



Phone: 0422 414 113

https://www.facebook.com/innercalmhealth

# Painful Hips, Knees Back, Neck & Feet?



#### 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 peoples 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 an 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 feed back 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**

April 2023 - Issue 49

#### **Subscriptions**

Subscribe to the Gingin Buzz and have 11 issues mailed to your address for \$45.00

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1/4 page	\$ <i>27.50</i>
1/2 page	\$ 49.50
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#### Colour pages rear cover

1/4 page	\$ 44.00
1/2 page	\$ 77.00
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#### Inside front and rear cover

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#### Book and prepay for 10 ads and get one free!

#### Classifieds FREE 3 lines per advert

#### Email all adverts or stories to

gcn@gingin.net CUTOFF: Wednesday, April 2023 for May.

## Editorial Team



Carrie Edwards

Manager







**Bronte Maloney** Community Service Officer: Mon/Tues/Wed Officer: Thurs/Fri



Naomi Brown Community Service

#### Editor's Note.....

March was a busy month with events and activities that celebrate various aspects of life, culture, and society.

One of the highlights of the month was "Arts in the Park". which brought together artists from different backgrounds to showcase their work. The evening music event was enjoyed by many families and it was a pleasure to see everyone having an enjoyable time.

Please read more on page 6.

Another significant event held in March, was the 2023 "International Women's Day" Lunch, hosted by Community Bank Gingin and Lancelin. vears theme was "Embrace Equity".

Full story and photos on page 14.



Heather Hukin Centre Trainee

Other stories from happenings in March can be found inside so enjoy and if you have any contributions for our May edition, please send them in.

Easter and the school holidays are upon us once again and we wish everyone a safe, relaxing and enjoyable break.



#### Disclaimer:

The information contained in the Gingin Buzz is for general information purposes only. The Gingin CRC assumes no responsibility for errors or omissions in the content in the articles published, particularly those provided from various contributors.



## APRIL 2023

NUS	NOM	TUE	WED	ΠHL	FRI	SAT
						_
2	8	4	2	6 LAST DAY SCHOOL - TERM 1	7 GOOD FRIDAY	8 EASTER FUNDRAISING STALL - GUILDERTON GOLF CLUB 9AM - 12PM EASTER ART EXHIBITION & SALE - GUILDERTON COMMUNITY HALL 9AM - 2PM
9 EASTER SUNDAY EASTER HUNT - GRANVILLE PARK, GINGIN 10 - 11:30AM	10 EASTER MONDAY	<del></del>	12	13	14 GG BOWLING CLUB COMMUNITY CPORTING CHALLENGE, 5.30PM SHIRE COMMUNITY GRANT CLOSES	15 LANCELIN ARTS FESTIVAL - WANGAREE PARK, LANCELIN - 10AM - 3PM
16	17	18	19 YOUTH WEEK - YOUTH FUN DAY - GABBADAH PARK, GUILDERTON 10AM - 2PM	20 GG SHIRE RATES 4TH INSTALLMENT DUE	21 YOUTH WEEK - 18 -35 YEAR OLDS - BAREFOOT BOWLS - GINGIN BOWLING CLUB 5:30PM - 9PM	22 gg aquatic centre pool party, last day of season.
23	24	25  ANZAC DAY  ANZAC DAY DAWN MARCH &  SERVICE - FROM 6AM  FOLLOWED BY GUNFIRE  BREAKFAST	26 GGDHS TERM 2 BEGINS	27	28 CCC @ THE RAILWAY CAFE, 10AM	29 WICKING GARDEN BED INFORMATION CENTRE, GINGIN CRC - 10AM
30 Bendigo bank communty grant applications close						

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Past Gingin News

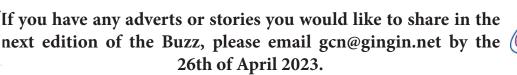














## Feature Story

#### Arts in the Park 2023

Gingin CRC hosted the 6th annual Arts in the Park and Art exhibition on the 17th and 18th of March. The exhibition showcased some of the best local artists in the area along with musician 'Hayden McGill' and band 'Afterglow' who were extremely well received. One comment was "that first musician was great, is he coming back next vear?"

Attendees were treated to delicious Vietnamese influenced food options, Creamy fruit ice cream and coffee with sweet treats. The drinks bar served alcoholic and nonalcoholic beverages with Gingin Gin being very popular.

The art exhibition featured a variety of different styles and mediums, including paintings, sculptures, photography and mixed media pieces. All pieces were available for purchase and there were several pieces sold. The CRC thank Image Resources again for supporting the winners of each category. The judge's comment was "there are some fabulous pieces displayed, judging relevant excellence is always difficult".

The winners and highly commended for each category were:

- Painting winner Renata Wright -Laundry Day \*Highly commended - Natalie Mc-Carthy - Twin Brooks Yued Noongar **Boodja Sunset**
- Photography winner Barry Callen - Woongarra Pool, Beasley Gorge, Cheela Plains Station \*Highly commended - Emma Brown Focus
- Sculpture winner Brain Plank Feral \*Highly commended - Andre Van Niekerk - Egrets
- Mixed Media winner Dianne Miller - Twice times tea \*Highly commended - Kosmicsonas Hot Seat



Painting winner Renata Wright, Laundry Day



Photography Winner Barry Callen Sculpture Winner Brian Plank, Woongarra Pool, Beasley Gorge, Cheela Plains Station





Mixed Media Winner Dianne Miller, Twice times tea

The 'Irene Dewar Peoples Choice Award' was a very close competition, with many people commenting "Can I vote for all of them?" There was only 1 vote separating the winner who was Edward John Beer a painting in acrylics called 'Stony Brook'.

The event was praised by many who attended as a great way to promote local talent and bring the community together. The CRC thank all our volunteers who assisted in numerous ways as this event takes

many hands to make it a success.

The combination of art, music, food and drink made for a truly successful event. We look forward to future events that showcase the best of our local community.

Plans are already underway for next years event, which is sure to be even bigger and better than this year's. Local artists are encouraged to start thinking about their next master piece and showcase their talents at the 2024 art exhibition.



Musician Hayden McGill



Local Kids showing off their dancing skill while enjoying Afterglow



## Wicking Garden Bed Information Session

Demonstrating the construction of productive small and large wicking beds.

Covering growing media, propagation, seasonal selection and watering systems to ensure you have a bountiful, water efficient growing system.

Learn the value of making and including nutrient and microbe rich compost into a successful productive food garden.

Presented by David de Vries Saturday 29th of April 10.00am Rear of the Gingin District CRC (Community Garden) \$75 Including Morning Tea

















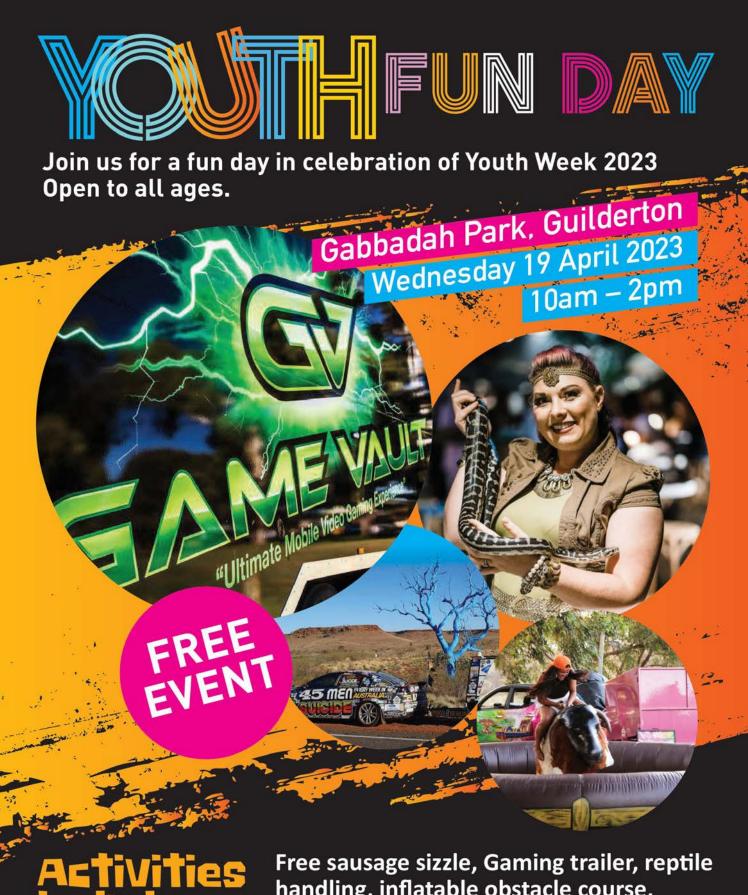












handling, inflatable obstacle course, bucking bull, mental health resources

For more information on the event please contact the Community Development Officer on cdo@gingin.wa.gov.au or 9575 5176

















## RSVP by 14 April to reserve a spot

For more information on the event please contact the Community **Development Officer on** cdo@gingin.wa.gov.au or 9575 5176







## International Woman's Day

On March 25th, over 80 ladies and a couple of gentlemen from the Gingin community came together to celebrate the 2023 International Women's Day #embrace-equity with a luncheon to celebrate the achievements of women from all walks of life. Hosted by the Community Bank Gingin and Lancelin, with the support of the Gingin CRC, the event was held in Gingin at the Granville Civic Centre and featured inspiring speakers, delicious food, market stalls and a warm, welcoming atmosphere.

The day began with a sumptuous grazing table created by local caterer and new business owner Tiffany Polette. Everyone enjoyed their food while listening to Savanah Solomon's beauitful acoustic music and had the opportunity to mingle and network with one another and browse the market stalls showcasing their wares.



Grazing platters created by Tiffany Polette Catering

After lunch the formalities began with an opening address and Acknowledgement of Country from MC local businesswoman Jay Curtin, mother of 3 boys and CEO of Australian Honey Ventures. In her speech she addressed the unintentional competitiveness we woman hold toward each other and the importance of supporting and inspiring each other in life and business.

The first speakers of the day, Willy Regan and Theresa Lee from RSM Business Local - Wheatbelt, took to the stage. They discussed their personal experiences in starting a business, the support they received in achieving that dream for themselves and how they, at RSM Business Local - Wheatbelt, can assist small business in achieving their dreams.

Next up was CEO and founder of Zero-2Hero, Ashlee Harrison. Ashlee told us about her earlier life experiences and how they inspired her to be a part of the chance for youth mental health, the challenges she has faced along the way and the lessons she has learned. Her talk was inspirational and many attendees commented on how



Gingin Granville Set up to look Beautiful



Natalie and Charlotte Weckert who found the day to be 'empowering our next generation of young women'



MC, CEO of AHV, Jay Curtin

much they had been inspired by her and the wonderful things that Zero2Hero do in Western Australia.

The final guest speaker was Shayla Strapps, Lawyer, CEO and advocate. Who told us the story of a woman named 'Kate' and the challenges she had to face with no support through the hostile end to her marriage. These challenges influenced Shayla to push for change within the legal system to ensure all women have access to a social worker for support through similar cir-

cumstanes.

Overall, the Gingin International Women's Day Luncheon was a fantastic event, bringing together many women from different areas of our shire to celebrate their achievements, network and support one another. It was inspiring to hear from such a diverse range of speakers, and everyone left feeling motivated and energized. Congratulations to the Community Bank Gingin and Lancelin, and all involved in organizing such a successful event.



Willy Regan of RSM , Carrie Edwards & Alison McVee of the Gingin CRC



Zero2Hero CEO, Ashlee Harrison



Community Bank Gingin and Lancelin Staff. Linda, Raylene, Tanya, Djia, Kellie and Teneisha



A great attendance of over 80 people.

### Local Business Profile

## Tiffany Polette's Catering

## Tell us about yourself and your business?

I am Tiffany Polette a qualified chef making quality handmade food, working within the Shire of Gingin.

## Why did you choose the profession you are in and what do you enjoy the most about it?

I love to cook, always have. Starting my own catering business seemed like the right fit while I have a young toddler at home. It gives me the flexibility to still be a mum but also follow my passion for cooking.

## Why did you choose to run your business in Gingin?

I have lived in Gingin since 2001 where I attended the local school. I know have children in school here and my partner works in the community making it easier for me to put the time into the business.

## How long have you been running Tiffany Polette Cater?

Since October 2022. I decided to start the business after the success of the Long Table Lunch, due to requests from the local community.

## What makes your business successful?

I believe I offer a service that wasn't available before, be it cake boxes for school and work lunches or catering personal events or functions.

## What keep you motivated to go to work each day?

Being able to provide yum quality food and being able to experiment with food and try new recipes. I have also found there is a lot of variety in the work as no job has been the same.

## What is your greatest professional achievement?

Being nominated for apprentice of the year.

#### Goals for the future?

Owning a food truck so that I can work from anywhere and travel to jobs.

#### Favourite past time?

I really enjoy learning, going to tafe' was a highlight fore me as I learnt many different skills.

## Tell us an interesting fact about your-self?

Everyone in my family has cooked professionally at one stage or another.









## Community Groups

#### **Red Cross**

The Gingin Red Cross unit were entertained by Wendy playing her beautiful Harp at our recent Morning Tea. She captivated us with her tunes and was very informative with her knowledge of all things harp. Those gathered were treated to a delicious spread of sweet and savory nibbles.

We would like to invite Men and Women to come **on Friday April 21**<sup>st</sup> **at 10am** to our next gathering. 3 Horan St Gingin. We will be making poppies and have a guest to read poetry. If you know of someone that may enjoy a little outing but they are unable to drive let us know and we can organize a ride. Come and have some fun with us and find out what is.

Felicity 0400 505 656









Wendy playing the harp



## GINGIN BOWLING CLUB

## Community Sporting Challenge

All Gingin Shire Sporting Clubs are invited to nominate teams of 4 for a game of bowls (any combination)

WINNING TEAM WINS \$500 TOWARDS THE SPORTING CLUB OF YOUR CHOICE
PLUS PRIZEMONEY FOR 1ST, 2ND, 3RD AND NEXT YEARS WINNERS.

Entry is **\$80** per team, includes 2 games of bowls and a meal between games

Bar facilities available at genuine 1980 prices

FRIDAY 14TH APRIL 5.30PM FOR A 6PM START

### Our Sponsor is:

NUTRIEN
COMPRISED OF:
WJ GREENWELL
ADAM SHIELDS
GREG NEAVES
MARK PARIS

Contact: Murray Butler 0418 752 133

## **Gardening Group**

March Garden Group saw 25 members on an outing to Tim Eva's nursery on Toodyay rd, Gidgegannup. Lots of car pooling thanks ladies, and thanks to the "What's App", making plans etc much easier.

What a treat it was with Tim's love of tree's, he has a huge variety for sale and has great knowledge to share. In his talk he addressed the necessity of soil preparation to ensure the success of your plants and of course our poor sandy soils and dry conditions.

We were introduced to a product called "Soil Solver" which has been developed for WA soils, turning sand into soil with lasting results. Well worth checking out. Another product Tim brought to our attention was "Grow Safe Fertiliser" endorsed by Sabrina Hahn, a slow release living fertiliser.

Tim's large range of advanced fruit trees and ornamental trees was very impressive but he also has a range of tube stock and a variety of other garden plants. You will not be disappointed, it is well worth the drive.

We were treated to the best homemade scones with jam and cream made by Tim's wife and served by his beautiful children, which we all ate greedily. The group then wandered the nursery discovering every nook and cranny and finding plenty to purchase for their garden, make sure you get them planted now ladies!!!

We then headed down to Chapel Farm Estate, Middle Swan for lunch. Some did a quick stop into Tass 1 Tree's, also on Toodyay Rd, another great family business which is not only a nursery but cafe, mini mart and fresh fruit & vegetables.

Chapel Farms rustic decor, share menu and bar was a perfect venue. The massive gumtree on entry is a rare sight. Kylie and Sue spotted a spectacular creeper which after googling we discovered to be a Bengal Clockvine, *Thunbergia Grandiflora*, checkout the photos.

From Chapel Farm the group dispersed to various other venues which included Gomboc Gallery and Swan Settlers Markets, before heading home. So we certainly had a full day out with the only negative being the endless amount of roadworks, 60 40 60 40 60.....you all know the story

So with March under our belt, we find that April will be a "no meet" as it falls on Good Friday. It has been suggested to try to attend the Gardeners Circle meeting on the 17th April at South Perth. It will be listed in your membership newsletter with all the details. Please let Irene know if you are interested.

May, will see us visit a private garden in Bullsbrook. So until next time be kind to one another and take care of yourself.



The Gingin gardening group enjoying Tim Eva's presentation on Soil



Bengal clock vine, Thunbergia grandiflora



Gumtree at the enterance of Chapel Farm Estate

## Gingin ANZAC Day Dawn Service

As another dawn service draws near it is timely that we reflect on the recent history of the service in Gingin and its resurrection in 2012 after being dormant for over 20 years.

The resurrection of the service was initiated by Angela Cabassi of the Pensioners Social Club Gingin with support from its members and like-minded members of the community. Since 2012 the service has always been conducted at the Sound Shell and progressed to become a significant event on the Gingin community events calendar.

With the Anzac Day centenary looming in 2015, the Club embarked on a project called The Wall of Remembrance located in Granville Park next to the Sound Shell. With funding from the Commonwealth Government, the wall was completed in time for the 2015 anniversary.

Since 2011 the Pensioners Social Club Gingin has been the driving force behind the dawn service drawing support from its members and community volunteers. The Anzac Day dawn service has traditionally been followed by a gunfire breakfast.

Since 2016 the Club, with support from commercial sponsors, has provided this breakfast with all donations directed to funding shortfall of the breakfast cost. All surplus food and consumables with a limited shelf life are donated back to the community. The major beneficiary is the Gingin District High School breakfast club. All donations collected are credited

All donations collected are credited to a special account for the Wall of Remembrance and expenses then debited from that account. Club members are not renumerated for their personal costs or time in preparing for the dawn service and breakfast. To date funds for the Wall of Remembrance have been used to manufacture of the four silhouettes, updating of the plaques and more recently replacement of the main plaque and the

mounting and framing of the donated War Pennies.

There may be members of the Gingin community who are of the belief that the Pensioners Social Club Gingin is a beneficiary of funds received from the dawn service. This is a misconception. The Club is a transparent organization with its accounts audited annually. It invites any member of the community who has voiced concerns about its financial conduct of Anzac Day funds to contact its President/Treasurer who are happy to allow them access to its financial records. It is disappointing that some members of the community who, with no substantial evidence, are willing to go public or on social media to denigrate the good work of this community organization. In true Anzac spirit the Pensioners Club Gingin is again organizing the Anzac Day dawn service and qunfire breakfast for 2023 and invite all community members to come and commemorate this significant event for all Australians, knowing that any donation you make will be directed towards the breakfast and Wall of Remembrance. Your donation either by way of cash into the tins provided or by eftpos (machines will be available on the day), will be greatly appreciated and be used to benefit the community members now and our future generations to REMEMBER.



Lest we forget.

Pensioners Social Club Gingin Inc



#### Just a quick bit of news about our new fences at Playgroup...

Thanks to the community grant from the rec centre we've been able to have a new colourbond back fence installed plus a beautiful new front sign. Thanks to the community grant from the Shire of Gingin we've had a stunning new limestone retaining wall and railing fence installed.

We've also removed the gumtrees from the play area as limbs where dropping and the mess was creating a hazard for children playing, our next project is to fund raise and apply for grants to have a new shade sail installed over the swing area.

We are continually doing everything we can to improve our little historic Playgroup and create a safe and welcoming environment for our little ones in town.

Playgroup now runs Wednesday 9.30-11.30 for 5 and under and fortnightly Fridays 9.30-11.30 for 5 and under plus any older siblings that may be home-schooling to attend. Enquiries can be emailed to ginginplaygroupinc@gmail.com

Here's some before and after pictures to show the huge improvement









Facebook or Instagram #Gingin Playgroup Inc



JOIN US FOR THE 11TH ANNUAL COMMUNITY

# EASTER HUNT

Enjoy an exciting morning of Easter activities and fun for the whole family.

Meet @ the Soundshell to begin!

SUNDAY,9TH APRIL 2023

### **GRANVILLE PARK, GINGIN** 10AM - 11:30AM

Please pre-register your child/children with the Gingin CRC.
PHONE - 08 9575 1253 or
EMAIL - crc-service@gingin.net









## Gingin District High School News

### Creating a positive, uplifting community where students succeed!

#### **ROOM ONE MATHS MINDS**

Room One students have been super busy this term practising patterning... and carrying out count by tens tasks!

Sometimes they work independently, and sometimes they work in co-operative

groups mentoring each other, as they did with their tallies to help to county by ten! After all the 'hard work' and learning, sometimes, they just get to be creative and have fun!









#### **BASKETBALL CLINIC**

Term 1, Week 2 is in the bag of our basketball clinics with Trevor Pugh, former Perth Wildcats player and AIS athlete. Trevor has been coming in on Mondays, Thursdays, and Fridays to teach our kids the fundamentals of basketball with the

hopes of getting into exhibition games at the end of the term (stay tuned for more info).

Week 1 - 2 Focus: Ball handling and

dribbling, lay-ups

Week 3 Focus: Shooting





#### **FOOD BANK**

A couple of weeks ago, Gingin was lucky enough to have Skye and Laura from Foodbank visit our school and help us cook up a storm!

Classes from Years 3 to 7 participated in sessions Learn.Cook.Share where they learnt a little about the Australian Guide to Healthy Eating and how to be safe in the kitchen. Students were then split into groups and cooked some amazing dishes including Coco-loco Balls, Rockin' Rice Pudding and One Pot Gnocch-out.

Finally, after the students cleaned their area, our fabulous parent helpers dished up samples of each dish for everyone to try.

The Year 5's and 6's said the Coco-loco balls and Speedy Stew were a hit. They

were told we could take leftovers home, but there wasn't any!



## EXPRESSION OF INTEREST - SCHOOL BOARD

Gingin District High School is seeking expressions of interest from community members who may be keen to be members of the School Board. The School Board is the governance body of the school. It provides advice on relevant matters and guides strategic directions of the school. Because of Department of Education Policy, staff members at the school and

parents of students currently at school are not eligible for this position. Please send your expression of interest by email to the Principal, Kevin Brady, at kevin. brady@education.wa.edu.au by Thursday April 6 at 4.00 p.m. Please indicate any specific skills, experience, or interests that you would bring to the Board. Selection will be undertaken by the Board based on Expressions of Interest and the final decision lies with the Board. Phone enquiries can be made through the Principal on 9575 5300.



## Sports Corner

## Local Swimmers Shine at the 2023 Northam Country Pennants

The long weekend was jampacked at the Northam Aquatic Centre, where 30 regional clubs, 592 competitors descended to compete in the 2023 Country Pennants hosted by Northam Swimming Club. Gingin Aquatic Super Seals was one of many teams participating in what is the longest running Championship swim meet event outside of Perth. Competing in D Division for the third year in a row, with 12 swimmers between the age of 8 and 52 years.

A fantastic family event where old friends get together, families spend time enjoying each other's company, and the team celebrate the successes over the two days, through personal best times, medals or team achievements.

Several highlights over the two days included swimmers from the team achieving 23 individual personal best times from 38 swims, with the Mixed 12 & Under 200m Relay team finishing in first place with a time of 2:37.27, an improvement of -14.40 from the previous Gingin time. An awesome effort from Chloe Quinn, Cooper Richards, Emmeline Brady and Marcus Tenni. All relay teams finished first, second or third and predominantly faster than previous Super Seals times, which was also a huge effort on behalf of

those swimmers competing.

A key success for the team was Marcus from Tenni achieving not



only four (4) personal best individual times for each of his 50m events, which has occurred at every swim meet he has attended this season, but also being awarded the Junior Rising Star for the Wheatbelt Region on Sunday afternoon. Since 2018, Swimming WA and Sponsor Aqua Technics present the Aqua Technics Rising Star Award. The Awards are selected by the Regional Committees across the State and are designed to encourage rising talent among regional Clubs. The sport of swimming can be expensive for families based in Regional WA, and these costs can be significant. Aqua Technics provide support that will assist to meet costs of coaching, equipment and travel to these families.

Each Regional Committee has the responsibility to recognise one male and one female athlete who lives and swims at a Swimming WA Club within their Region. Each athlete must be aged between nine (9) and twelve (12) years of age, and is designed to recognise the potential of the



Top 6 finishes Hope Kavanagh & Ebony White



Under 12 Relay Team Emme, Cooper, Chloe & Marcus



Junior Rising Star Wheatbelt Marcus Tenni



Northam Country Pennance 2023 Gingin Aquatic Super Seals swim team.

athlete to possess talent which may see them develop into a swimmer that is one of the best within that Region.

The 2023 Aqua Technics Award is awarded to a Junior SWA Club Swimmer who demonstrates leadership "in and out of the water", regularly achieves personal bests or times that are considered to be of a high standard for that discipline or stroke, as well as embraces the values and direction of the Club and the Region.

A very big shout out and Congratulations to Marcus on this well-deserved Junior Rising Star Award for 2023.

Additional successes in the pool over the weekend included Hope Kavanagh finishing in the Top 6 (in 6<sup>th</sup> position) for 50m Backstroke with an exceptional time of 35.60, while Ebony White also finished in the Top 6 (in 4<sup>th</sup> position) for 50m Breaststroke in an impressive time of 39.00. A fantastic achievement when these results are overall times across all divisions from A to E. Congratulations to Ebony and Hope on your individual success in the pool over the two days.

Gingin Aquatic Super Seals swimmers deserve to be congratulated for the 2022/2023 season, not only this weekend, but also previous Swimming WA swim meets and especially to those who have actively had a go, competing in their school and interschool swim carnivals during February and March. They are all superstars for getting into the water, believing in themselves and having some fun!

## Mens Country Week Bowls

Congratulations to Stephen Fewster. Chosen to play in the Country All Stars team on the Thursday night prior to the commencement of Men's Country Week.

The Country v's Metro challenge was a very exciting evening with brilliant bowling from all players. The country players held their own with the outcome of the evening going down to the last rink left on the green and winning. Taking the aggregate to a 1 point win to the Country.

Congratulations to all the Gingin Boys. Two teams won their sections, in the Fours.

Skippered by Stephen Fewster and Peter Bogan. In the Pairs two Gingin Skippers had to play each other in the last eight. Stephen Fewster & Stephen Beckwith equal 5th. Tom Cabassi and Jeremy Thomas (Guilderton) continued to play in the final rounds, coming "Equal Third". Shaun Donohoe fought his way to the last four in the Singles and finished Equal Third. Well done boys. Brilliant Bowling.



Shaun Donohoe



Jeremy Thomas and Tom Cabassi



Winners: Paul Gregory, Jacob Edwards, Peter Bogan and Jack Watson



#### Ledge Point Junior Off-Road Vehicle Area Open!

The Ledge Point Junior Off-Road Vehicle Area (LPJORVA) is now open for use by the public. The LPJORVA is a purpose-built area designed to accommodate two, three and four-wheel motorbikes.

There are two tracks: a junior riders' track intended for riders



between 8-14 years, and advanced riders' track which is for all ages (with adult supervision of younger riders).

The LPJORVA has safe directional signage to follow and allows for registered bikes and unlicensed riders to securely ride with adult supervision. Official opening date to be confirmed.

#### Community Grant Funding Period Extended to 14 April

Community groups who are still preparing grant applications for the 2023/24 funding round can breathe a little easier! The closing period has been extended to **Friday 14 April** which will give you a few more weeks to get your applications in.

If you have any queries, please contact our friendly Community Services team on 9575 5176 or grants@gingin.wa.gov.au.



## Reminder for All New & Existing Cat Owners - Cat Act 2011

A reminder to cat owners concerning responsible control and management of your pet-there are **3 steps to follow** when your cat reaches six months of age. Your cat must be:

- 1. Microchipped
- 2. Sterilised, and
- 3. Registered with the Shire of Gingin.

Your cat is also required to wear a collar and registration tag to ensure they can be easily identified and returned to you if they become lost.

#### **Guilderton Foreshore Food Vans**

With the Foreshore Café currently closed, the Shire has arranged food vans to supply coffee, breakfast, lunch, and dinner at the Guilderton Foreshore throughout April.

#### Rates Reminder – Final Instalments

The Shire will be mailing **4th instalment reminders** this month for ratepayers who have selected this payment option. The payment due date is 20 April 2023. If you would like your Rate Notice sent to you via email, please send a request in writing to our Rates team at **mail@gingin.wa.gov.au**.

Please note that changes in ownership, executor information, address, or name information etc, needs to be submitted in writing (not over the phone) with supporting documents, if applicable. If you have any queries, please give our Rates team a call on 9575 5100.

#### **Volunteer Promotions Project Update**

Thank you to all 150 respondents to the Volunteering Survey! The valuable data provided is being collated and will be shared with the community in the coming weeks.

Keep your eyes peeled this month for a short video that will be released which shares the **stories of five local volunteers**, their motivations to give back to the community and the enrichment they receive in return.

The video, along with the Expert Volunteer Workshops held on 18 February and 8 March, have been made possible through grant funding from Volunteering WA.





**Photos:** Community volunteers Robin Jacob from the Seabird Progress Association (left) and Harlan Auld from the Ocean Farms Bushfire Brigade (right) being interviewed and filmed for the volunteer promotional video.

## Youth Survey - are you 10 – 25 years old and live in the Shire of Gingin? Have your say and win!

We want to hear from the Gingin Shire youth about what matters to you and what new ideas you would like to see in your community. This survey will directly impact the events and projects the Shire undertakes over the next four years to support youth, so we encourage you to have your say.

The survey takes about 5 minutes to complete, and to thank you for your time you will go in the draw to win one of three \$50 EFTPOS vouchers. All survey responses will remain anonymous. **Survey closes Tuesday 9 May**.

Scan the QR code to participate:





#### **Anzac Day Services Around the Shire** Tuesday 25 April

#### Lancelin

Dawn Service - 5.45am at Harold Park followed by Gunfire Breakfast at 7.15am at Endeavour Tavern with 2 Up from 11.30am.

#### Gingin

Dawn March and Service followed by gunfire breakfast at Granville Hall. Meet at 6am at the Art & Craft Building, 11 Constable St.



#### Seabird

Dawn Service - 6am at Seabird Hall followed by light breakfast.

#### Guilderton

Dawn Service - 7am at Club Guilderton Country followed by cooked breakfast.

### **April Events**

April is an exciting month for events - see below for details:



Saturday 15 April, 10am-3pm at Wangaree Park



Wednesday 19 April, 10am-2pm at Gabbadah Park, Guilderton



Friday 21 April, 5.30pm-9pm at Gingin Bowling Club

details on both events, please go to gingin.wa.gov.au/events or the Shire's Facebook page... and don't forget to tell your friends!

#### **Council Decisions**

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

- Amendment to Terms of Reference for Local Emergency Management Committee — approved by Council.
- Request for change of reserve purpose and power to lease of Reserve 44225 Lancelin — approved by Council.
- Signs and Bill Posting Repeal Local Law 2023 approved by
- Approval of unbudgeted expenditure of \$300,000 for urgent repairs to Old Granville Building (CU@Park) — supported by Council

In addition, 10 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!

Guilderton Easter Art Exhibition & Sale - Saturday 8 April, 9am-2pm, Guilderton Community Hall.

Guilderton Easter Fundraising Stall - Saturday 8 April, 9am-12noon, Guilderton Country Club.

**Gingin Bowling Club Community Sporting Challenge – Friday 14** April, 5.30pm-9pm, Gingin Bowling Club.

Lancelin Arts Festival - Saturday 15 April, 10am-3pm, Wangaree

Youth Week Fun Day - Wednesday 19 April, 10am-2pm, Gabbadah Park in Guilderton.

Youth Week Barefoot Bowls – Friday 21 April, 5.30pm-9pm, Gingin Bowling Club.

End of Season Pool Party – Saturday 22 April, 10am onwards, Gingin Aquatic Centre.

Anzac Day - Tuesday 25 April - see previous article for details of a service near you.

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 our Community Development Officer, Mick Emmanuel at cdo@gingin.wa.gov.au and we will include it on our Events Calendar and promote it on our Facebook page.

#### **Public Notices**

Shire Office & Library Closures - Easter & Anzac Day Public **Holidays** 

Please note the Gingin and Lancelin Shire Offices and Public Libraries will be closed for the following public holidays:

- Good Friday 7 April
- Easter Monday 10 April
- Anzac Day 25 April





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

## **Early Morning Swimmer Wrap Up**

The Gingin Aquatic Centre hosted an endof-season breakfast on Wednesday the 29th of March to celebrate the dedicated early morning swimmers, who competed their laps with easter cheer in their bunny ears.

14 swimmers attended what was a joyous occasion as participants shared breakfast under the veranda, with a variety of delicious dishes, including fruit, hot cross buns and cakes. The breakfast was also an opportunity for the swimmers

to express their appreciation to the staff and management of the Gingin Aquatic Centre for providing a safe and friendly environment for their early morning swim routine.

The early morning swim program at the Gingin Aquatic Centre has been a popular activity among local residents for many years, attracting swimmers of all ages and abilities. The program runs throughout the summer season, providing a great way to stay active and healthy.











## 2022-2023 Swimming Lessons Wrap Up

It has been a very busy season for the Gingin Aquatic Centre and Pool Manager, Alice Grant. The pool has been busy most Saturdays with many birthday parties.

There has been a fantastic group of early morning swimmers on Wednesdays and Fridays and many regular swimmers and walkers every afternoon all recording their laps on the chart.

Stuart Perry currently leading the adult board on 8000 laps, followed by Jenny Tremlett on 7710.

Leading the children's board is Audrey Clark, followed by Hunter Crofts and Ellie Crowe.

There has been a total of 10 weeks Education Department Interm lessons for Immaculate Heart College, Bullsbrook, Bindoon and Gingin DHS and 4 weeks of Vacswim lessons, during the summer holidays, with over 100 swimmers in

each series. We have been fortunate to have had a wonderful team of Swimming instructors to deliver these lessons - Karen Grant, Elorah Gresele, Lachie Manson, Nadine King, JA Baard, Tania Georgia, Ann Bean, Maddie Cram, Lauren Ball and Tammy Foster.

The Gingin Aquatic Centre Swim School which is endorsed by Royal Life Saving began 5 years ago and this season we had the largest number of swimmers enrolled since we began, being 163 students. Our enrollment day in October was well supported and the numbers indicated that we needed 2 teachers on most evenings.

We began in November and ran for 7 weeks in Term 4 and then 7 weeks in Term 1, 3 evenings per week we providing lessons from 3 years old upwards. Our Swim School Coordinator and Community Trainer, Karen Grant has also facilitated several Bronze Medallion, Bronze Star and CPR courses

throughout the season for adults needing to update their qualifications.

Some of our older swimmers have been with us since we started, when they were very little, and those swimmers are now very skilled and competent. This has seen a demand for more challenging lessons with the focus being more on competitive swimming, so Alice, Karen and Elorah put heads together and created a competitive skill set and certificate for competitive squad sessions. They were able to continue to improve stroke technique, improve their fitness and learning correct starts, turns and finishes to be well prepared

for School Carnivals. This has been very successful and rewarding for instructors, swimmers and parents and all efforts have been show cased in their achievements at School Carnivals and Interschool.

The pool is closed over the Easter break, reopening on Wednesday 11th April, and staying open for the school holidays (weather permitting). The last day of the pool season will be on 22nd April, and we will be celebrating with a Pool Party. This is a free event and we hope many of you will join us.

We would sincerely like to thank everyone for supporting the pool this season.

### Virtual Swim to Rottnest

The Gingin Aquatic Centre held a virtual swim to Rottnest Island, a fun and engaging event that challenged participants of all ages and abilities. The event was held on the 25<sup>th</sup> of February and attracted 52 of swimmers divided into 4 teams working together to swim 19.7 kilometres, the equivalent distance between the mainland and Rottnest Island.

The event was a great success, with local families, and friends competing. The swim provided an opportunity for the community to come together and engage in physical activity while enjoying some friendly competition.

First place was taken out by team 'The Stitch up', captained by Rob Kestel, in a time of 5 hrs and 30 minutes, with the 'T-Swizzlers', captained by Alice Grant coming in a close second on 5 hrs and 35 minutes. 'The Guppies', captained by Karen Grant were not far behind finishing with a time of 6 hrs and finally 'It takes a Village', captained by Judy Treloar finished the day at the 7 hr mark.

Thanks goes to Alice Grant at the Gingin Aquatic Centre for organising this event to be enjoyed by all. We look forward to next year.



Winners 'The Stitch up' Captained by Robert Kestel



'It takes a village" finishing their final lap as a team.



Most of the kids from the competing teams who completed laps

## Gingin Reds Cricket Club

Congratulations to the Gingin Reds Cricket Club on yet another successful year.

It is impressive that the team has made it to the finals in each of the last nine seasons and won five of the last six. The 2019/20 season was a unique one due to the Covid restrictions, with the Association awarding the final to Gingin Reds as they were the top of the table.

It's also exciting to report that Jacob Edwards has been an excellent captain for the team in each of the finals, leading the club with distinction.

Moving on to the 2022/23 final, it was a close game of cricket, with Watheroo scoring 189 runs and Gingin Reds chasing

it down with 192 runs while losing eight wickets.

Lewis Roe was the standout performer for Gingin Reds, scoring 71 runs from 85 balls and hitting the winning six off the third last ball of the game. Jake George's contribution of 40 runs from 87 balls was also crucial. The bowling performance of Jacob Edwards and Cameron Yates was commendable, taking three and two wickets, respectively.

The game was played in great spirit and enjoyed by all, supporters, family members, and friends. Finally, congratulations to Lewis Roe who was awarded Player of the Final for his excellent performance



Left: Chris
Richards, Lewis
Roe, SMCA
President Steve
Balcombe,
Michael
Koczwara,
Captain Jacob
Edwards,
Lachlan
Matthews.

Right: Gingin Reds batting in their 2022/23 premiership game.





Left: Gingin Reds being presented with their premiership shield.

Right: Lewis Roe awarded Player of the Final.



Photos via Facebook - Credit Lynley Fewster

## **Gingin Golf News**

2023 Season Opening...... Plans are in full swing for the start of the Gingin Golf Club season. Busy bees and future plans are well under way in an endeavour to have the course and clubhouse looking at its best for this season and next, when it will be hosting the 2024 Avon Valley Ladies Golf Association Event (a 3 day competition).

LADIES: Wednesday May 3rd 9.30am START. Anyone keen to play 9 holes is most welcome and we play within school hours each Wednesday. This year we are providing "Ladies Introduction into Golf" mornings, running over 4 weeks leading

up to the season opening. Anyone is welcome, please see further details below.

MENS: WEDNESDAY SCROUNGERS MAY 3RD 3PM START.

MIXED OPENING DAY: SATURDAY MAY 7TH...Names in by 12 for a 12.30pm start. We are having a shared meal in the evening so invite your wife/ husband/ partner and bring a plate to share.

Keep your eyes on our FaceBook page (Gingin Golf Club Inc), for all golfing news and events.

# Gingin Golf Club

COME ALONG AND TRY

Have you been thinking about trying your hand at golf?

The ladies at Gingin Golf Club would like to invite you to join them for a FREE social and relaxed introduction into the sport and the club.

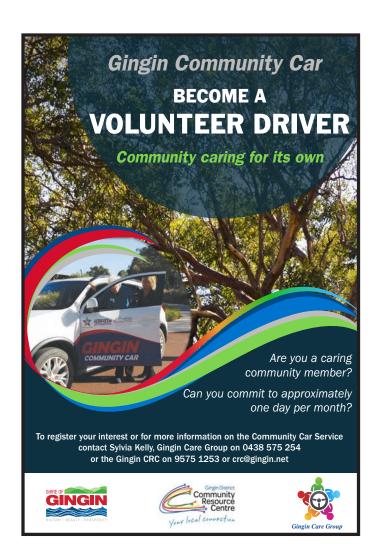
- All ages and abilities are welcome
- 🥮 Running over 4 weeks, come as many times as you like
- 🥮 All equipment provided, or bring your own
- Morning tea provided

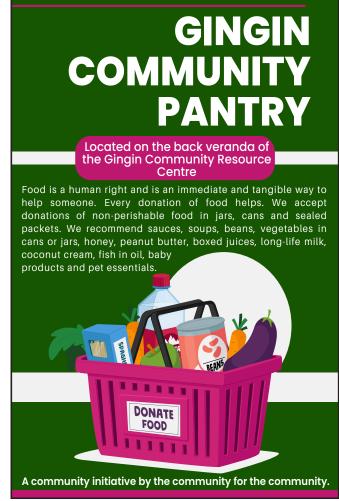
SMS or call us on 0438 942 344 for more information



Thursday 13th April Wednesday 19th April Friday 28th April Monday 1st May

Running 9.30 - 11.30 am











## **Backyard Buddies**

Your monthly guide to pests, weeds & diseases

**April 2023** 

## **Understanding Aphids**



Green peach aphid (Myzus persicae) giving birth to nymph on a potato leaf (©2023 DPIRD)

Aphids are small, soft-bodied, sap sucking insects which belong to the order Hemiptera. Let's examine some unique biological features about aphids to better understand why they are so difficult to control.

- Host plant range: Many species of aphids can feed on a wide range of host plants, which makes it difficult to control infestations in mixed plantings. These aphids are referred to as 'polyphagous' and includes the green peach aphid which feeds on a wide range of crops including vegetables, fruit trees, and ornamental plants.
- Rapid reproduction: Aphids can reproduce asexually through a process called parthenogenesis, where females give birth to live young without mating with a male. This allows aphid populations to grow rapidly under favourable conditions, and some species produce 20+ generations a season.
- Developmental plasticity & dispersal: Aphids can produce alates (winged aphids) in response to changes in environmental conditions. A drop in food quality, overcrowding or increased

- predation pressure can alter their development and produce winged individuals to aid in aphid dispersal.
- Ant mutualism: Some species of aphids have a mutualistic relationship with ants, which can protect them from predators and parasitoids. This can make it difficult to control aphid populations without also addressing the ant presence.
- Insecticide resistance: Some aphid populations have developed resistance to commonly used insecticides, which can make control even more challenging.

Understanding these factors can help you develop effective strategies for managing aphids. This may include cultural practices like removing infested plants, biological control methods like introducing natural predators or parasitoids, and careful use of insecticides that are effective against the specific aphid species present.

If you don't recognise the aphid you are trying to control, please report it.

#### Report suspect pests







## Past Gingin News

In the 4<sup>th</sup> edition of the Gingin News ("News"), a list was included that showed the classification of recognised heritage buildings and sites located within the boundary of the Shire of Gingin. It is interesting to note the number of heritage buildings and sad to see that the Gingin Agricultural Hall was on the list and within a couple of years of the compilation, was gone.

From the Gingin News: November 1978:

```
CLASSIFICATION OF HISTORIC BUILDINGS AND SITES
The following is a register of the classifications
within the Shire of Gingin:
National Estate
Cowalla Homestead
Reserves No. 31675 - 38781, 500 ha. (Nth of Lancelin)
Bambun, Nambung and Mungala Lakes Res. 24257, 82 ha.
Reserve No. 31241, 377 ha.
Lake Wannamal Reserve 9838, 81 ha.
Bootine Reserve 9676, 30 ha.
Dewar's House
Beedamanup Homestead
National Trust of Australia (W.A.)
Recorded Duildings
Agricultural Hall
House - 12 Fraser Street, Gingin
(Later additions and roof tiling excluded)
House - 36 Lefroy Street, Gingin
St. Catherine's Roman Catholic Church
Chariton (Good Bouse)
Downa - House and Graveyard
Former Junction Hotel
 The National Trust of Australia
Classified Buildings
The Granville
St. Luke's Church, Gravoyard, Bell Tower and Trees
Church of England Rectory
Uniting Church
Old Roads Board Office
Gingin Railway Station and Quarters
House - 9 Constable Street, Gingin
House - 11 Fraser Street, Gingin
Cheriton Stallion Box
Cheriton Manager's House
Cheriton Arch (Ruin)
Strathalbyn (excluding the meshing on verandah
               surrounds)
Moondah - house, kitchen and garden
```

The "Old Hall" was a vital part of our town.

A description of the Hall on the Heritage Council of Western Australia Website; (<a href="http://inherit.stateheritage.wa.gov.au/Public/Inventory/Details/5db4ae0e-46d3-4505-9083-4e14c96ede00">http://inherit.stateheritage.wa.gov.au/Public/Inventory/Details/5db4ae0e-46d3-4505-9083-4e14c96ede00</a>) states:

"On an area surveyed next to the Police Station, a wooden Hall was constructed in 1899. In 1911 a verandah was added to the front and a staircase from the passage to the stage and a supper room at the rear. The Hall was used for community functions and schooling. In 1911 roller-skating was popular and fortnightly dances were held to raise money for hall maintenance. Picture shows were also popular and a projector room was added to the front. Between 1947 and 1952, repairs and extensions were carried out including a new stage, a kitchen and supper room on the west side and external toilets. The Hall was destroyed by fire c November 1978. It all went in twenty minutes."

However, I was amazed not to find any mention of the destruction of this integral part of Gingin life in the "News" March 1979 Edition which would have followed the Heritage Council website fire date of circa November 1978.

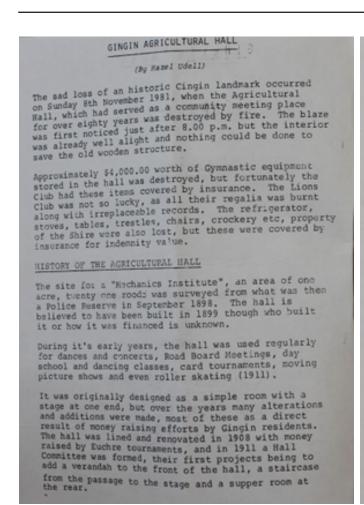
In the "News" July 1979 Edition, there is reference to a meeting in the Hall to discuss the construction of a Greater Sporting Complex, and in April 1981 there was talk of the Shire upgrading the park in front of the Agricultural Hall. So this indicates the Hall was still there at these times.

Looking further, I found the article below in the Gingin News Edition 13, where it has a whole piece looking at the sad loss of our dear old hall. The actual date that the hall was destroyed by fire was on the 8 November 1981.

To many of us that went to a dance, ball, wedding reception, social club for teenagers with Uncle Oscar, school social or to the movies, it was a piece of us all that was lost.

I remember that in the days before television, many a Saturday night was spent laying with a pillow and rug on the floor at the front of the hall watching Flash Gordon on the big screen followed by a top movie. I am sure that is where I first saw "To Sir With Love" and fell in love with Sidney Portier.

From the Gingin News: December 1981:



A projection room with a fire-proof cabinet was added about 1914 and acetylene gas lighting was installed soon

Fortnightly dances were then being held to pay for hall maintenance. The Gingin Roads Board accepted responsibility for hall upkeep in 1925.

As the effects of the depression years curtailed all finance, local residents formed a concert party in ovember 1929, and the profits from their efforts were used to removate the building and to purchase a new curtain. However, by 1933 the floor had deteriorated to such a degree that one night a dancer put his foot right through and the Roads Board were forced to find enough money to replace it. Mr. W.E. Ward's tender of seventy four pounds was accepted and that floor lasted to the 8th November 1981.

After the Second World War a Gingin Advancement Association was formed and through their efforts a new stage was built in place of the kitchen and a new kitchen and toilets were erected late in 1956 using cement blocks made by Hugh McVee.

In November 1956 plans to extend the hall were prepared by Architects and the supper room and hall extension were added on the west side.

hough old fashioned and sometimes inconvenient, the Agricultural Hall represented much of the social and community spirit of Gingin and with it a past era has been lost.

.....

Complied by a Gingin Community Resource Centre Volunteer

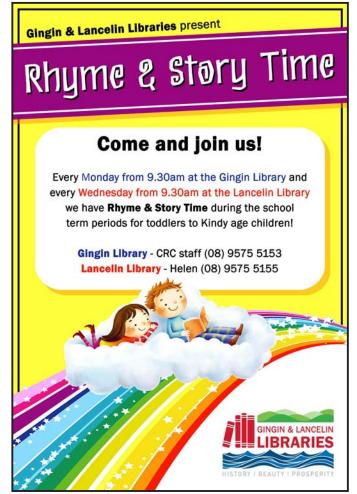


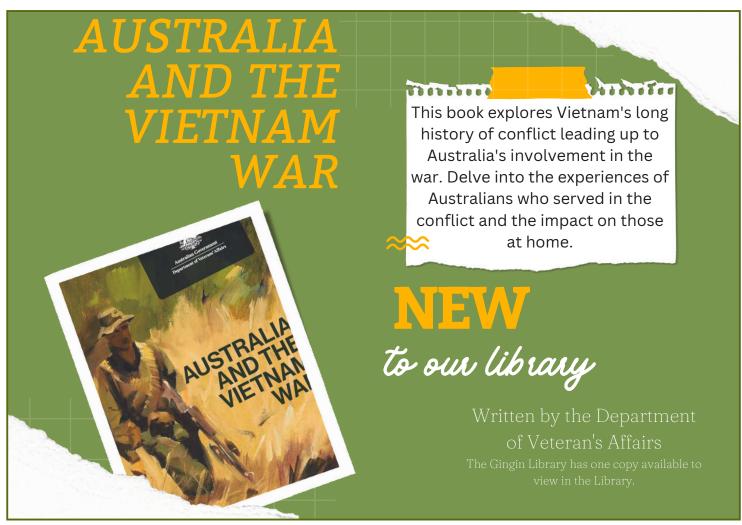
Remember the Gingin Library is open Monday to Friday 9am - 4pm (Except Public Holidays).

Come in for a visit and explore our new books. Become a member if you are not already. Find a new book to read, do a puzzle or some colouring in!

We look forward to seeing you soon!







## 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 <a href="https://www.ngala.com.au/program/country-services">www.ngala.com.au/program/country-services</a>

### Social Notes

#### A Coffee, A Chat and Companionship = A Craic\*

A good time was had by all who attended the first community get together at the Railway Station's Trackside Cafe on Friday February 24.

The event was the brain child of the proprietor Teresa Helm who believes there is a big need in the community where all residents, old and new, can have a friendly get together, and where there are no membership fees, Minutes of Meetings or formal proceedings.

Her instinct was right and at the first morning tea there were about 45 people in attendence – coming from both Gingin and the immediate districts, and as far away as Mogumber and Wannamal.

Conversation and laughter were the order of the day – and clearly many who attended were meeting up with people they had not seen in a long while.

Teresa gave a brief outline of why she had decided upon this event, and how it is being planned for the coming months, before everyone was treated to a morning tea of scones and cake and a hot drink.

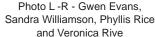
In essence she said the plan is to have a morning tea on the last Friday of the month commencing at 10.00 am. It would be open to all locals, and the aim was to bring the Community together. The get together is to be a free event, but a donation box is available to cover the special events she had in mind, such as a Bingo morning and a Christmas in July morning tea.

The next morning tea is to be on the March 31 and it will include "Bingo".

Judging from the enthusiastic show of hands this event will be well attended!!

All received a complimentary jar of Tomato Chutney from Koojedda Country and the basket of free fresh vegetables, from which to choose and donated from local gardens, was well received.







Teresa Helm

\* A "craic" is a gathering where news, fun, entertainment and enjoyable conversation can be found. A Celtic word that Teresa is very familiar with, coming from Ireland.

## Happy Birthday

#### **CONGRATULATIONS "RED"**



On Saturday 1st April, Leslie William (Bill) DEWAR will be celebrating his 80th birthday. He is wished many happy returns of this special day by family and friends.

Have a good one "Red".









Eye exams will be conducted

At: Gingin CRC

**Monday 1st of May** 

For an appointment, please call Iselle 0450 033 517

Michael Browning provides a comprehensive bulk billed eye exam. We offer a full optical service with a large range of spectacle frames.



OPTOMETRIST ON CALL Mobile Eye Care

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One of the most popular forms of massage therapy. It can assist you to relax, give you more energy and may help following an injury.

Both relaxing and nurturing, book your appointment today.

PHONE MIRTULA 0427 711 712



# As Safe As A Bank Alan Gent

I decided not to write one of my stories that some people may read, but to tell you about something that happened to me us – recently, that is far more important. We're all used to scams by now, whether it's in the emails we get or the bogus Amazon or Telstra phone calls based in Mumbai, but the one I want to tell you about is far more serious. It concerns banks and Identity Theft. I really hope that by writing this I may actually help somebody to protect themselves. We used to think that keeping your money in a bank was by far the best thing to do, but after my experience, I really wonder if I should keep it in an old sock under the mattress!

I'm not sure, but the first indication of something being amiss was a text message we got from a health care appointment provider advising us that our Medicare card information had been compromised – but 'not to worry, it's only the information on the card, nothing more'. I didn't act straight away, but after about a week, I decided to apply for a new Medicare card. No problem so far. That was about November, I think. In January this year we decided to buy a new washing machine and after a lot of research ordered and paid for one from Harvey Norman using my P&N Bank card. That required a pin number to be entered. We stopped on the way home and used the card again – tap-and-go this time - for groceries. When we got home, I got a notification that there'd been a transfer of money into my account of about \$2000. I quickly checked up online, and found another transfer as well of over \$2000, and both these payments, as well as a number of smaller payments had been transferred out from an account that I knew nothing about. Therefore, the money had been taken from our everyday account and moved into bogus accounts created by 'somebody' allowing money to be moved to this person's account in another bank! The person's name was Kwun Yun, by the way. The total amount was all that there was in our account and had cleaned it out! Of course, I immediately rang the bank and after being put on hold for a while, of course, they froze the account and the lengthy procedure of investigation began. They advised me that they would try to get some of the money back, but couldn't promise anything. I rang the Westpac Bank, where I held a credit card account, to advise them that I'd had a problem with the P&N account, but they told me that nobody had touched my Westpac account at that time. Hind-sight's a wonderful thing... The following day (Friday 13th!) I rang the Westpac Bank after I'd seen about \$3000 transferred out of my credit card into several 'Choice' accounts that I'd no knowledge of. Incidentally, the name of the person: "Kwun Ho" – sound familiar? Of course, I had been on hold with Westpac for some time before I could talk to anybody in the fraud department. Perhaps it would have been a really good idea to 'lock' the card online, but it wouldn't have prevented internal transfers account to account. I had to front up to the local branch with '100 points of ID' and spent nearly 3 hours talking to the various fraud departments. Apparently, their 'application fraud' department could not be contacted by a private phone, only from a branch! I was, of course, given the 'third degree' regarding whether I had shared information on the internet or otherwise - which I assured them I hadn't. I offered to give them a printout of every site I'd visited on the 'net for the past year at least. It was now in the banks hands to try to recover the money, but at that stage, I felt pretty safe. Since I'd acted so quickly, the \$3000 was still sitting in a fraudulent account – it hadn't been transferred out. Therefore, I thought it was a simple matter to reverse it. Apparently, they couldn't do that for some reason.

The Westpac bank advised me to contact several departments and others: The Australian Cyber Security Centre (ACSC); ID-Care; Equifax (to create a temporary 'credit ban'), The Australian Financial Complaints Authority (AFCA) and the police. They also said I needed to 'clean' my computer by erasing the hard drive and re-installing the Operating System; change all my passwords and key-words, pin numbers and so on. The P&N bank said I should change my driving licence for a new one

with a new card number and Customer Reference Number (CRN). For that they sent me a letter to authorise this to happen. With the letter from the bank stating that my driving licence had been compromised and the completed Cyber Report I had to visit the local police station for them to give me a letter for the Department of Motor Transport who would only then initiate the new licence.

On top of all this, I decided to change my email address – a harder job than I realized, since a lot of emails were still hitting my old address. I had a long list of companies and individuals to inform – it took ages! Cleaning the computer was no joke either. Many people wouldn't know where to start, and for them, a professional computer repair company would help. To 'clean' a hard drive properly requires several 'passes' in which zeros are written to the drive to obliterate all memory. (This is a good idea if you ever want to sell a computer, by the way). There are many freeware programs to allow you to do this. Before 'cleaning' the disk, of course, the system and any personal files would need to be 'backed up' onto another disk.

Well, after a very anxious and stressful wait the outcome was (eventually) very good. I'd have to say that the P&N Bank were incredibly helpful and understanding and all the money was credited back to our account. I'm sorry to say that I closed that account after I'd removed the money – no reflection on the bank, but I just wasn't sure the same thing wouldn't happen again. The Westpac Bank (after their automated system had sent me no less than four new cards for the Choice accounts that had been fraudulently created!) eventually credited all the money back to my credit card and has assured me that, especially since I now have a new driving licence, the same thing would not occur again. Communication with them is really woeful. One has to wait about 30 minutes with really turgid Muzak going on and on – I can only assume that they, and every other bank, has a mass of fraud to contend with. Being a 'big bank', they really don't appear to have the same customer focus as (say) the P&N or the Bendigo Bank, and the wait was a lot longer. Despite my getting onto them so quickly, it seemed that the perpetrator had managed to get away with a fair bit of money. You see, most big banks have what's called a 'fraud guarantee', by which one receives all stolen funds up to \$10,000 back 'within 5 days' (in some cases), but they argued that I'd been subject to 'identity fraud' which was not covered, as I understand it. They termed it a 'scam'. I was just lucky their determination was in my favour. I no longer use the computer for any financial transactions. PayPal, eBay, AliExpress and Amazon finances are all handled on my iPad, and my new everyday account with a new bank is on there too. I don't think banks are nearly as safe as they used to be, and we really have to protect ourselves somehow. Neither of the banks affected in the scam on us has told me exactly HOW somebody could possibly create an account over the phone, as they did, with none of the security questions, key-word, access codes and so on that you or I have to give whenever we phone up. It's scary.

One final word. The very helpful lady I spoke to at the P&N bank said that the person who had 'phoned to create the dummy account had simply used my pin number. *Nobody* knew my pin number! It wasn't written down anywhere or conveyed to anybody, besides which, there were many other questions that should have negated their authenticity. Luckily, they knew it wasn't me on the phone when they compared the audio from the recordings of the conversations. I would very rarely use my pin number for purchases, opting for 'tap-and-go'. Was it a coincidence then, that the last time the pin number was used was an hour or so before the fraudster called the bank? We've just heard that The Good Guys have admitted customer information had been hacked. Perhaps Harvey's had the same problem. Regarding the Westpac bank, I very rarely used the credit card – the last time was August 2022 and more than a year before that. The P&N account was used to pay back the Westpac card for a large hospital bill, so perhaps that was the link.

I apologise for the length and detail of this information, but I really feel it is so important for us not to be complacent regarding our financial dealings, and I hope at least one person may be helped with what my wife and I had to go through.

# CATHOLIC CHURCH Easter Program

#### **Holy Thursday**

- -7.00 pm, Mass of the Lord's Supper, Divine Mercy Church, 34 Santa Gertrudis Dr, Lower Chittering. **Good Friday**
- 9.00 am, Stations of the Cross, Divine Mercy Church, 34 Santa Gertrudis Drive, Lower Chittering.
   11.00am Outdoor Stations of the Cross at Edmund Rice College, corner of Great Northern Hwy & Dewars Pool Road, Bindoon.
- 2.30 pm Solemn Ceremony the Lord's Passion, Divine Mercy Church, 34 Santa Gertrudis Drive, Lower Chittering,

Confessions 12.30pm - 2pm DMC.

#### **Easter Vigil Sat**

- 6.30 pm, St Catherine's Gingin.

#### **Easter Sunday**

- 7.30 am, St Anne's 6549 Great Northern Hwy, Bindoon.

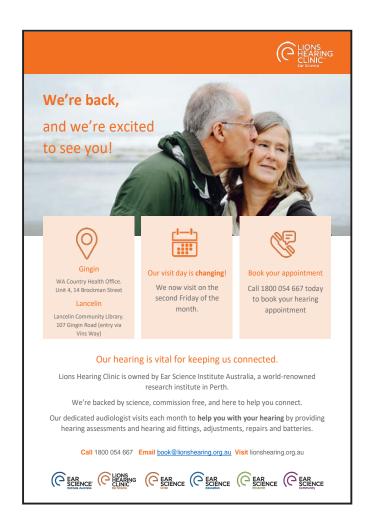
- 9.30 am - Divine Mercy Church, 34 Santa Gertrudis Drive, Lower Chittering



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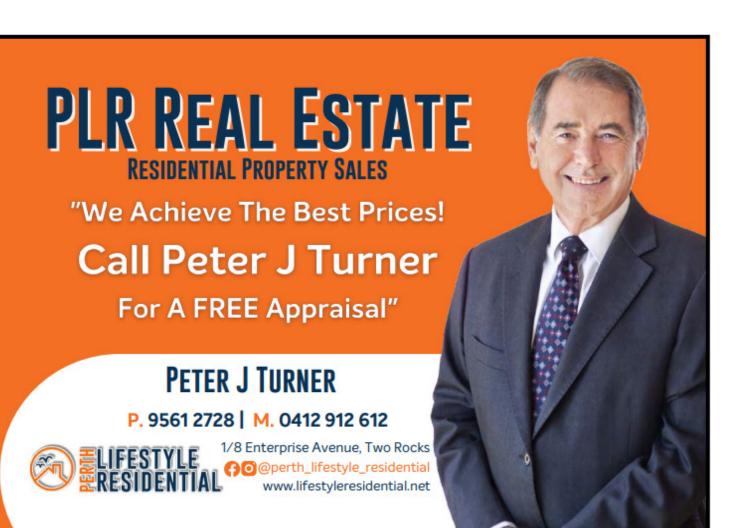
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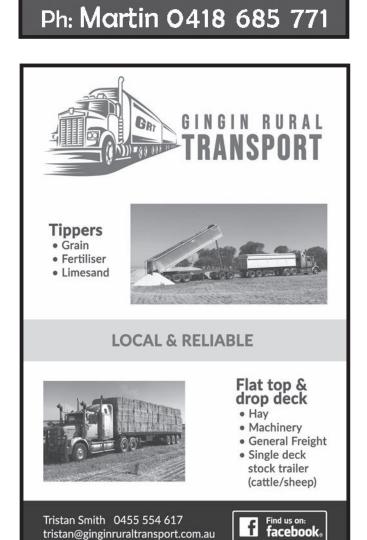
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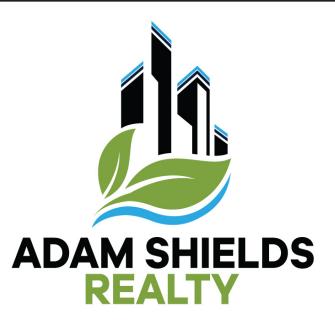
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