photo Annette Howard



Painful Hips, Knees Back, Neck & Feet?



FREE FOOT SCAN

Phone: 0422 414 113

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

Would you like pain relief solutions?

My name is Nadine Chambers, I've been a local in the Woodridge area for about a year now. I'm extremely passionate about helping people to improve their lives to find ways to live happier & healthier more peaceful pain free lives.

I have been a Remedial Therapist, Hypnotherapist & Health & Wellness Therapist for nearly 25 years now, so helping people is in my blood. I was introduced to Stepforward more than three years ago. I became a Clinical Consultant and after treating all of my Remedial clients to start with, and after seeing such positive feedback and life changing results I realised I had something I needed to share with everyone that I could. I soon realised how many people desperately needed a solution that didn't involve surgery or pain medications. I can't begin to tell you how many people's lives I have helped change for the better. We all know the importance of our feet, but we truly don't consider them until they are in pain. People don't even consider them when they suffer ankle, knee, hip or back pain, but they play a huge role. Your feet are truly your foundation, any imbalances have a huge impact on the whole body. Let me give you back balance and reduce wear and tear of your joints.

I offer people a free no obligation foot and postural alignment assessment. As your feet are your foundation, any imbalances from collapsed or high arches can cause rolling in or out, encouraging problems to rise up thru the body resulting in so many aches and pains. Imbalances can lead to bunions, heel spurs, Morton's neuroma's, plantar



fasciitis, ankle problems, knee, hip, back or neck tension, wearing down of the joints and a change in your posture. People spend so much money on trying to find comfortable shoes, and searching for chiropractors, physiotherapist, podiatrists, and Doctors for a temporary solution and cortisone injections, these are not treating the cause but the symptoms.

Medications and pain killers are only Band-Aid treatments and lead to more problems down the track.



This free no obligation foot assessment can end all searching. I go thru the findings from the foot assessment and let the client know based on the findings, what the impact on the body is. I custom fit flexing corrective Orthotics based on the bone structure of your feet and let your body give feedback straight away. You will feel taller, straighter, balanced, and more importantly notice the relief in the body as pressure is taken off the joints and all arches are fully supported.

Essentially these orthotics are like being barefoot, just like nature intended.



These orthotics originated in Germany nearly 50 years ago and have a 98 percent success rate. Unlike most orthotics, these flex and support three arches not just one like all other hard fixed orthotics on the market and are half the price.

The Orthotics can be purchased on the day of the assessment, or you can take your assessment and all the information to think about it. We are recognised thru the therapeutic goods administration as a medical item and don't attract GST. You can also claim back with certain health funds.

You can come to me or I can come to you & do group fittings for 3 people or more.

Who needs these? Everyone with a pair of feet, wearing shoes that don't support you (being most shoes on the market), or walking indoors on hard surfaces.

Young growing children, athletes, dancers, workers in work boots, women who wear high heels, people on their feet all day, the elderly to give balance back and prevent falls.

Give me a call to book your free appointment, normally \$95



GINGIN BUZZ

March 2023 - Issue 48

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CUTOFF: Wednesday, 22nd
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Officer: Thurs/Fri

Editor's Note.....

We have had the lovely ladies from Carers WA park "Priscilla", the Carers WA Van, in the front Carpark for the last 3 Thursdays. They had a steady stream of visitors and people asking questions which was great. In addition to providing us with updated information and resources, Lynette, the Wheatbelt Coordinator has been informing us of Carer Social Support groups.

Social Support groups occur on a monthly basis for Carers registered with Carers WA, and Carers WA fund 1 beverage per Carer. Currently there are Carer groups running in Northam, Merredin and Narrogin. Carers WA are looking to expand these so support is more accessible to Carers in the Wheatbelt.

A Gingin social event with Coordinator Lynette, has been scheduled for Friday 31st of March at Cu@Park Café. There is a flyer advertising this event on page 9:

More Carers WA Social Support information can be

found at <https://www.carerswa.asn.au/our-services/social-support/>.

Visitors to the Centre in the last few weeks will have met our new recruit, Heather. Heather is doing very well getting her head around all the CRC services and goings on and is such a welcome addition to our team. A little bio from Heather is also included in this edition.

We are now just 3 weeks away from our Art Exhibition & Rock N Arts Event. We have run these events for the last 7 years (except in 2020-due to Covid). Community attendance has built steadily in this time and assuming 2023 is as successful, we will continue to run this event annually. This year we have Hayden McGlenn and Afterglow playing with Chew Chew Truck, Mysta Barista, and Northern Valley fruit pops along with Gingin Gin attending the event, which will be awesome! Look forward to seeing you there.

Carrie

Disclaimer:

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MARCH 2023

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4 "FUSE BOX" LIVE AT THE GINGIN HOTEL - 8-12PM
5 LEDGE POINT SANDCASTLE COMPETITION, 9AM - 12 NOON	6	7 GINGIN NETBALL CLUB - REGISTRATION DAY AND TRAINING - 3:30 - 8PM ANNUAL MEETING OF ELECTORS - GRANVILLE, 5PM	8 COMMUNITY GROUP WORKSHOP, BEARING THE LOAD - WOODRIDGE COMMUNITY HALL, 5.30-8PM LANCELIN NIGHT MARKET - WANGAREE PARK, 4.30 - 8.30PM	9	10	11
12 10TH LIGHT HORSE MEMORIAL STATUE IN GUILDFORD UNVEILING, 10AM	13 RED CROSS SOCIAL GATHERING - 3 HORAN STREET GINGIN, 10AM	14	15	16 GINGIN WATER GROUP AGM - GINGIN GOLF CLUB 6.15PM	17 ARTS IN THE PARK EXHIBITION - GRANVILLE 10AM - 4PM	18 ARTS IN THE PARK EXHIBITION - GRANVILLE 10AM - 9PM, ARTISIAN STALLS 10AM - 3PM MUSIC 4PM - 9PM
19	20	21	22 LANCELIN NIGHT MARKET - WANGAREE PARK, 4.30 - 8.30PM	23	24	25 INTERNATIONAL WOMEN'S DAY 2023 - NETWORKING LUNCH - GRANVILLE CIVIC CENTRE 11AM - 3PM
26	27	28	29	30	31 CARERS WALKING TOGETHER - CU&PARK CAFE' 10AM - 11.30AM GINGIN SHIRE COMMUNITY FUNDING PROGRAM GRANTS CLOSE	

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Past Gingin News



If you have any adverts or stories you would like to share in the next edition of the Buzz, please email gcn@gingin.net by the 22nd March 2023.



Gingin Scout Group celebrates 40 years



Gloria Hyne addressing the crowd in the Rotunda

“Wow that’s me!” “That was the best camp ever” and “I remember doing that” echoed around the Scout hall as over 120 people helped celebrate the 40th Anniversary of the Gingin Scout Group.

Leaders, youth members, parents and the next generation reminiscenced as they looked through photo albums, Scout Group calendars and many A4 photos on the wall.

The group was started in 1982 by Gloria Hyne with 27 cubs and 5 leaders. Cubs has run continuously over the 40 years with as many as 38 cubs participating in the late 1990’s through to the early 2000. With enthusiastic leaders over the years

Scouts, Venturers and Joeys have waxed and waned. The four Gingin Queen Scouts all attended the day.

There have been three homes for the scout group, the Old Golf Club building, the Pistol Club building and in 1996 they were given a shed at the Racecourse. With a \$10,000 Lottery West Grant and lots of busy bees, the shed was reclad, concrete flooring laid and a generator and pump added. In 2005 a Rotunda was added. It was under this Rotunda that the official presentations occurred for the 40th celebrations.

Typical fun scouting activities were set up outside – ballista’s, slippery pole, land skis, sack races, an obstacle course with a climbing net and apple slinkies.. Many dads enjoyed challenging their children in these activities.



Cubs Charlie Hyne, Elliot Dale and Noah Gregory taking on the climbing net with Talia Trew.



Past members and parents enjoying the displays



Cub Logan Eager and Emma Crofts battling it out on the Slippery Pole



Chief Commissioner Ayden McKenzie enjoying the cake

A badge designed by the youth, especially for the occasion was created, with permission given to wear on the uniform. The outside of the badge has the red and white Gingin scarf, inside the scarf is a birthday cake with candles that say Gingin, with a cake underneath saying Scout Group, and a big 40th.



Behind the cake is the Milky Way and Southern Cross, which can always be seen at night-time from the scout hall.

Chief Commissioner Ayden McKenzie, and Regional Chief Commissioner Mark Thorpe presented Gloria Hyne with her 40-year Service award, and then Ayden presented the Chief Commissioners Award to three very surprised people. Murray Hyne, Jane Taylor and Annette Howard were acknowledged for their outstanding contribution to the group over many years.



Award winners with Chief Commissioner Ayden McKenzie

The birthday cake was cut by Gloria Hyne and Joey Scout Cole Eager using a decorated saw. There were two birthday cakes, one in red and white saying Gingin Scout Group 40 years and the second with a copy of the group t shirt design, and 4 miniature scarves.



Bendigo Bank and the Gingin Shire were acknowledged for their support over many years. A very special thank you went out to Bendigo Bank for their financial contribution towards this celebratory occasion.



Left : Three generations of Aldridges. Marty was a scout and now a parent helper, Casper a Cub Scout and Martin was a Cub Scout Leader in the early 1990's.
Bottom Left: Joey Tabby Dale cuddling the scout teddy
Bottom right: Cubs Owen Delechantos and Ronah Heasman in a sack race against Ben and Addison Treloar



Peter Connell, wearing his Cub leaders hat from days gone by



Reenactment of a photo taken in 1987 with the original Venturers. Gloria Hyne, Arthur Delechantos, Jon Delechantos, Matt Howard and Stuart McDowell




Joey's Emma Heasman and Joe Clark on the land skis

INTERNATIONAL WOMEN'S DAY LUNCH

#embrace equity

Community Bank
Gingin and Lancelin

 Bendigo Bank

TICKETS - \$88

Includes lunch, guest speakers
and activities throughout the day.

Pop - Up Stalls from 10AM

Music by Savannah Solomon



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**Granville Civic Centre Gingin -
25th March 2023**



Linking Together

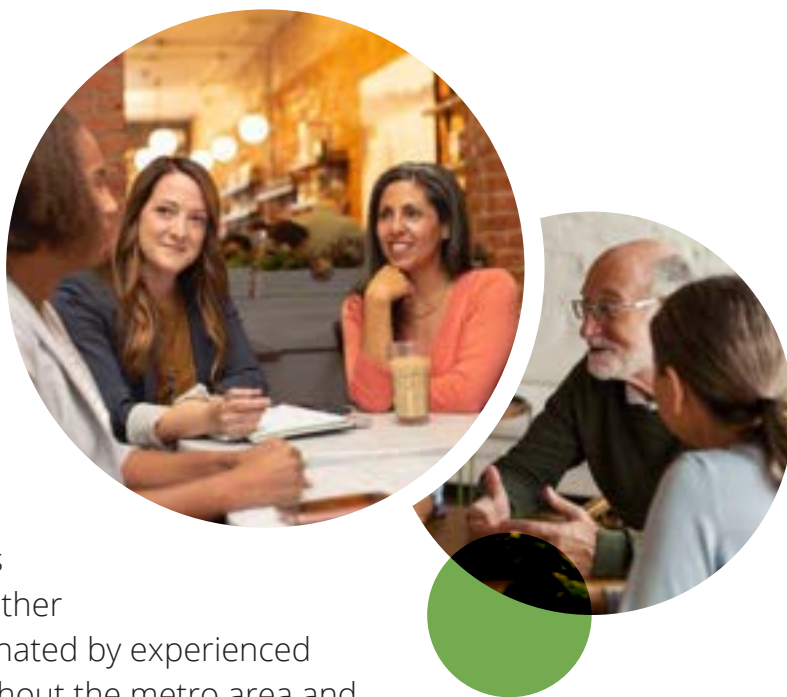
Carer Social Support Groups

GINGIN

Taking a regular break and having a supportive social network improves wellbeing, is an opportunity to rest and recharge, and helps unpaid family carers to be in the best position to sustain their caring role.

Linking Together Social Support groups allow members to catch up and meet other carers in their local community. Coordinated by experienced volunteers, groups run monthly throughout the metro area and some regional areas.

Attendance is free and eligible to all carers, however carers are required to be registered with Carers WA.



When: Friday, 31st March | 10.00am-11.30am

Where: CU@Park Café (Granville Park) | 10 Weld St, Gingin WA 6503

For more information, visit www.carerswa.asn.au/social-support or contact the Carers WA Social Support team on **1300 227 377** or email socialsupport@carerswa.asn.au.

ARTS IN THE PARK



4:00 pm to 9:00 pm

4PM Hayden
McGlinn



6PM AFTERGLOW
ROCK BAND



18TH MARCH 2023
GRANVILLE PARK GINGIN

Art Awards Announced
REFRESHMENTS ON SALE

Contact Gingin District CRC Inc. for info - crc-service@gingin.net - 9575 1253



Many thanks to the sponsors. Without your support this event would not be possible

ARTS^{in the} PARK EXHIBITION 2023

plus - Artisan's Stalls - Saturday 18th

Entries Close
24th February 2023

prizes for best in category

\$500 art/painting

\$500 sculpture

\$500 mixed media

\$500 photography

Plus

\$250 IRENE DEWAR

peoples choice award

GRANVILLE CIVIC CENTRE GINGIN

17th March 10 am - 4 pm

18th March 10 am - 9 pm

Stalls 10am - 3 pm

CONTACT GINGIN DISTRICT CRC INC. FOR ENTRY FORMS - crc-service@gingin.net - 9575 1253

Many thanks go to the sponsors listed below. Without your support this event would not be possible





GINGIN NETBALL CLUB REGISTRATION DAY and TRAINING SESSION

Tuesday the 7th March 2023

Net – TIME 3:30pm

Set Go – TIME 4:30pm

Juniors 1 & 2 – TIME 5:30pm

Seniors – TIME 6:30pm – 8:00pm

Also looking for interest for

Mens Fast 5 / Mixed – TIME 6:30pm – 8:00pm

(All to be held at BENDIGO BANK COMPLEX)

FOR SATURDAY COMPETITION

LOOKING FOR ALL AGES

- Net (5-6 years – weekday Term 2 only)
- Set Go (7-9 years)
- Juniors 2 (10 – 12 years)
- Juniors 1 (13-15 years) Div A and Div B
- Seniors (16 years-Open)
- Mens Fast 5 (16 years-Open)
- Mixed (16 years-Open)

If you can't make it but would like to play please contact Lauren Crofts 0429 311 281
or email secretarygnc@outlook.com

SATURDAY South Midlands COMPETITION is our local competition, games are played in Bindoon, Bullsbrook and Gingin but includes teams for Lancelin, Immaculate Heart, Bindoon and Gingin.

Meet our new Trainee

Hello, I'm Heather Hukin and I was born in 2005. Recently, I was grateful to receive the opportunity to become the new trainee at Gingin's Community Resource Centre. I grew up in Gingin with my family since the year I was born. I have two siblings and supportive parents. During my years at school, I went to Gingin District High School until I moved in year 4 to Ellenbrook Christian College where I stayed until I graduated year 12 in 2022. In my spare time I enjoy taking my dogs for a walk around town and listening to music. I look forward to getting to know everyone and being more involved in the community!



Community grant program

APPLY NOW

When you partner with us, good things happen.

Your organisation gets sponsorship, and your banking helps support the community.

Applications close 30 April 2023.

Find out more. Search Bendigo Bank near me.

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Gingin and Lancelin**

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Community Groups

Gardening Group

Our last garden group meeting for 2022, was a sundowner held at Jane McTaggart's lovely garden in Beermullah. Such a great spot to end the year together, with lots of laughter and delicious food and treats.

Now with 2023 marching on, we are into our 3rd month.

Our first meeting was again held at Irene Neville's lovely home. We are so thankful to have Irene as our leader, planning, organising and keeping order. There was a great turn out with everyone excited about the coming year. We have a few new members which is wonderful, welcome to you all.

Irene shared information on types of mulches, mulching techniques and getting our gardens through the hot weather. Also spoke on some common weeds we may encounter in our gardens.

There has also been a "What's App" set up for members, so please get on board if you're able.

We hope this will help us to enjoy some extracurricular activities with each other. E.g. coffee, plants, produce or

whatever, just sharing and caring.

The wind has been horrid lately, I hope it's not causing too much trouble at your place. It's a good time to regularly check on reticulation, making sure all sprinklers etc are working properly. Your plants may not recover from a blocked sprinkler at this time of year. Also, putting in successive crops in the vegetable patch to keep a constant supply of vegetables coming along. Season liquid mixed and sprayed as a foliar spray every 2 weeks, is a great way to help with stress in your plants.

Our next meeting on the 5th March, is taking us to Tim Eva's trees in Gidgegannup and may include a couple of other stops elsewhere, as time permits.

Hope you are all enjoying something special in your garden at the moment. My garden has a multitude of Monarch butterflies at the moment and I am learning their ways amongst my plants, which I love.

So, stay cool and stop and enjoy the flowers.

CP

A DATE FOR YOUR DIARY

Are you contemplating purchasing an Electric Vehicle and live in a Rural Town?

Would you like to talk to owners (both Rural & Suburban) about their actual experience of owning, using, and charging an EV?

A show & tell, question and answer session is being organised in Gingin on the last Sunday in May the 28th.

We are expecting a reasonable selection of different manufacturers to be presented ie. BYD, Hyundai, KIA, Tesla, Volvo etc.

Likely time 10.00 - 14.00 at a venue to be advised. Watch this space for more information.





Gingin Playgroup recently applied for a community grant via the Foundation for Rural Regional Renewal and Nutrient Ag Solutions. As part of this grant, we have been allocated the funds to host 6 catered morning tea events with other community groups at Playgroup.



Our first group was the Gingin Gardening group who attended in November and had a great morning revamping the tyres along the lawn edge. From weed-filled messy tyres, they are now topped with new soil, mulch and herbs that they planted with the children. Afterwards a delicious morning tea prepared by Teresa at the Trackside Station Café was enjoyed by all.

Our second group was the Gingin Arts & Crafts group, who attended in February, this was a nice and messy art session that was thoroughly enjoyed by the kids. The ladies sat down with the children to make tie-dye and fabric paint tops for the kids and a small bag each for the Arts & Craft ladies too. Again, after the fun filled activity, everyone enjoyed a morning tea prepared by the Trackside Station Café.



Our next event will hopefully be with the Pensioners Club.

To keep up to date with Playgroups activities, you can follow us on

Facebook or
Instagram
#Gingin
Playgroup Inc





Gingin Water Group Inc.

When the Gingin Water Group was formed in 2010 its main focus was on water availability into the future, particularly for smaller non-commercial water users and the environment. Over the years between 2010 and 2020 much work was done to gain an understanding of the local aquifers which are the source of the water for the perennial streams and associated freshwater lakes in the Gingin area. The effect of a drying climate on these aquifers, and hence the streams and wetlands, was also investigated.

A Landholder Water Information Package booklet was produced and forums held to disseminate this information to local landholders. The forums also gauged the interest of local landholders in undertaking on-ground projects to protect the remaining streams or wetlands on their properties. Landholders in the Lennard Brook and Moondah areas expressed an interest. With a small amount of funding which was available some weed control and revegetation was undertaken in these areas.

The Gingin Water Group would now like to see further work undertaken and is able to assist with advice, and assistance to apply for grants to help with some of the costs involved in the work. Interested landholders should contact the Gingin Water Group to discuss potential projects. If you think you might like to be involved but are uncertain and would like a landholder's perspective on the process, come to the Gingin Water Group's AGM. A local landholder who undertook a project to protect a wetland on his property many years ago will speak about his experience and what the outcome is today.

For the Gingin Water Group to be able to provide this assistance, it needs people to be members of the committee. As with most other community groups, there is a problem getting people to become members of the committee. You only need to attend three meetings and an AGM each year. The group is seeking new members, particularly younger members, to sit on the committee and make a difference. If we have no success in attracting new members then the group may need to go into recess for twelve months with the view to winding up the incorporated group. This would be a sad day for the one incorporated environmental group in the Greater Gingin area. Ordinary members are also welcome. If you feel you can contribute, please contact the Gingin Water Group or attend the AGM, to be held at 6.15pm of 16th March 2023 at the Gingin Golf Club.

Membership of \$22 is now due for the calendar year 2023.

Membership application forms can be found on the group's website www.ginginwater.org.au, where you can also find electronic copies of the Landholder Water information Package and more information about the group and its activities.

Printed copies of the Landholder Package can be obtained from the Gingin CRC or by emailing the Gingin Water Group at info@ginginwater.org.au.



GDHS P&C NEWSLETTER

Gingin District High School Parents & Citizens Association



COLOUR FUN RUN - BACK FOR 2023!



The GDHS Colour Fun Run is back by popular demand! This will be held later in the year, so keep an eye out for information coming 2nd semester.

SOME THINGS WE ARE RAISING FUNDS FOR IN 2023:

- Upgrades to our PAC room to support our music and drama program
- Improving school grounds - signage and general amenity
- Increasing shade over playgrounds and play areas
- Supporting excursion opportunities

THANK YOU LIZZIE ♥

Firstly we would like to say how happy for Sheena and her family we were, to be able to head away for an exciting and well deserved holiday! A big THANK YOU to Lizzie for stepping in for the two weeks and running the canteen for us! Legend

PRESIDENTS MESSAGE

Welcome to 2023 and the P&C is off to a great start following a successful AGM earlier this month.

Firstly, can I welcome Brent Evans as our new Secretary and recognise the service of Mel Kingston who held the position over the last three years. Mel is not going too far and remains a member of the Executive Committee.

We have re-established our canteen, sporting and fundraising sub-committees and are always on the look out for new members to join our small team. We hold a meeting once per term and if meetings are not your thing, we would still welcome your support to fundraise, volunteer in our canteen or uniform shop or generally be involved in making our wonderful school even better!

The P&C undertook some significant projects in 2022 with a new playground installed for upper primary and high school students, a new cubby house and air conditioning for pre-primary and more than \$8,000 in contributions to the school for smaller projects and programs.

This year the P&C is working toward a significant upgrade of our Performing Arts Centre which coincides with the recommencement of the school's music and drama program, which we are very excited about!

As always, if you would like to get involved, have a suggestion, want to make a difference or can support the P&C and school in some way, please do not hesitate to get in contact with us.

DATES TO REMEMBER

- British Car Day - Food Stall
Sunday 21st May
- Mothers Day Stall
Thursday 11th &
Friday 12th May

2023 OFFICE BEARERS

President -	Martin Aldridge	gdhs.pc.president@gmail.com
Vice President -	Courtney Bayliss	ginginvicepresident@gmail.com
Secretary -	Brent Evans	ginginpcsecretary20@gmail.com
Treasurer -	Bec Ellar	ginginpc treasurer@gmail.com

For all things P&C including fundraising, canteen/uniform shop updates and school reminders hit join on our facebook page -
Gingin District High School Parents & Citizens Association

Local Business Profile

The Local Goat



867 Coonabidgee Road, Coonabidgee WA 6503 (12km West of Gingin Townsite)

Why did you choose to make your own goat products and what do you enjoy the most about it?

After buying one dairy goat for our own milk consumption in 2012 and then breeding her daughter, it was a case of what to do with the excess milk? I attended a one-day cheesemaking course in the Swan Valley and really enjoyed it, then started experimenting with different recipes.

Cheesemaking is very time and temperature critical, and I like the precise nature of cheesemaking. The milk is in the goat's udder in the morning and by the evening I have transformed it into cheese!

Who are you and your role within the business?

Gerald Drummond – manages our property and the dairy goats - milking and caring for them every day. Healthy, happy goats give nutritious milk. Later in the day, Gerald is turning cheeses, which is required regularly for correct maturing.

Julie Drummond – cheesemaking and admin. First thing in the morning, and before opening the farm gate, I sanitise all the cheesemaking equipment, then process the milk for cheesemaking. It takes 90 minutes to pasteurise the milk at 69.4 degrees Celsius, then another 90 minutes to cool it to 33 degrees Celsius, before you add the starter culture. Then there are one-hour intervals in the process, where I care for cheeses made the previous

days. Hooping the cheese into the moulds usually happens around 5pm and the cheeses are turned for the rest of the evening.

How long have you been running the Local Goat?

We began making cheese daily in January 2018. The dairy goats suit our property as they don't need green pasture, compared to dairy cows. They need a lot of roughage in their diet and our bush block suits them. We only use about one-third of our 148-acre property and have left rest to stay as bush.

After favourable comments from a Cheesemonger, we thought there was a possibility of making a living while staying on our property.

What makes the Local Goat successful?

We use mineral fertiliser on our paddocks which have been coated with microbes. This helps build the health of the soil, which means more nutritious plants and in turn, healthier goats. As more people become interested in where their food comes from and support local producers, our farm gate is becoming more popular.

What keeps you motivated to go to work each day?

It is very rewarding to see the reaction when people try our cheeses and gelato. Most goat milk cheeses are quite strong and pungent, while ours have a fresh, clean taste. Goat milk can usually be tolerated by people with lactose sensitivity, so it is fantastic to be able to help them.

Why you choose to run the Local Goat in Gingin?

We moved to Gingin in 2007 and enjoy the healthy, family environment of a rural area, while being within cooee of the city, which helps with weekly deliveries to Perth.

What is the Local Goat's greatest achievement?

We have entered our cheeses and gelato in the Royal Agricultural Society Perth Royal Food Awards and the Dairy Industry Association of Australia WA Dairy Product Competitions. We have received many gold and silver awards, but the highlight would have to be the Perth Royal Food Awards Champion Product in 2021.

Goals for the future?

More sleep!

What would you like to achieve with in the business?

Our aim is to supply quality produce to local people at a fair price.

Favourite past time?

Time spent in the garden and veggie patch.

Tell us an interesting fact about yourself?

Our property is serviced by a stand-alone solar power system and rain water and we live in a straw bale house.



Red Cross



A fabulous morning was had by all who attended our first Gingin Red Cross unit social gathering.

New and old friendships were made through the constant chatter which was followed by a fun light hearted quiz.

We have plans for information days, music, games and of course each time the table will have an abundance of delicious sweet and savoury goodies.

The Gingin Red Cross unit are hoping

this will revitalise their commitment to the Gingin Community

We look forward to our next event on **Monday 13th March** 10am at the Lion's Den 3 Horan Street Gingin

Save the date and come down to join the fun. We would love to see you.

Kind Regards,

Felicity Scott

Secretary, Gingin Red Cross



Western Australia Cowboys and Cowgirls compete in the ABCRA National Finals

The 2022 Australia Bushmen's Campdraft and Rodeo Association National finals were held at the Country Music Capital of Australia, Tamworth. Held back in January, the top rodeo riders nationwide came together to compete at the prestigious event.

Events at this rodeo included bull-riding, saddle bronc, bareback, team roping, steer wrestling, steer undecorating, break-away roping, calf roping and barrel racing. The top 15 of each event were invited to have their shot at taking number one and bringing home some cash.

There were a number of contestants who travelled from WA. Some of those being local to Gingin and surrounding districts.

WA champion Wade McCarthy and his highly rated son Coby made the big trek to compete. Wade competed in two events, Bullriding and Steer Wrestling. He succeeded in taking out the number 1 spot and was awarded the ABCRA National All-round Cowboy and Bullriding Title.

Coby McCarthy, in his first national final, was ranked number 2 for the 8 to Under 11 Steer ride. He had tough competition

stretching over 3 days, with only two points between himself and third place in the standings. Day 3 he secured his spot as Runner Up Champion 8 to 11 Steer Rider, by covering two of his three steers. A very special time to be able to compete at this event along with his dad.

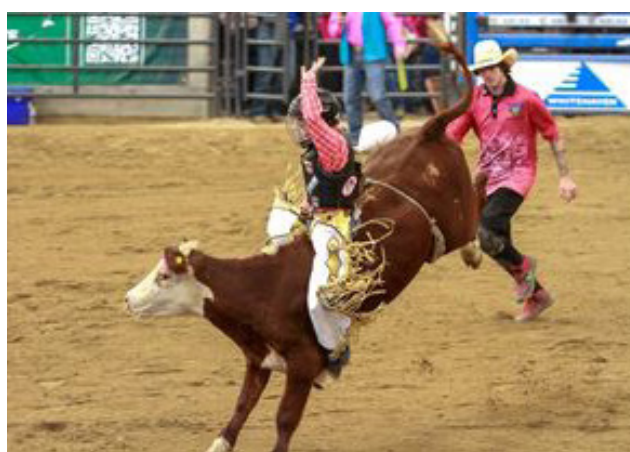
Another local to Gingin, cowgirl Hunta Gallacher went in to the finals sitting at number two for Champion All Around Cowgirl and Runner Up Champion Barrel Racer for 2022. Only a few points behind the number 1 position for All Around Cowgirl, Hunta competed in her respective events Ladies Barrel Race, Steer Undecorating and Breakaway Roping. The cowgirls in Tamworth were fierce competition. Entertaining the spectators immensely. The cowgirl maintained her position as Runner Up Champion Cowgirl and Runner Up Champion Barrel Racer.

With over 20 Cowboys and Cowgirls representing WA. They did a stella job and the rodeo community is extremely proud.

We hope WA has another great year and hope to see them all back competing at the finals for 2023.



The McCarthy family with their Prizes



Coby McCarthy at the Tamworth Finals
Second place on a 72.5



Hunta riding "It wasn't me" who was awarded
Runner Up Champion Barrel Racing Horse

Gingin Community Car BECOME A VOLUNTEER DRIVER

Community caring for its own



Are you a caring
community member?

Can you commit to approximately
one day per month?

To register your interest or for more information on the Community Car Service
contact Sylvia Kelly, Ginigin Care Group on 0438 575 254
or the Ginigin CRC on 9575 1253 or crc@gingin.net



Community Pantry

a community initiative by the

Community for the Community

In these tough times with some people out of work and short of cash and other people with work asking "How can we help", we have set up a Community pantry-just like Community libraries.

- It will be on the back verandah of the CRC.
- There will be boxes in all the participating shops in town, into which donations can be dropped as you shop.
- Or you can deliver donations straight to the pantry at the rear of the CRC.
- It is for dry goods only at this stage, but we hope to add a fridge for vegies and meat later.
- Don't forget baby products and pet essentials as they are part of the community too.

*"The whole Community
sharing fairly and caring
for each other"*



*Big thankyou to Ginigin IGA for making a
considerable donation!!!!*

GINGIN COMMUNITY CAR *Community caring for its own*

DO YOU NEED TRANSPORT TO MEDICAL APPOINTMENTS?

A community volunteer initiative run by community
members, designed to meet the needs of Shire
residents who need medical treatment
but have no way to get there.



How do I book?

Contact the Ginigin CRC on 9575 1253 or crc@gingin.net

For further information on the Community Car Service contact the Ginigin CRC on 9575 1253
or Sylvia Kelly - Ginigin Care Group on 0438 575 254



CALLING FOR VOLUNTEERS

Can you spare 3-4 hours a week or fortnight?

We are looking for keen and interested community
members to join the team at the Ginigin Community Resource Centre.

Make a difference and join our friendly, community minded team.

For more information please come into the centre or
Email: crc-service@gingin.net or
Phone 9575 1253



COUNCIL TO COMMUNITY

Why the Shire Disables Comments on Social Media



We've received queries from the public about why we disable comments on Shire Facebook posts.

Historically, the Shire of Gingin embraced social media as a useful two-way means of communication with our communities.

However, in recent years we've had to deal with – as have most public service organisations – increasingly hostile, divisive, and unreasonable online interaction from the public, usually because of a decision or course of action the Shire has made that people don't like or agree with, which then results in lengthy and sometimes vicious diatribes on Facebook. This makes responding by Shire officers in a constructive and meaningful way almost impossible.

Also, local governments are bound to recordkeeping policies and regulations which apply to electronic media communication. We simply do not have the resources to monitor, moderate, respond to and record all the threads, comments, and posts on our Facebook page. For this reason, and in the interests of transparency, we do our best to 'share' our posts to the various community group Facebook pages in the region where members of the public can make whatever comment they wish.

In saying that, if you have read or heard something about the Shire that is of concern to you, we strongly encourage you to either give us a call on 9575 5100 or send us an email to mail@gingin.wa.gov.au in the first instance so we can clarify our position and provide you with the facts. By doing so, you will help to shut down rumour mills that cause confusion and angst in your community.

While we respect everyone's right to their opinion, we also reserve the right to moderate social media communication in a way that we see fit and appropriate for our organisation.

Bookings Required for Licensing Services

Please be advised that bookings need to be made with the Shire for the following licensing services:

- Overseas or interstate driver's licence transfer
- Learner's Permit
- Hazard Perception Test

These licensing services take up a lot of processing time for our Customer Service Officers and need to be scheduled.

If you have any queries or would like to book one of these services, please contact our Customer Service team on 9575 5100.

Community Funding Program 2023/24

Does your community group need funding for a project or event? If so, there's still time to apply for a grant via the Shire's Community Funding Program - visit gingin.wa.gov.au/funding-and-grants. Applications close 31 March.

KW-Sappers Road Intersection Upgrade Complete



A total reconstruction of the KW-Sappers Road intersection is now complete. The project included widening of the intersection and turning circumference to safely accommodate road trains and school buses, as well as a slip lane and asphalt renewal.

The works were undertaken by the Shire's Operations team and took 4 weeks to complete.

The project was funded by the Wheatbelt Secondary Freight Network.

Other completed projects:

- Seabird Oval – old fencing removed around oval and cricket nets.
- Seabird Hall – patio repaired.
- Bootline Road – floodway replaced.
- Lancelin Back Beach ablutions – roof and verandah replaced.
- Gingin Cattleyards – new stairs and safety railing installed.
- GOAS – timber fencing installed on east side of playground.
- Gingin Pioneer Park Pavilion – upgraded and painted.

Expert Workshop for Community Groups

Bearing the Load - Overcoming Challenges Faced by Office Bearers with Caroline Robinson from 150Square

Wednesday 8 March at 5.30pm – 8.00pm
Woodridge Community Hall



Caroline Robinson from 150Square will deliver a practical problem-solving workshop, where office bearers from non-profit groups and clubs can voice any challenges they are experiencing and then work with Caroline to create solutions on the spot.

Light refreshments provided. RSVP to cdo@gingin.wa.gov.au by 3 March 2023.

For more information on both workshops, please visit the **Events** page on gingin.wa.gov.au.

Lancelin Skate Park Stage 2 Upgrade to Commence

Work is expected to start soon on the Stage 2 upgrade of the Lancelin Skate and BMX Park. Playspace designer PHASE 3 was the successful tenderer of the project which will include removal of the rusted metal ramps, upgrades to the quarterpipes, pimple, bowl and pump tracks, and resolving drainage issues. The approximate value of the project is \$440,000 including GST.



Have Your Say! Surveys Open

Volunteering Survey



Closing date: 10 March

Wangaree Park Mural with Phil Doncon Survey



Closing date: 17 March

Youth Survey



Closing date: 9 May

To participate in any of these surveys and for more information, go to the **Community Consultation** area on the home page of the Shire's website gingin.wa.gov.au.

Council Decisions

The following decisions were made by Council at the Shire's **February** Ordinary Council Meeting:

- Renaming of Nilgen Volunteer Bush Fire Brigade to Cowalla Volunteer Bush Fire Brigade — *approved by Council*.
- Stage 2 upgrade of the Lancelin Skate and BMX Park tender— *approved by Council*.
- Upper Coastal Sporting Facilities Master Plan amendment of Stage 1 priorities — *approved by Council*.
- Amendment of Local Planning Policy 2.1 Residential Outbuildings — *approved by Council*.

In addition, 16 other items were presented to/deliberated by Council.

More details on the above items of business and any other matters from this meeting can be found in the Meeting Minutes which are available for viewing at gingin.wa.gov.au/council-meetings, or in person upon request at either the Gingin Administration Centre or Lancelin Office.

Save the Dates!

Ledge Point Sandcastle Competition – Sunday 5 March at 9.00am – 12noon, Swimming Beach between the Groynes.

Annual Meeting of Electors – Tuesday 7 March at 5.00pm, Granville Civic Centre.

Lancelin Night Market – 8 & 22 March at 4.30pm – 8.30pm, Wangaree Park.

Bearing the Load Workshop - Overcoming Challenges Faced by Office Bearers with Caroline Robinson from 150Square - Wednesday 8 March at 5.30pm-8.00pm, Woodridge Community Hall.

Arts in the Park 2023 – Art Competition, Exhibition, Artisan Market & Family Concert – Friday 17 March to Saturday 17 March at Granville Park, Gingin.

International Women's Day 2023 Networking Lunch – Saturday 25 March at 11.00am – 3.00pm, Granville Civic Centre.

For more information on these events, please go to the **Events Calendar** on gingin.wa.gov.au.

If you have a community event to promote in the Shire, please email Olivia at cdo@gingin.wa.gov.au and we will include it on our Events Calendar and promote it on our Facebook page.

Public Notices

Local Planning Policy 2.1 – Residential Outbuildings

Council, at its Ordinary Council Meeting on 21 February 2023, adopted for public advertising the amended Local Planning Policy 2.1 – Residential Outbuildings. For more information on the amended policy and details on how to make a submission, please see the Public Notice area on the home page of the Shire's website gingin.wa.gov.au. Submissions close 27 March.

Annual Meeting of Electors

Notice is hereby given that the 2022/23 Annual Meeting of Electors of the Shire of Gingin will be held on **Tuesday, 7 March 2023** commencing at 5.00pm. The venue for the meeting will be the Granville Civic Centre, Weld St, Gingin.

The purpose of the meeting is to discuss:

1. The contents of 2021/22 Annual Report for the Shire of Gingin; and
2. Any other general business.

The 2021/22 Annual Report is available on the Shire's website gingin.wa.gov.au and hard copies can be obtained upon request from the Shire's Gingin Administration Centre and Lancelin Office.



(08) 9575 5100
mail@gingin.wa.gov.au
 PO Box 510, Gingin WA 6503
www.gingin.wa.gov.au

Past Gingin News

When looking for past Gingin News Editions in the Gingin Shire Archives, I realised that their holding was incomplete. I wonder, did you know that a copy of our “Buzz” and previously produced Gingin News (“News”) have been forwarded to the Archives of the State Library at the time of their production?

In an endeavour to provide physical copies of the “News” for people to read in the library, my next port of call was to look at the Trove Online Collection. Unfortunately, I found that nothing that new has been electronically stored so a visit to the J.S. Battye Library of West Australian History in Perth, was needed to gain access to the full catalogue of past issues.

It was interesting to find at the State Library copies, that after a few years the Gingin News was revamped as the Gingin Community News, which was produced by private individuals. I am still investigating as to when the Gingin Telecentre or Gingin Community Resource Centre, which we are now known, took over the publication.

I hope that going forward, in each Buzz, to provide a snippet from the past editions of the Gingin News and Gingin Community News. To me this is our Towns more recent history with which, some that have lived it, can reminisce the times gone by and inform the newer members of the district of what has happened to shape their community.

In the very first publication dated December 1977, amongst its articles from sporting clubs, news of the school, information concerning the Religious Denominations and of course, what was happening with the Shire Council it advised that Beermullah was about to get power.

Those in the area could elect to pay the State for installation of power lines to supply electricity to their holdings. Prior to that farms had to generate their own power. Not everyone joined the scheme and continued to generate their own power.

The scheme wasn't ready in April 1978 as predicted and not up and going until at least August of that year as I recall.

As a newlywed living in Beermullah in August 1978, I dreaded the generator and me having to start it. The threat of the “kick back”, scared the living daylights out of me. Our generator didn't have an electric start so you had to wind the thing up!!!

Having always lived in Gingin town or Perth, I was ecstatic that we were about to get, what I had taken my whole life as a given. Lucky for me the generator and I had a very short-lived relationship as the the State Electricity Commission took pity and connected our house before the official startup date.

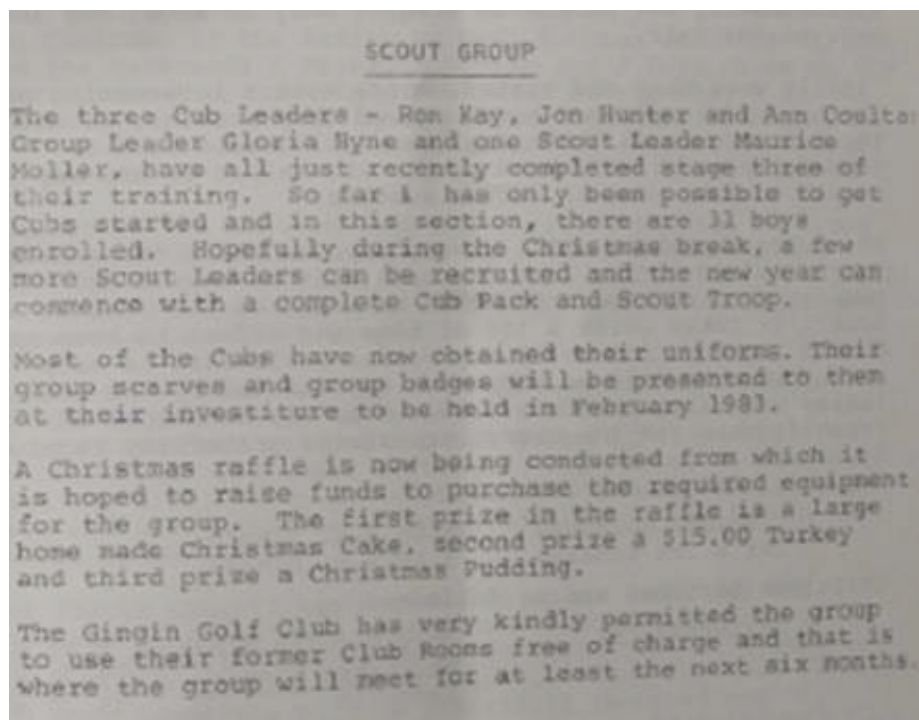
From the Gingin News: December 1977:

EXTENSION OF POWER TO THE BEERMULLAH AREA ✓

In July of this year Mr. B.W. Roe was informed by the State Energy Commission that power would be extended to the Beermullah area to service the twenty five subscribers who have signed documents guaranteeing the payment of \$1,064.00 each to cover the cost. It is hoped that work will commence on the reticulation during the month of December and completed by April, 1978.

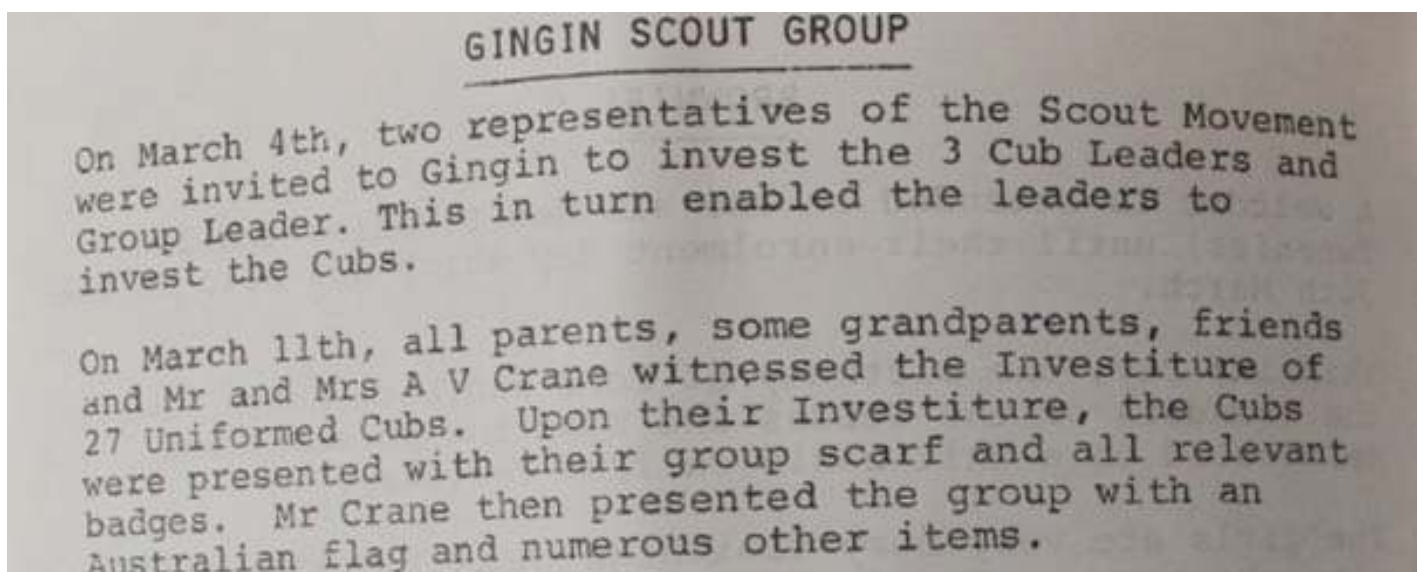
The scouts have just celebrated their 40th Birthday with a function at the Scout Hall on the 18 February 2023. Looking back at the December 1982, 16th Edition, page 25 the "News" announced that Cubs were underway in Gingin and Scouts were just waiting on the recruitment of leaders.

Gingin News: December 1982



The following edition produced in April 1983, Volume 17, page 32 reported the investiture of the Gingin Scout Group Leader along with 3 Cub Leaders by the WA Scout Movement on the 4 March 1983. A week later Mr and Mrs "Bert Crane" attended the induction of the first Cubs into the Group. Who was Bert? Mr Crane was at the time, the well-respected member for Moore in the Legislative Assembly of Western Australia. He served as the member for Moore from 1974 to 1989, initially representing the National Country Party and from 1985, the Liberal Party.

Gingin News: April 1983





New books have arrived in the library. Amongst the books are "The Paris Affair" by Melanie Hudson. This is a story of love, loss and resilience set in World War Two, and "Cloud Land" by Penny Van Oosterzee, a dramatic story of Australia's extraordinary rainforest people and country. There are also plenty of new DVD's and children's books.

Come in early to check them out, as our new arrivals shelf empties fast.



Gingin & Lancelin Libraries present

Rhyme & Story Time

Come and join us!

Every Monday from 9.30am at the Gingin Library and every Wednesday from 9.30am at the Lancelin Library we have **Rhyme & Story Time** during the school term periods for toddlers to Kindy age children!

Gingin Library - CRC staff (08) 9575 5153
Lancelin Library - Helen (08) 9575 5155

GINGIN & LANCELIN LIBRARIES
HISTORY | BEAUTY | PROSPERITY

CASTLE BUILDER

The Norman Wallace Story

Castle Builder

The autobiography of Norman Wallace and his journey from Northern Island to Australia and his role within the Shire of Gingin.

NEW
to our library

Kindly donated by Garry Wallace.

The Gingin Library has one copy available to borrow and the Gingin Community Resource Center has one copy available to be read in center.

COUNTRY FAMILIES @ NGALA

Support to families with children from birth to 8 years living in regional, rural and remote Western Australia



Ngala have partnered with WA Country Health Service (WACHS) to provide free child health parenting information and support to families living in regional, rural or remote WA.

Facebook Group

Join a community of other country families to access parenting information, resources & program updates.
Search: CountryFamilies@Ngala.

Tutorials and Facebook Live Sessions

See recorded and live videos with information for parents with children aged 0 – 8 years.

Online 'Live Chat'

Chat with a Ngala Child Health Nurse via Facebook.
Please check website for session times.

Individual Consultations

30 minute video or phone consults with a Ngala Child Health Nurse for child development information and parenting support.

Country Dads' SMS Service

Receive information and resources via SMS or Email.

Call: 9368 9342

Email: CountryFamilies@ngala.com.au



Supported by the
WA Country Health Service

#HealthyCountryKids



To find out more visit

www.ngala.com.au/program/country-services

Letters to the Editor

With this column we endeavour to provide an avenue for the whole community to contribute and one that people will be comfortable in expressing themselves. As always we reserve the right to edit or refuse insertions for reasons of space or inappropriateness.

Please keep submissions under 250 words. Please note these inclusions do not necessarily represent the opinions of the CRC and its personnel.

On Tuesday, 28th February 2023 Casey Australia Tours will celebrate their 50th anniversary of operations.

In 1973 Bryan Casey started KC. Mini-Bus Adventures, equipped with a Volkswagen Kombi and a passion for discovering the great outdoors. Fast forward to 2023 and the company, now known as Casey Australia Tours, have expanded to a staff of 15 and a state-of-the-art fleet of luxury coaches, continuing Bryan's passion for exploring the country. Tours vary from single day trips to extended tours through some of the country's most remote and fascinating regions.

"It has been a great pleasure to manage this business. It has given many people great joy in the fellowship of the tours and pleasure at seeing our wonderful country" stated Owner and Founder, Bryan Casey. "Fifty years in business is an incredible achievement," continued Bryan's son and company Director, Tim Casey. "Some of the stories told about the challenges of touring in the early days in Bryan's book 'Never Dull on Tour' are unbelievable. The

advances in technology, communication, roads, vehicles, and equipment have changed the touring business – but at the core, the connections made between passengers and the Casey Team have kept us travelling."

"When you return from a Casey Tour the memories are not just of the places you visit, it's about the people you shared the journey and made the memories with," concurred fellow Director, Jacinta Casey. Andrew Russell, former Manager of the Kimberley Grande Resort in Kununurra reflected on recent times in the tourism industry; "In the beginning of Covid the tour groups in the Kimberley disappeared; Casey Tours were one of very few that kept the wheels turning. We established an excellent relationship with Casey Australia Tours, and were able to support one another while bringing tourism back into our regional towns and communities." The Casey family and staff look forward to honoring the colorful history of this family owned and operated WA company and continuing their vibrant legacy well into the future.



Part of the Casey Australia Tours team.



The original Casey Australia Tours 8 seater VW Kombi Van



Re-enactment of pushing the Casey Australia Tour Bus


Continued...

Thank you fires!

Recent Chitna Road Fire:

I live over the road from the fire, 20 meters away. I would like to thank all the fire fighters that were at the fire on Chitna Road on the 4th, 5th and 6th of February and longer. You saved our place! It was incredible to see so many vehicles attending so quickly and coming from so far away. Lancelin, Quinns Rock, Lesmurdie, Mundaring, Wanneroo, Beermullah, Ledge Point, Red Gully, Gingin South, Guilderton, Ocean Farms and more, too many to remember, all our local brigaded. The response was outstanding, also my thanks to the loader and dozer operators, Helicopters, planes and all the air support. It was an incredible job well done. I thank you.

Patrick Murphy, Neergabby.



THE CITY OF SWAN, TOGETHER WITH THE GUILDFORD
LIGHT HORSE STATUE COMMITTEE INVITE YOU
TO THE OFFICIAL UNVEILING OF THE

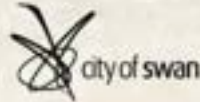
10TH LIGHT HORSE MEMORIAL STATUE IN GUILDFORD

**SUNDAY MARCH 12, 2023
AT 10AM**

STIRLING SQUARE, GUILDFORD WA 6055

Light refreshments will be provided after the unveiling
RSVP by February 20, 2023 by emailing events@swan.wa.gov.au

The Tenth Light Horse Regiment was raised in Guildford in 1914, and became one of Australia's most recognised regiments, noted for the courage displayed at Gallipoli and in the Middle East. This statue is one of commemoration, reflection and recognition of the human-animal bond.



Open now: Inclusive Participation Grants and Coaching and Officiating Grants Programs

The Department of Local Government, Sport and Cultural Industries has some exciting grant opportunities that your organisation may be interested in that have opened today.

Please see below information on the Inclusive Participation Grants and the Coaching and Officiating Grants Programs. In addition, links to the learning and development opportunities that are currently open for registrations have been provided.



Inclusive Participation Grants Program

Now open: grants up to \$150,000 available for inclusive sport and recreation projects

The Department of Local Government, Sport and Cultural Industries (DLGSC) wants to see all Western Australians taking part in sport and active recreation.

DLGSC is now offering grants between \$20,000 and \$150,000 for projects that target low-participation groups.

Funding is available to community sport and active recreation providers, state sporting associations, state active recreation organisations, community service providers and local governments.

The **Sport and Recreation Inclusive Participation Grants Program** aims to create inclusive, accessible, safe, and welcoming environments and opportunities for:

- people with disabilities
- Aboriginal people
- people from culturally and linguistically diverse backgrounds
- adolescent girls
- people from the LGBTQI+ community
- seniors
- disengaged youth.

If your organisation has a project that you feel will create inclusive participation opportunities and environments, **please contact DLGSC to discuss your program and request an application form.**

For more information including a copy of Grant Guidelines visit www.dlgsc.wa.gov.au/inclusive-participation-grants-program

Applications close **Monday 13 March 2023.**

Contact:

Aaron Morse – Manager Community Engagement

P: 9492 9758

E: communityengagement@dlgsc.wa.gov.au

Coaching and Officiating Grants Program

Coaches and officials are an integral part of the sport and recreation industry and play an important leadership role in athlete development and supporting a positive and safe training and game day environment. The Coaching and Officiating Grants Program provides financial support to assist state sporting associations (SSAs) to develop and implement sustainable strategies and initiatives that support and develop new and existing coaches and officials in WA. SSAs can apply for up to \$15,000 for their projects.

The DLGSC is seeking applications from SSAs for projects that develop strategies and deliver initiatives to recruit, educate, develop and retain coaches and officials. The DLGSC will prioritise applications that meet one or more of the following:

- Smaller SSAs (Industry Investment Program Category C, D, E, F and Provisional SSAs)
- Provide development opportunities for coaches and officials in regional WA
- Provides access for coaches and officials to scholarships to achieve their career goals through higher level experience and qualifications
- SSAs that have a sport specific coaching and officiating strategy
- SSAs that did not receive funding in the 2021/22 round of the Coaching and Officiating Grants Program.

The DLGSC encourages organisations to consider applying for coaching and officiating projects that support and broaden diversity and inclusion. This may include projects that support youth, women, culturally and linguistically diverse, all abilities and Indigenous coaches and officials.

For more information including a copy of Grant Guidelines visit [Coaching and Officiating Grants Program](#) or contact your DLGSC Sports Advisor / relationship manager to discuss.

Applications close **Monday 13 March 2023**.

Learning and Development

The following workshops are open now for registrations. Please click on the link for more information on the workshop and how to register.

- [Introduction to Grant Writing \(online\)](#)
- [Introduction to Grant Writing \(in-person\)](#)
- [Volunteer Management](#)

For more information on any of the learning and development opportunities available, please contact Industry.Development@dlgsc.wa.gov.au.

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EXPRESSIONS OF INTEREST

to Mirtula on
0427 711 712
or email: mirtulahildebrand@gmail.com

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- Core Stability
- Flexibility
- Injury Prevention
- Postural Control

IN GINGIN



Super Sally

By Alan Gent

The woman sat on the other side of the desk on the verge of tears. The contents of her shopping bag lay strewn in front of her, with the red sweater and blue blouse in plain view. The rain hammered on the large office window, obscuring the perfect view of the city and Harbour Bridge below. I was happy about the way my store manager was handling the situation, and the police woman stood nonchalantly over in the corner. She had the air of someone who had seen it all before.

I suppose it was the way she tossed her head that brought me up with a shock. She only did it once, but I *knew*. There was no doubt about it. It was 'Super Sally'! The years rolled back.....

After Dad died, Mum really had to struggle. I swore I had the same pair of school shorts for two whole years. Luckily Mum was able to get most of my stuff from the second-hand shop, or some of the neighbours giving her hand-me downs. She always made sure us boys had enough to eat though, even if sometimes I think she went without herself. I did what I could to look after Bertie, my younger brother, and had to grow up quickly. I used to make breakfast for us both when Mum went to work, or we simply missed out when there was nothing in the house, which was often.

At school I was always a bit embarrassed when it came to Physical Education, and some of the boys saw my shoddy underwear. They used to tease me about it, but I couldn't really say anything. It was rotten being poor, when they seemed to have so much. I was at that age when the girls all looked good, especially those that were the 'girlfriends' of some of the boys in my class. Sally Barfield had come to school late in the first term, and was immediately popular. She had long blonde hair, big green eyes and a very infectious giggle, that you could hear echoing round the corridors between classes. She flitted from one conquest to the next, never keeping a boyfriend any more than a couple of weeks. Of course, even though she was

in my class, all the boys she went out with were in the senior years. She soon got the nickname 'Super Sally'.

Despite all this, and knowing I didn't stand a chance, I was besotted with her. I simply couldn't get her out of my mind. Everything she did seemed to be perfect. The way she walked, the way she talked, the way she tossed her head.... Just about every song I heard was about her, it seemed.

It was coming up to the school dinner dance, and all the boys were talking about it. It was a way the boys could all mingle with the girls—new friendships were made, some lasting, some not, but mainly it was a way for the boys and girls to show off to one another. The boys would dress in new gear, and the girls would have special dresses their doting parents bought for them. The school newsletter came home a few weeks before, and I saw Mum reading it, and looked sadly at me.

"Sorry, Jimmy," she said, "I don't think I can afford..."

"It's OK Mum," I lied, "I didn't really want to go anyway."

I don't know how she did it, but the very next payday, Mum managed to do something amazing. There on the bed when I came home from school was the most fantastic *new* shirt! It was perfect! My Saturday morning job at the pet shop didn't give us much, but Mum insisted I should use it for the ticket. "I'll manage," she said, despite my protests.

The school gym was a blaze of light and colour on the night of the dinner dance, and after the meal, the tables were all moved back against the walls, and the music cranked up. All the good dancers were anxious to do their thing, and quickly got on the floor. I watched Super Sally dance with three or four different older boys, and stood gloomily on the sidelines, trying to get up courage to ask her. I suppose what pushed me into it, was seeing Andrew Quail from my class go up to her. I was amazed to see him on the floor with Sally, who was apparently quite happy to dance with him. As soon as I was able, I went up to her where she was standing with a group of her friends and said "Sally, I was



Philip Alexander Agars

3.6.1952 - 31.01.2023

*Husband of Robyne, Father to Rachel,
Belinda and Jennifer
Father in law to Steve.
Papa to Will and Chloe.*

Happy Birthday

Norma Gray

99 NOT OUT!

On Monday 27th February, the Gingen Bowling Club hosted a 99th birthday celebration for former member Norma Gray. Approximately 60 of Norma's family members and friends joined her for a sumptuous afternoon tea at the Club.

Carolyn Brodie-Hall introduced Norma's son Rod and speakers Cathy Barter (Bowling Club) and Kerry Fewster (Golf Club) who related stories of Norma's substantial achievements at both sporting clubs.

Over the years, Norma's generosity and organisational skills have seen many a fund raising function held for the benefit of the Heart Foundation, Cancer Council and the victims of floods and fires.

All those present joined in singing happy birthday to Norma who then proceeded to blow out the candles on her cakes, beautifully presented by niece Colleen Harris.

Norma was wished happiness and good health as she enters her 100th year.



Super Sally Continued...

wondering if..." I got no further. She turned round to me, looked me up and down as if I was the lowest form of existence, and said: "You! Why would I want to dance with a smelly specimen like *you*. Leave me alone and crawl back where you came from!"

I just about ran back to the other side of the hall and was barely able to contain the tears that seemed at any moment were going to embarrass me even further.

But that was not the end of it. When I got outside for the long miserable walk home, a group of the older boys followed me out and surrounded me.

"So you want to dance with Sally, eh?"

And before I had a chance to say or do anything, in a very short space of time I was on the ground in the mud, my brand new shirt ripped in several places, and I had blood streaming from my nose. I looked up to see Sally standing triumphantly over me.

"Stay away from me, *little boy!*" And with that toss of her head she walked off laughing with her entourage.

I got over it. And here I was, with Super Sally opposite me. *Me*. Area manager of Hollinger's, happily married to a wonderful woman. In control, and with the power to exact revenge.

Her eyes met mine.

"I'm sure she didn't mean any harm," I said. And to her: "Have a nice day, Sally."



*Do you have
aches and
pains?*

Early intervention is here to help!

We're participating in a program from LGIS which gives you access to physiotherapy treatment. This service is available to all employees for any aches or pains – not just work-related pain.



Why: We want you to be living your best life, either at work or at home. By reporting musculoskeletal pain or discomfort, we can treat your ailments before they turn into a significant injury.

Who: Any worker who has aches, pains or discomforts in their muscles or joints, that interferes with their ability to work.

Where: The program is delivered by qualified physiotherapists through a secure video-link to provide immediate advice and treatment on any musculoskeletal condition.

What: Access up to three telehealth physiotherapy sessions to improve musculoskeletal pain or discomforts. The treatment process can be started straight away to avoid delays and improve outcomes.

Interested?

Talk to your supervisor to find out more and get involved.

Lvl 3 170 Railway Parade,
West Leederville WA 6007

 (08) 9483 8888  lgiswa.com.au

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Health and Wellbeing

Kaylor Andrews
Wheatbelt Regional Education Officer
Cancer Council Western Australia
Kaylor.Andrews@cancerwa.asn.au



‘Sounds Like’ it’s time to quit smoking

On Sunday 12 February 2023, Cancer Council WA’s Make Smoking History Program launched a new WA-made campaign, [Sounds Like](#), which asks people to listen to their bodies for the sounds and signs to quit smoking.

If you smoke, you will be all too familiar with the health impacts in the advertisements, which range from smoker’s cough to bleeding gums. These common concerns may lead to life-long consequences, like severe breathlessness or loss of teeth.

The good news is, as soon as you quit smoking, your body starts to repair itself. Becoming a non-smoker is the single most important thing you can do for your health. There are more benefits too, like saving money and protecting your loved ones from secondhand smoke. When you quit, you’re setting yourself up for more quality time with the people you love most.

It's never too late to quit. **Get started today:**

- Visit www.makesmokinghistory.org.au/tips for all the best tips to quit and stay quit
- [Try our free, interactive quit planner](#)
- Download the free [My QuitBuddy app](#)
- Chat to your GP, Aboriginal Health Worker or Pharmacist
- Call the Quitline on 13 7848 or chat online at quitlinewa.org.au



For cancer information and support call 13 11 20



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Government of Western Australia
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- Postnatal support and liaison with Child Health Nurse
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Bookings can be made online at www.transwa.wa.gov.au. Concession fares cannot be booked online.

Bookings from Gingin **MUST** be made at least **24 HOURS** in advance.

Please call at Gingin Community Resource Centre Inc. for further information or phone 9575 1253

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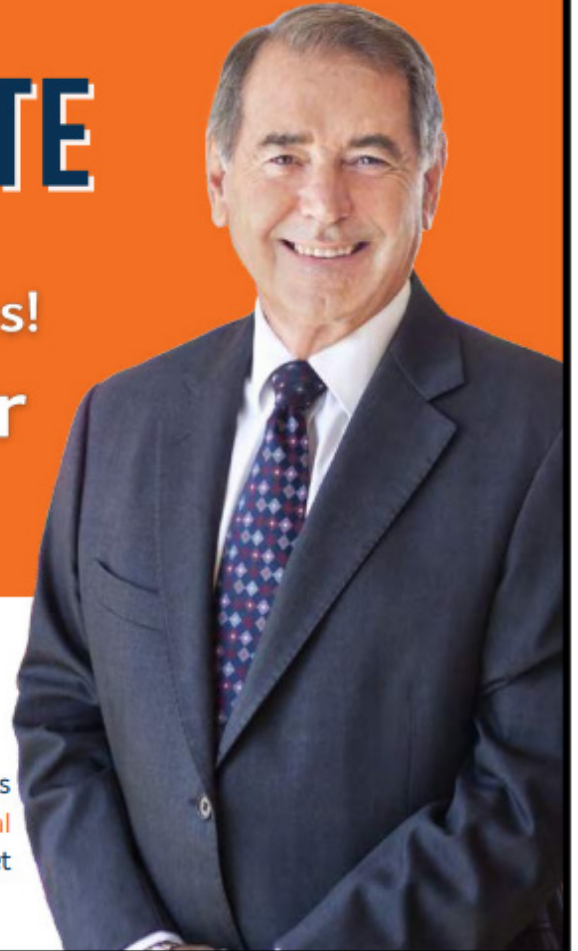


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 -HDPE (ice safes etc)
 -Liquid Paper Board (LFB) (juicy box, flavoured milk etc)
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