

GINGIN
FREE for all the Community

July 2023

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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



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July 2023 - Issue 52

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## Editorial Team



Carrie Edwards

Manager







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



Naomi Brown Community Service



Heather Hukin Centre Trainee

## Editor's Note

WOO HOO -Mable is off and running in Gingin. At our well attended Mable information session on 20th June we learnt of 3 existing Mable support workers that live locally and now know of 5 more potentials signing up. We have no doubt there are more out there but will have more of an idea when our Aged Care Case Coordinator commences and can access the Mable dashboard to coordinate client services.

Mable is such a wonderful way to boost an existing income or commence working for yourself while also contributing back to the community. Many people think looking after an aged care client is providing a very high level of personal service like showering, toileting etc but in actual fact the majority of people on packages do not require this high level of care. Mowing the lawn may have become too much, cleaning assistance may be required, social support to attend outings or events may be all that is needed. There are so many options for care and every level is required so there is a position for everyone. That together with the option of your own days and times, the ease of signing up, the insurance coverage provided and the invoicing assistance the platform offers, makes Mable a wonderful income boosting opportunity. The CRC can also assist locals with the cost of the police clearance that is part of the Mable sign up process thanks to Leanne from Care Community, so contact us before signing up.

If you think you may be interested we are conducting a survey of our potential local workforce inside this edition of the Buzz but the survey is also available online at https://www.surveymonkey.com/ r/9H69BZX and will let us know what potential talent we have in our midst.

As always we hope to see you in the Centre soon.

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.



| SAT |             |   | 5             | 2  | 6   |                        |
|-----|-------------|---|---------------|----|---|------------------------|
| -   | <del></del> | ∞   | 7,            | 22 | 59  |                        |
| FRI |             |   | 4             | 21 | 28  |                        |
| NHT |             | 9   | 13            | 20 | 27  |                        |
| WED |             | 5<br>NAIDOC WEEK<br>GINGIN LIBRARY 9:30AM | 12            | 19 | 26  |                        |
| TUE |             | 4   | <del></del>   | 18 | 25  |                        |
| NOM |             | 3<br>HISTORICAL GROUP<br>MEETING 10AM     | GROUP MEETING | 17 | 24 GINGIN PENSIONERS SOCIAL GROUP MEETING | 31 OPTOMETRIST ON CALL |
| NUS |             | 2 - 9 JULY                                | 6             | 16 | 23  | 30                     |

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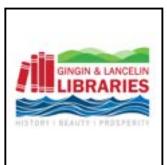
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Library Updates













Do you have a story or advert you would like to share? Perhaps you know of a special anniversary or birthday.

If you would like to submit an article, story or advertisement in the next edition of the Buzz, please email gcn@gingin.net by the 26th of July 2023.



1. Which community are you from?



## **Community Home Support Skills Audit**

Please take the time to complete this audit if you are willing to consider being <u>PAID</u> to help older people stay living at home, in their community, as they age. Your support to help them stay healthy and independent, keep safe at home and stay connected to the community is greatly valued. Please note the survey is also available online at <a href="https://www.surveymonkey.com/r/9H69BZX">https://www.surveymonkey.com/r/9H69BZX</a>

If you would like more information please contact Carrie at the Community Resource Centre on 9575 1253 or <a href="mailto:crc@gingin.net">crc@gingin.net</a>.

|        | Ging       | in 🗌 Gr                                  | anville      | Coonabidge                 | ee            |            |              |            |
|--------|------------|--|--------------|----------------------------|---------------|------------|--------------|------------|
|        | Othe       | r – please sp                            | ecify        |                            |               |            |              |            |
| 2.     | Do you w   | ant to work                              | only in you  | r community?               | yes           | no         |              |            |
| 3.     | Are you v  | villing to tra                           | vel to other | communities?               | yes 🔲 ı       | าด         |              |            |
| 4.     | a. Do you  | ase respond<br>own a car?<br>have a curr | yes          | •                          | s 🗌 no        |            |              |            |
| 5.     | If yes whi | ty?                                      |              | you be prepare  Coonabidge |               |            |              |            |
|        |            |  |              |                            |               | or         | km           | ıs one way |
|        |            | hrs                                      | a week       | ht/month woul              | a mo          | nth        | ?            |            |
| /.<br> | Please ma  | ark the days                             | and times    | n which you ma             | y be avallabl | e to work  |              |            |
|        |            | Monday                                   | Tuesday      | Wednesday                  | Thursday      | Friday     | Saturday     | Sunday     |
| -      | lorning    |  |              |                            |               |            |              |            |
| _      | lidday     |  |              |                            |               |            |              |            |
| -      | fternoon   |  |              |                            |               |            |              |            |
| E۱     | ening/     |  |              |                            |               |            |              |            |
| 8.     | Are there  | any specific                             | times in w   | hich you may n             | ot be able to | help? Exan | nple: school | holidays   |
| 9.     | Are you a  | ware you w                               | ill be worki | ng with older pe           | eople? 🗌 ye   | s 🗌 no     |              |            |

| 10. Are you happy to use your own skills and knowledge to learn on the job? yes no                                       |         |
|--|---------|
| 11. Do you wish to have some early supervision and mentoring while you get started?  yes no                              |         |
| 12. Do you wish to have formal training and get qualifications such as a Cert III or Cert IV in individual care?  yes no |         |
| Which services would you be willing to provide   |         |
| Please tick the boxes of the tasks that you may be willing to provide  |         |
| 13.  |         |
| Services to keep an older person stay healthy and independent  |         |
| (Help them maintain personal hygiene and grooming standards)   |         |
| Help with bathing, showering and toileting   |         |
| Help with dressing and undressing  |         |
| Help with getting in and out of bed  |         |
| Help with washing and drying hair, shaving   |         |
| Help with meal preparation, including special diets  |         |
| Help with feeding if necessary   |         |
| Reminders for them to take medication  |         |
| 14.  |         |
| Services to help an older person stay safe in their home   |         |
| (Help keep the house clean, tidy, and safe)  |         |
| Help with making beds  |         |
| Help with ironing and laundry  |         |
| Help with cleaning such as dusting, vacuuming and mopping  |         |
| Help with light gardening, pruning, lawn mowing, minor garden maintenance and  |         |
| clearing debris  |         |
| Providing handyperson tasks and simple home repairs  |         |
| Window cleaning and screen repair  |         |
| Tip runs   |         |
| Taking bins in and out on rubbish collection day   | —       |
| Preparing kindling and stacking wood   | —       |
| Pet care   |         |
| Help with indoor plant maintenance   | <u></u> |
| 15.  |         |
| Services to help an older person to stay connected to their community  |         |
| (Help them get out and about to appointments and community activities)   | -       |
| Provide transport services to take a person shopping, attend appointments, run   |         |
| errands, attend entertainment and go to social activities and events   | -       |
| Shopping and running errands for people (e.g. groceries, prescriptions, library)   | +       |
| Making companionship social calls to people at home  | -       |
| Accompanying a person to appointments and outings (like a buddy)   | -       |
| Arrange social activities or help people attend social events  | +       |
| Going for walks and accompanying people to undertake physical exercise and activities                                    |         |
| 16.  | _       |
| Services to help older people with technology  |         |
| (Help them stay up to date with technology)  | -       |
| Help to use the computer, software and internet  | -       |
| Help with DVD players, mobile phones, TV remotes, and speakers etc.  Help with internet banking                          | +       |
| Lieih mitti iiitetiiet paiikiiik   |         |

| Help to fill out forms and other administrative tasks online  |                |             |           |
|---|----------------|-------------|-----------|
| 17.   |                |             |           |
| Services to help older people with administration   | tive tasks     |             |           |
| (Help with their office work)   |                |             |           |
| Help to pay their bills   |                |             |           |
| Help fill out forms   |                |             |           |
| Help organise and sort office work  |                |             |           |
| Help read, sort, and respond to mail  |                |             |           |
| 18.   |                |             |           |
| Special services to help people stay living at home   |                |             |           |
| (Extra support to stay living at home)  Respite care - stay with and support an older person at their home.   |                | ao main ca  | ror       |
| is away for a few days  |                |             | irei      |
| 19.   |                |             |           |
| What other services would you like to offer that wer  | e not include  | ed above?   |           |
| 1   |                |             |           |
| 2   |                |             |           |
|   |                |             |           |
| 3   |                |             |           |
| 4   |                |             |           |
| Professional Services   |                |             |           |
| 20. Are you a professional or qualified provider?  yes no   |                |             |           |
| 21. Bloose indicate if you have suggest naveing allied health or oth  | or avalificati | ione and if |           |
| <ol><li>Please indicate if you have current nursing, allied health or oth<br/>registered with the Australian Health Practitioner Registration</li></ol> | · -            |             | =         |
|   | - us I         |             | I =       |
| Decistored Nives  | Qualified      | AHPRA       | Equivalen |
| Registered Nurse Enrolled nurse   |                |             |           |
| Occupational therapist  |                |             |           |
| Physiotherapist   |                |             |           |
| Speech pathologist  |                |             |           |
| Podiatrist  |                |             |           |
| Other clinical service such as optometrist, pharmacist etc.   |                |             |           |
| Please specify:   |                |             |           |
| 22.   | l              |             |           |
| Can you provide the following services  |                |             | yes       |
| Wound care and management   |                |             |           |
| Assistance with medication  |                |             |           |
| General health and other assessments  |                |             |           |
| Speech therapy  |                |             |           |
| Podiatry  |                |             |           |
| Occupational therapy  |                |             |           |
| Physiotherapy   |                |             |           |
| •   |                |             |           |

| Other clinical services such as hearing or vision services                     |  |
|--|--|
| Please specify:  |  |
| Continence advisory services-assessment for, providing and assisting with aids |  |
| Dementia advisory services   |  |
| Vision and hearing services  |  |
| 23. Please indicate if you have a current trade qualification                  |  |
|  |  |

24.

| Can you provide the following services                          |  |
|---|--|
| Installation of easy access taps and grab rails                 |  |
| Provide advice on areas of concern regarding safety in the home |  |
| Electrical jobs   |  |
| Plumbing jobs   |  |
| Any other please specify:                                       |  |

| Your contact information                                       |  |
|--|--|
| Your name  |  |
| Address  |  |
| Phone  |  |
| Email address  |  |
| Please provide any other information you would like to tell us |  |
|  |  |
| What is the best way to reach you?                             |  |
| Phone Email Postal mail  |  |

Post or email your completed survey form back to the GINGIN CRC at

1a Lily King Place, Gingin, W.A. 6503 or <a href="mailto:crc@gingin.net">crc@gingin.net</a>
Or drop your completed survey form into the Gingin Community Resource Centre

Thank you for taking the time to complete and return this survey it will be of great benefit to the older people in your community.

Carrie Edwards
Gingin Community Resource Centre Manager
Community Home Support Skills Audit
9575 1253



## Gingin Sisters 2023 Mounted Games Team Selection

Dismounting at a gallop and hurling herself back onto her accelerating pony comes naturally to Claire George (16) from Gingin.

Claire and her pony Elle have been selected onto the Pony Club WA State Junior Mounted Games Team. The team, which comprises of 5 riders and their zippy ponies, will make the journey across our country to Benalla, Victoria in October and represent Western Australia in the 2023 Pony Club Australia National Championships.

Mounted games are indeed a thrilling discipline for riders and spectators alike and it's fascinating to know that they were inspired by HRH Prince Philip. The fast-

paced races require riders to demonstrate a high degree of athleticism, competitive spirit, and exceptional skills in precision, timing, coordination, agility and horsemanship. It's truly impressive to see young riders like Claire excel in these areas.

Claire's sister Isla (10) and her pony Bling will also travel with the team to compete in the Australian Mounted Games Association Pairs Championships in Werribee, where the World Championships will follow.

Good luck Claire and Elle, Isla and Bling and everyone on Team WA as they prepare for the upcoming competitions!











TOP L-R -Claire and Elle competing

BOTTOM LEFT - Isla and Bling

BOTTOM RIGHT - Claire and Elle

## Community Groups

## The Treasure Trove @ Gingin Grand Opening

Grand opening of The Treasure Trove @ Gingin Community Op Shop took place on Thursday 22<sup>nd</sup> June 2023 with over 50 people in attendance.

Current President Carolyn Brodie-Hall welcomed everyone saying it was lovely to see so many here including past and present volunteers, Shire representatives including CEO Aaron Cook, President Wayne Fewster, Cher Groves, Ros Bonser, Councillors Linda Balcombe and Robert Kestel. A special welcome to past President Kate Watson, Trevor Philips, head of the steering committee, Shane and Lisa Troy - Midwest Building Co, the project builder.

Carolyn gave an overview of how things began around 10 years ago when a meeting was held to see if there was enough interest to start a community op shop. It was well received and with Kate Watson at the helm, things got underway. The shed adjacent to the Gull service station was offered and we were up and running.

After some time, it was decided we needed a permanent home, several options were considered, unfortunately none were suitable.

The Shire then offered the old fire station, to be accessible once their new premises were completed.

A lot of extensive work needed to be done to achieve our goal with Trevor Philips and Kate Watson leading the way. It took 3 ½ years, an abundance of paperwork, many hours in meetings and securing the services of local builder Shane Troy, before it all came together. A tireless effort keeping up with all developments.

The move to the new premises was a huge undertaking with everyone including community members, volunteers and their partners all pitching in. Cars, Utes, trailers and horse floats were used to move everything.

Trevor Philips gave an overview of how

the building project had unfolded, respectfully thanking Shane and his team for their workmanship, also applauding the volunteer group and committee for their passion, dedication of budgeting/saving over \$200,000 dollars to pay for the building and contribution of their time providing this asset to our community.

Shire President Wayne Fewster reiterated this sentiment, congratulating all involved on their commitment. He acknowledged the trials and tribulations of the work that had been undertaken in providing the end product as it stands today.

Carolyn went on to say, over the years we have had many volunteers and is sure she can speak on behalf of everyone, to say we all thoroughly enjoy coming to work and are just like a big family. Thank you one and all, for the time you give so freely to make our Op Shop what it is today.

A big thank you to all the very generous people who donate all manner of items and to our valued customers. Without you we could not operate.

Just something to think about. I came into the shop today and looked around and thought "where would all these items be if there was no shop?". Sad to say, probably all in landfill.

## A scary thought!

After the speeches Carolyn called upon a jubilant Trevor Philips to take the honour of cutting the ribbon in front of the shop and Kate to cut the cake. All attendees

then enjoyed wandering through the shop, a sausage sizzle provided by Borrello Beef, cooked by Rhett and Robert and a scrumptious afternoon tea provided by our volunteers.



## **Gingin Red Cross**

The Gingin Red Cross held two events at the Gingin bowling club this month. The weather was calm and clear and the new surfaces on the bowling rink in great condition after the previous days' downpour. A few fundamentals of the game were explained and bowls were going here and there, the players were encouraged to have a go.

All in all a fun time and the participants, who enjoyed this have a go event, have indicated they would like another activity like this. A nice variety of scrumptious sweet and savory morning tea items were served to compliment all the chitter chatter on the day.



Norma Gray even rolled down some great bowls to show us how to do it at 99 years of age.

Bowling is the best activity to maintain bal-



ance and leg strength, essential for our wellbeing, especially as we age.

Our next morning tea will be back up at the-Lions Den, 3 Horan Street on July 14<sup>th</sup> at 10am.

We will be doing a round robin of fun games. August holds promise of a bus outing to the coast.

If you know of someone who would enjoy an outing call **Felicity** on **0400 505 656** and we can include them in.

## **Gardening Group**

The June, garden group meet took us to Felicity and Colins home in Gingin on a cold afternoon.

There was a great turnout of members, with more new members joining. Welcome Teraize, to garden group and to Gingin.

Felicity is a passionate gardener, and we could definitely see the changes since we last visited. The driveway is gorgeous. The camellias were flowering profusely, as well as the pink hydrangeas. The fruit trees were full of fruit, and that view to the south over the brook is stunning.

Irene Neville spoke to us about chrysan-

themums and ornamental grasses. Chrysanthemums are one of the most popular blooms in May, they are synonymous with Mother's Day. They grow well in gardens and containers and come in a large range of colours: white, yellow, pink, purple, rust and even green. They come in different flower forms, such as single, decorative, and pom-pom, which is the most popular. They are easy to grow and reasonably low maintenance. For the best growth and lots of blooms, plant them in a sunny spot in well-drained soil. Large varieties may require staking for support, pinch out the tips and deadhead the blooms. Chrysan-

themums can be propagated by cuttings, seeds and plant division, and they are great as a cut flower.

Ornamental grasses are a great addition to the garden. They come in a wide range of sizes and have a soft and billowy appearance. Fountain grass (Pennisetum) grows best in full sun and can be propagate by division. It can tolerate a wide range of conditions, even front-line coastal areas. And lastly Indian oat grass/inland sea oats (Chasmanthium latifolium), is low maintenance and known for its large, graceful seed heads. It forms clumps and has blue green slender spineless leaves turning yel-

low gold in autumn. Once established, it spreads easily. Cut it back when it dries off. Fresh or dried stalks are attractive in flower arrangements. It can be propagated by division or seed.

As always there was plenty of plants shared, and the seed bank was lightened of stock. With cake and coffee, a cold afternoon became a lovely afternoon.

Looking forward to next month's meeting and seeing all our group again.

Until then, stay well and enjoy the winter weather.

CP









## Normas Patch - An update

It can be reported that the four raised garden beds in the Community Garden, "adopted" by Norma Gray, are now a wonderland of greenery. The seedlings and seeds planted some weeks ago - potatoes, onions, garden peas, spinach, broccoli and cabbages - are thriving. The peas have required supporting with stakes and are starting to flower; and snail "taste testing" has been kept to a minimum with some diligent "squishing" from Norma, who visits and gardens in her Patch regularly.

Norma has a font of knowledge about gardening – and it is a wonder how she "mends and makes do" to create trellis and the like. There are not many 99-year-olds who have the interest to talk about "nitrogen in the soil" and what make the "best companion"

plants in the vegetable patch.

Although harvest is some way off, Norma already has plans for the produce – and it includes being on the menu for a special birthday!

Foot note – Norma has also potted up some 100 daffodil bulbs that she has especially bought from a Victorian bulb nursery. She had hoped for a type of Gingin Floriade, but due to Administrative red tape, she is now setting her sights on either selling them as flowering pots to private individuals, or as statement pieces at local shop entrances to commemorate the arrival of Spring.

The monies raised will go to one of her favoured Charities. Watch this space for an update.

Written by M. Cameron



## **Gingin Chittering Lions Club**

On the 21<sup>st</sup> of May at the Gingin British Car Day, the Lions Club invited the Lions Hearing Bus to attend for a free hearing service to the public.

We were a bit disappointed in the number that attended this free service on the day, but of the 13 that took advantage of a free hearing test, about 5 were recommended to go for follow up treatment.

There are 9 Lions Hearing Clinics where testing can be done - Subiaco, Winthrop, Joondalup, Midland Bunbury, Woodvale, Mt Lawley, Mandurah and Gwelup. Please support this very worthwhile service.

On the 28<sup>th</sup> May we held a free and very successful, skin cancer screening service at the Granville Civic Centre.

Results are as follows:

| Total Screened                    | 60    |
|-----------------------------------|-------|
| Females                           | 38    |
| Males                             | 22    |
| People Referred                   | 13    |
| Number of Lesions                 | 17    |
| Number of Life-threatening Lesion | ons 4 |
| Number Met Criteria               | 23    |
| Screening History                 | _     |

Checked 6 to 12 months 5
Checked over 12 months 32
Checked with in the last 6 months 3
Never Checked before 20

"All Lesions are suspect only until proven otherwise by further investigation".

Thank you to everyone who supported these two, very valuable free services!

## Coffee, Cakes and Electric Vehicles

Sunday, 28<sup>th</sup> May saw the first Informal "Coffee, Cakes, and Electric Vehicles" gathering, at the Historic Gingin Railway Station.

The idea of the day was for local and suburban owners of Electric Vehicles (EVs) to get together to enable anyone who was interested in EVs to come along and ask owners those fundamental questions (rather than relying on a Salesman!).

Questions such as:

Why did you purchase an EV?

How have you found it?

How are you Charging it? – Mains/Solar, Single/Three Phase, Fast/Slow



How easy is it to use DC Fast Chargers? How long does it take to charge?

How much does it cost you to run?

On the day, we had a good representation of manufacturers, with 7 full EVs on display. Four from the Perth Suburbs (including one of the RAC 100% electric Polestar EV), 2x Teslas (one of which was 8 years old), and a BYD.

We also had Three Local EVs (2 from Gingin, and 1 from Seabird), 1x BYD, 1x KIA, and 1x Volvo

The day started slowly, however by 11am we had a steady stream of visitors looking over the EVs, and there were plenty of con-



versations going on with the owners.

Given how successful the day was, and how scrummy the coffee and cakes are, that Teresa serves at the Gingin Historic Railway Station, I will be organising another informal "Coffee, Cakes, and Electric Vehicles" gathering in October (Date TBA), which will hopefully also include a couple of Hybrids.

Barry Callen

## Koorunga CWA

The Koorunga Branch of the Country Women's Association were delighted to welcomed Colleen Wheelock - Link up Team Leader, and Dion Story, General Manager, Corporate & Executive Services, from Yorgum Healing Services to hear of their inspirational work with aboriginal people. After running a remarkably successful Yarning Circle event in 2022, Koorunga Branch looked to donate the part proceeds to organizations that had similar values. The highly informative and relatable presentation by Dion and Colleen confirmed the value and benefit of the Women's Healing Camp, with members being thrilled to donate \$500.00 towards this very worthy program.

Yorgum was established in 1991 by a group of Aboriginal women, some of whom worked in women's refuges, who were concerned about the lack of appropriate counselling support for Aboriginal people experiencing spiritual, emotional, and psychological pain. They founded a service with a 'healing' approach rather than an ongoing, crisis-driven 'patch-up' approach. Over the years Yorgum has grown in size and scope of its services, to become a

well-respected Aboriginal Community Controlled Organisation.

This indigenous healing service for people with long term trauma, run two healing camps each year, using a yarning environment and healing activities. These camps assist women to overcome and develop the necessary skills to assist with their trauma using the power of connection and working in collaboration. The family research for the first generation of stolen children removed from parents, along with wonderful success stories, provided a great insight, so much provided by restricted funding.



Colleen Wheelock, Annette Howard (Koorunga President) and Dion Story.

# LIBBY BOOK CLUB FOR WA Zoom event Wednesday 19th Jul - 7.00PM AWST David Allan-Petale interviews Jo Dixon, author of The House of Now and Then

## Gingin Golf Club

Our reconstructed back nine "greens" have now been in operation from the beginning of the season and have proved to be very successful by providing consistent putting surfaces throughout. Many thanks to our Sponsors, the Gingin Recreation Group, for funding this transition. We are indebted to all those who provided labour and plant to carry out the works. It is anticipated that the front nine "greens" will be remade during the off-season at the end of the year.

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

#### LADIES:

Our success continues for the ladies at the club with the following results over the past month. Wednesday 24th May, was a Club Day Par competition, winner Kerry Fewster (-3). The following Wednesday 31st May was a wash out, only being able to complete 12 holes the Kaye Bingham trophy day has been moved to later in the season. 7th June saw the members play their 2nd Silver Spoon and IBC, sponsored by Jill Lane and winning the day was Kaye Bingham. The Chris Haywood trophy day was held on Wednesday 14th June, with Robin Higgins winning the day on a countback with Jill Lane on 32 points. On the 21st of June the 3<sup>rd</sup> Silver Spoon stroke day was played and sponsored by the Gingin Roadhouse.

Winning the day was Bev Moxham on a Nett 71.

Outside of the normal Club Day fixtures, the Ladies Regional Seniors was held in Dunsborough over 2 days from 25th May. Our sister duo, Marney Pearse and Bev Moxham competed, with Bev coming home as overall Sand Green winner for the Competition. Following on from that they have just recently returned from a week of golf in Thailand competing in the Centara World Masters Golf Championships. The results were very impressive, with Gingin coming in 2<sup>nd</sup> and 3<sup>rd</sup> in the Ladies 65+ B Grade Competition. Kaye Bingham and Robin Higgins attended the Cunderdin Ladies Open Day on Friday 16th June, coming home overall winners. Three members entered the Wongan Hills Ladies Open Day on Tuesday 20th June, with Kerry Fewster winning the Veterans competition, Kaye Bingham winning best unplaced visitor and Robin Higgins winning best 9 holes 1-9. The weekend 23rd to 25th of June was the Rural Bronze Championships in Goomalling, two members competed, Marney Pearse and Karen Pollard with Karen winning the Championship on a combined 71 stableford points. Congratulations to all members.

Ladies play each Wednesday, 9.30am start, both 9 and 18 hole play available, anybody is welcome.



Jill Land Trophy winner Kaye Bingham.



Chris Haywood trophy winners Robin Higgins and Jill Lane.



Gingin Roadhouse winner Bev Moxham



Bev Moxham, winner of the Regional Seniors Dunsborough 36 hole sand green comp.



Marney Pearse and Bev Moxham,at the Centara World Masters Golf Championships.



Rural Bronze Champion, Karen Pollard.



Wallace Shield winner Brendan Fewster, with Garry Wallace



Wallance Shield runner-up Colin Zappelli.



Wallance Shield Third Place, Paul Fewster.

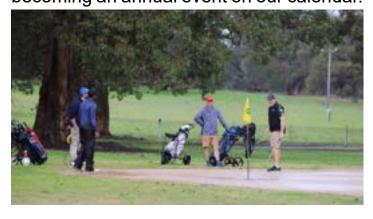
#### **MENS:**

The month of June has been a busy period, with four events taking place, two of which are of considerable significance.

On the 17th of June the Wallace Shield was contested for the last time bringing about the end of a sponsored event by the Wallace family lasting 55 years. Following Norm's demise in April 2022, his son Garry and the family were gracious enough to continue with the event for both the 2022 and 2023 seasons. Outside of our Club Championship, the Wallace Shield has always been the premier event for our members to win and have their names inscribed upon the Shield. On this auspicious occasion, the Wallace family were represented by Garry & Barbara and Sandy & Danny; Garry was on hand to congratulate and make a presentation to the winner who, in this ultimate year, was Brendan Fewster scoring a nett 69 for the eighteen-hole Stroke round. In second place was Colin Zappelli with a score of 70, followed by Paul Fewster with 72. It is fitting that with the addition of Brendan's name on the Shield there is no further space for additional entries. Whilst a sadness prevails with the ending of this competition, it was thought to be a better alternative than letting the event dwindle into obscurity. There will be an annual Club Day where the members can honour the memory of Norm and pass on our best wishes to June. Our sincere thanks go to the Wallace family for their contribution towards the longevity of this outstanding event.

On Saturday June the 24th, the Golf Club hosted the first Gingin Town Invitational event. Whilst this was a joint venture be-

tween the Football Club and the Golf Club it should be recorded that most of the organisation, in all its aspects, was done by the Football Club, and in particular Jack Watson. The weather was very unkind, as the players endured numerous bouts of heavy rain, causing some of the greens to be awash and very difficult to putt on; however, the whole day was conducted in the best of spirits, with enjoyment prevailing throughout. The event was a two person Ambrose and eighteen teams registered with participants ranging from occasional golfers to seasoned players. On this wet and miserable day there was hot soup and warm food to cheer us half-way through our round, and an excellent meal to enjoy at the end of play; our thanks go to the ladies for all their preparatory work. The fire was roaring in the clubhouse, the bar was busy and fellowship was in full swing, a measure of the success of the day. Numerous prizes were on offer and our thanks go to all the sponsors who donated so generously towards the day. The first four winners were James Bayliss & Craig Ellar 66.25 nett strokes, Bryce Watson & Steve Fletcher 67, Martin Byrnes & Tom Dewar 67.25, and Colin Zappelli & Paul Fewster with 67.5. A most enjoyable day with the prospect of it becoming an annual event on our calendar.



## 2023 CBH Group Women's Country Championships

Country Championships 2023 proved to be an incredibly enjoyable experience for all the attendees. Despite having representatives exclusively from Gingin, Wongan-Ballidu, Dalwallinu, and Dowerin hockey clubs, we managed to assemble a full squad and compete in division 4.

Before our first game, we held a brief team gathering to introduce ourselves to one another, meet our coach and manager, and establish a sense of unity. Fortunately, most players were already acquainted since many clubs sent four or more representatives, allowing us to easily connect our gameplay. This cohesion resulted in some exceptional teamwork and fantastic short passes during the game, leading us to a 1-0 victory, with Zjene Lamb from Dowerin scoring the winning goal.

Following a swift drive from Fletcher Park to Perth Hockey Stadium, (the home of WA hockey) we found ourselves on the turf without a proper warm-up, which was perhaps not the ideal way to start a game. Playing on the main turf at PHS proved to be a novel experience for a few players, but that is precisely one of the reasons we participate in the championship. Unfortunately, we lost this match 4-0 to a seasoned Busselton team.

At the end of the first day, the Gingin players rejuvenated their bodies with a much-needed dip in the cold pool, which served as a great way to recharge for the upcoming day. We then gathered at a nearby restaurant, sharing laughter and creating lasting memories. Such moments exemplify the essence of attending this championship.

Day 2 commenced with a less than stellar start. The game swung back and forth between the two ends, with numerous short corners but no goals. Eventually, the opposition managed to score first, but we were overjoyed when Zjene threw herself at the ball and equalized near the end of

the game, resulting in a 1-1 draw. Unfortunately, two players sustained foot injuries, preventing them from participating further in the championship. We all wished them a swift recovery as their respective teams will need them for the remainder of the season. Thankfully, we had a full squad capable of compensating for these injuries. Two Gingin players, Ashley Skillington and Simone Hyne, received "Best on Ground" votes (BOG), with Ashley being especially delighted to receive her BOG towel, a recognition voted on by the team. Ashley has been attending the Country Championship for several years, and her dedication and performance were duly acknowledged.

The second game of the day showcased the team's unity and excellent teamwork, evident through remarkable short passes and goal-scoring brilliance. We emerged victorious with a commanding 5-0 win.

By the end of day 2, our team secured the second position in our pool, granting us a match against the team that finished second in the other pool on Sunday morning.

The Gingin players, once again, headed for a refreshing walk in the cold pool to rejuvenate their legs. After a brief rest and even a short nap, we reconvened with the rest of the team for a meal at a nearby hotel. This leisurely gathering allowed us to get to know our fellow teammates better over drinks and, surprisingly, even indulge in some dancing. Laughter filled the air, and we retired for the night, well-rested and ready for the Sunday match that would determine our final placement in division 4. On the final day, Sunday morning, we faced the team that finished second in the other pool. The match took place on the main grass field, with a sizeable crowd of spectators cheering us on. Although the opposition dominated much of the game, they failed to score enough to secure a victory. Consequently, the match ended in a thrilling 2-2 draw.

Heartfelt congratulations were extended to Simone Hyne, who was rightfully named as the joint player of the tournament. Simone consistently demonstrates exceptional skill and dedication and is a pleasure to watch on the field.

We express our sincere thanks to all five Gingin players for attending the championship and creating wonderful memories together. Special acknowledgment is extended to 1st time country Championships Coach Hayden King from Wongan-Ballidu Hockey Club and Michelle Bear from Dowerin Hockey Club for skillfully managing the team once again. Furthermore, we extend our appreciation to Alicia Gomersall, the Association Secretary and organizer, for arranging excellent accommodation near the hockey venue, complete with a pool and nearby food options.



TOP - Back left to right - Shenae Cail, Lauren Stewart, Cheryl Watson, Michelle Bear, Susannah Sellars,

Ashley Skillington, Alice McGregor, Emma Richards, Sophie Tyson, Ashleigh Auhl, Hayden King (Coach)

Front left – Right – Alison McVee, Simone Hyne, Charlotte Huggins, Samantha Dickins, Rachel White, Alicia Gomersall, Zjene Lamb

TOP RIGHT - Results and match stats

BOTTOM - Left to right - Alison McVee, Ashley Skillington, CHeryl Watson, Alicia Gomersall, Rochelle Vanblitterswick, Simone Hyne

BOTTOM RIGHT - Alison McVee being interviewed for Hockey WA







## Michael Gunton Master's Charity Match

On Sunday, June 25th, the Gingin Football Club hosted their highly anticipated annual Michael Gunton master's charity match against the Rockingham Rams. This event was dedicated to supporting the Jack family, who are facing immense challenges due to their young son Bryson's diagnosis of Stage 4 High-Risk Neuroblastoma, a fast-growing cancer of the adrenal gland, in November 2022. To combat the aggressive nature of Bryson's cancer, an intensive treatment plan has been put in place.

The master's charity match is an occasion where the Gingin Football Club gives back to a deserving member of the community each year. This year, the proceeds from the event were directed towards supporting the Jack family. The day served as a tribute to the late Rodney Hannagan, an esteemed member of the Gingin Football Club. As a life member. Rod had been a dedicated supporter of the master's match, taking charge of organizing local produce for the stall, preparing salads for the hamburgers, and gathering raffle prizes. His contributions extended beyond this event, as he had also served as the club's past president and committee member, leaving an indelible mark on the club's history.

Cathy Hannagan, Rod's wife, attended the event, representing the enduring connection between the Hannagan family and the Gingin Football Club. Cathy, also a life member of the club, had previously held positions as secretary and committee member. The club expressed deep gratitude for the Hannagan family's unwavering support throughout the years. Holding the match in Rod's memory was a heartfelt way for the club to pay tribute to his dedication and significant contributions to the community.

In the face of adversity, the Gingin Football Club, its allied clubs, sponsors, and the community demonstrated the power of unity and compassion. Through their collective efforts, approximately \$7,000 has been raised to support Bryson Jack and his family in their courageous battle against Stage 4 High-Risk Neuroblastoma. This substantial contribution will provide them with the necessary resources and support during this challenging time. The success of the annual master's match not only highlights the strength of community spirit but also serves as a reminder of the incredible impact we can make when we come together to support those in need.



















## Gingin Elite Dance with Miss Renae

Congratulations to all the students who participated in the DMIA (Dance Masters International Association) competition in June! It's wonderful to hear about your impressive performances and the support you showed for your dance family and fellow competitors. Your results are truly remarkable, and you should be proud of your achievements.

Here's a recap of the fantastic outcomes:

#### Malia Baxter:

- -1st place in Jazz solo for 4 years & under category (her first ever solo)
- -Honourable Mention (HM) in Jazz, Lyrical, and Hip Hop Improvisation

#### Mia Hinschen:

- -1st place in Jazz and Lyrical Improvisation
- -HM in Hip Hop Improvisation

## Skyla Borwick:

- HM in Jazz solo

## **Bella Darcy:**

- 1st place in Hip Hop solo

- HM in Jazz Improvisation

## Katie Alp:

- 1st place in Hip Hop Improvisation
- 2nd place in Hip Hop solo
- HM in Jazz Improvisation

## **Lacey Borwick:**

- 1st place in Acrobatic solo
- 1st place in Jazz Improvisation
- HM in Lyrical solo

## Lacey Borwick & Talia Trew:

- 1st place in Acrobatic Duo

### **Talia Trew:**

- 2nd place in Acrobatic solo

#### **Bella Shields & Astasia Gooch:**

- 3rd place in Hip Hop Duo

I'm thrilled to see that your confidence and stage presence have been growing. It's evident that all your hard work and dedication has paid off. Keep up the excellent work, and I wish you continued success in your future dance endeavours!



Kate Alp, Astasia Gooch, Skyla Borwick, Bella Shields & Lacey Borwick



Katie Alp





L-R - Talia Trew, Miss Renae, Hannah Baxter, Lacey Borwick, Malia Baxter & Mia Hinschen



Talia Trew & Lacey Borwick



Bella Darcy



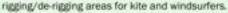
## COUNCIL TO COMMUNITY

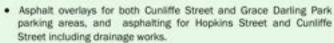
#### **Lancelin Projects Completed**

It's been a while in the planning but the redevelopment of the Cunliffe Foreshore area in Lancelin is finally complete.

Works included

- Re-design of existing Cunliffe Street parking to delineate parking bays and improve access.
- Installation of grassed areas at the north and south end of Cunliffe Street parking areas to improve amenity and also provide





· Line-marking for parking bays.

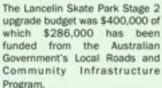
The Cunliffe Foreshore redevelopment budget was \$588,000 of which \$250,000 has been funded from Australian Government's Community Development Grants Program.

Also recently completed has been the Stage 2 upgrade of the **Lancelin Skate Park** located in Wangaree Park—and just in time for the school holidays.

Undertaking the project was playspace designer PHASE 3 and works included removal of rusted metal ramps, upgrades to the quarter-

pipes, pimple, bowl and pump track, and resolving drainage issues.

The Lancelin Skate Park State 2





#### **Upcoming Projects**

The following projects around the Shire have been scheduled for this month:

#### Assets

- · Guilderton Bowling Club ambulance access installation.
- Commence CWA building renovation.
- Top-up soft fall at Sovereign Hill playground.
- CU®Park building—install new drain, continue floor replacement preparation.

#### Road Maintenance

Pothole and road patching works at Seabird and Woodridge.

#### **Road Construction**

 Mooliabeenee Road drainage preparation prior to road reconstruction.

## Interested in More Promotion for Your Business?

If so, have you considered becoming a sponsor of the Shire's Early Rates Incentive Scheme?

In return for cash or in-kind sponsorship—which will make up exciting prize packages for 10

lucky early ratepayers—we can offer your business a range of promotional opportunities.

There are a number of affordable sponsorship options available—if you are interested, why not have a look at the **Sponsorship Proposal** at gingin.wa.gov.au/rates or alternatively, get in touch with our friendly Rates team at rates@gingin.wa.gov.au or 9575 5100 (option 2) for more information.



#### Dog Owner Responsibilities—Reminder!

Whether you are a resident, visitor or tourist and own a dog, YOU have responsibilities. These are outlined by the Dog Act 1976 which states owners must ensure their dog:

- Wears a collar displaying a current registration tag while in public places.
- Can be confined to the premises where it lives.
- Is held by a competent person capable of controlling a dog on a maximum two-metre lead when in public places
- In designated areas, dogs may be exercised off a lead, but the dog must be under control and the person in control of the dog must carry a lead in case it is required.
- . Is registered in one person's name who is over the age of 18 years.

Please be aware there are **on-the-spot fines** which may be issued for non-compliance. For more information on responsible dog ownership in the Shire of Gingin visit gingin.wa.gov.au/dogs.

#### Council to Community Direct to Your Inbox?

Yes! We have an e-newsletter version of C2C which can be emailed directly to you. If you'd like to subscribe, please complete the online form at gingln.wa.gov.au/council-to-community-newsletter and let the news come to you.



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#### **Local Government Elections 2023**

The 2023 local government election for the Shire of Gingin will be conducted as a postal election by the WA Electoral Commission on Saturday 21 October.

There are six (6) vacancies to be contested at this election:

| Vacancy               | Currently Held By                              |
|-----------------------|--|
| 4 year term exp. 2027 | Councillor Linda Balcombe                      |
| 4 year term exp. 2027 | Councillor Wayne Fewster                       |
| 4 year term exp. 2027 | Councillor Frank Peczka                        |
| 4 year term exp. 2027 | Councillor Andrea Vis                          |
| 4 year term exp. 2027 | Currently vacant                               |
| 2 year term exp. 2027 | Councillor Kim Rule (retiring at Oct election) |

#### **Candidate Information Session**

If you are interested in standing for election as a Council member, a Candidate Information Session will be held as follows:

Date & Time: Tuesday 22 August 2023 at 6.00pm Venue: Guilderton Hall, Wedge St, Guilderton

(next to Guilderton Country Club)

Potential candidates can register their attendance by contacting Lee-Anne Burt, Coordinator Governance, on 9575 5130 or email Lee-Anne.Burt@gingin.wa.gov.au.

#### **Nominations**

The nomination period will open on Thursday 31 August and close on Thursday 7 September at 4pm sharp.



Prior to lodging a nomination, the Local Government Act 1995 (s.4.48 (1)(d)) requires completion of a candidate induction which can be undertaken via the Dept of Local Government, Sport and Cultural Industries' website digsc.wa.gov.au.

#### Save the Dates!

- Serendipity Gallery July School Holiday Program—Tuesday 4 July & Thursday 6 July, 9am-1pm at 38 Heffron Way, Sovereign Hill Estate, Gabbadah. Bookings necessary. See Shire's website for details.
- NAIDOC Week 'For Our Elders' Event—Wednesday 5 July, 10am— 12pm at Moore River, Guilderton. Free school holiday event.
- Flavours of Gingin—Saturday 11 November at Granville Park, Gingin, See Shire's website for more details.

For more information on events in the Shire, 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 at cdo@gingin.wa.gov.au and we will include it on our Events Calendar and promote it on our Facebook page.



#### **Council Decisions**

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

- Allocation of \$90,000 unbudgeted expenditure to undertake urgent remedial works to Gingin CWA building—approved by Council.
- Undertake a trial period of hooding Guilderton Foreshore parking meters from 1 July to 31 August 2023, results of which will be reviewed to determine whether the meters should be hooded for the winter months on a continual basis—supported by Council.
- Allocation of \$20,000 from sand renourishment and Coastal Management Reserve accounts to undertake sand renourishment work at Grace Darling Park and Hopkins Street—approved by Council.
- Adoption of Disability Access & Inclusion Plan 2023-28—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.

#### Can You Help? Volunteer Drivers Needed for Lancelin Community Car Service

The Lancelin Community Car service is currently experiencing a shortage of drivers for the winter months, so we are seeking volunteer drivers for just one day per month or as many days as you can give.

If you are interested, please contact the Lancelin CRC on 9655 2033 or crc@tancelin.net for how to get involved.



#### Sponsor in Focus

#### Thank you Avon Waste for supporting the Shire's Early Rates Incentive Scheme

Avon Waste offers both domestic and commercial waste services to Gingin and the surrounding areas. We have commercial bins in three sizes that can stay at your business or residence permanently and can be serviced on a weekly, fortnightly or monthly schedule.

Our front lift skip bins can be used for general or workshop waste (no building rubble), and have lids fitted to help with odour and to stop wind blown litter.

For more information please call 9641 1318 or email sales@avonwaste.com.au.







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

## Gingin Bowling Club

Over 100 bowlers and their partners attended the Bowls WA Awards Dinner at Optus Stadium. Acknowledgement and awards were presented to many of the States champion bowlers, coaches and volunteers.

Amongst the winners was Gingin's Kathy Gobbart, who had an outstanding season in the Over 60's State Event's and was duly awarded the Norma Samuel "Over 60's Female Bowler of the Year"



Our Club had a very successful 2022/23 bowling season and were up for "Small Country Club of the Year" against Jurien Bay & Brookton clubs. Mainly due to our successful social bowls evenings, Youth night, Sports challenge events held throughout the year and being well sup-

ported by our local community.

With three Men's Pennant sides making it into the finals, encouraging and including new players and junior's in the teams. The ladies were also successful in many events at State and Regional competitions.

Gingin came through as the Winner of "Small Country Club of the Year". A Back to back achievement.

Congratulations must go to all our club members who volunteer their time at all events.

The following members were recently elected at our AGM:

President - Stephen Fewster

Vice President - Graeme Curry

Secretary - Stephen Beckwith

Mens Captain - John Kay

Vice Captain - Paul Gregory

Ladies Captain - Julie Watson

Vice Captain - Felicity Scott

Saturdays through to September the bowling club will be holding Social Winter bowls every week starting at 1pm. Please nominate by 13:30pm.

For ladies and men, new and old, or novice bowlers are welcome.

Contact Paul Gregory on 0400 520 763.

The club house is open all year every Wednesday and Friday from 5pm.

Visitors welcome to come and have a social drink and a roll of a bowl.

Friday 28<sup>th</sup> the Club will be holding a "Christmas in July".

## Gingin Bowling Club

# **Christmas in July**

28th July 2023 @ Gingin Bowling Club

\$35.00 Adults \$20.00 Children under 12 years

## Club/Bar Open @ 5pm - Seated by 6.30pm

Tables of 8 or combined tables available Bookings Essential (Before 25<sup>th</sup> July)

Bookings to Peter Bogan 0448 880 344 or e-mail ginginbcwa@outlook.com

Gingin Bowling Club BSB: 633-000 Acc: 112 864 665 Reference – Name of booking



## Vale

#### **DAVID LESLIE FEWSTER**

Gingin has lost another of its "son's". After a valiant fight against cancer, David passed away in late May surrounded by his loving family.

David was raised in Gingin, the son of Olive and Nelson Fewster and spent his early years living in Lefroy Street with his siblings, Colin, Mavis, John and Margaret. His working life involved the famous "Fewster Bees" and in later years, farming in the Cervantes area. A few years ago he returned to Gingin to retire.

His love of cars was well known, as was his

prowess on the drum kit when playing with the "Fewster Band", but in his younger days, he also liked the odd game of cards, snooker, pool, fishing at the 3 mile reef at Guilderton, skiing on Beermullah Lake and the Moore River and he was a great mate to many.

Sincere sympathy is extended to his wife Cynthia and children Karen, Annette, Melinda and Brett and all their families. He was a well-loved husband, father, grandfather and great grandfather and will be sadly missed by all his family and friends.

Rest peacefully David, we will all remember you fondly.



#### LANA COLLARD

Sincere sympathy is extended to former Gingin Shire President Ian (Sam) Collard, Selga, Melissa, Michael and their families on the very sad passing of a dearly loved wife, mother, mother-in-law and grand-mother on 26<sup>th</sup> June 2023.

Lana (nee Murray) spent her early years in the Bindoon area before moving to the Beermullah area when she married lan. The Murray family were regular visitors to the Guilderton Caravan Park, and many will remember Earl's school bus parked on the same site near the river, year after year.

In the last few years of her life, Lana returned to live at Guilderton with lan.

She will be sadly missed by her siblings and many friends in both Gingin and Bindoon areas.

Rest peacefully Lana.

## **Birth**

#### It'S A BOY!!!

Andrew and Jordin are delighted to announce the arrival of their son, **Mack Colin Fewster.** Mack was born on June 19 at 8.02pm. He weighed 3.82kg and measured 52cm.

Mack is the fourth child of Andrew and Jordin, and is loved by his big sisters Frankie,

Remi and Willa.

Please join us in congratulating Andrew and Jordin on their precious bundle of joy!



## **Birthdays**

Former Gingin resident Dot Glanz celebrated her 89th Birthday at the Ravenswood Hotel on Saturday 17th June. Some 16 long-time friends of Dot, and former neighbours from her life in Gingin, travelled down in a cavalcade of cars to enjoy a sit down lunch and catch up with one of the town's oldest long term residents – Dot having been born in her family home in Gingin, marrying the boy next door and living in her parents-in-law's home until she left the district some 2 years ago to live with her daughter Vi in Kirup.

In all there were some 50 guests, coming from as far away as Cranbrook, Donnybrook and Kirup, Chittering and of course Gingin. (Ravenswood was chosen as a convenient "halfway" spot for all).

It was not only a good catch up for Dot and her friends, but also there were "oo's and ahhs" as some of the guests met up with each other – the first time since their school days!!

Dot had best wishes read from "telegrams" sent by those who could not attend. There were reminisces of Dot's life in Gingin and a boot scooting performance was provided by daughter Vi and friends.

Of late, many of the long-term residents of Gingin have relocated to new homes to either downsize, to be closer to family, or to receive assisted residential care — and we often wonder where "this person or that person is - where have they gone?"

It is pleasing to report Dot Glanz is well and happy in her new home. As she said on her special day "she could be out every day" with the various activities and events available to her.

Sitting on the sidelines at the Old Time Dances and the Bootscooting – even being asked to have a "twirl", attending the Farmers Markets and cattle sales with her daughter and son in law, the weekly outings and activities through the local Seniors Club and of course being part of the farming life – calving, chooks, having her own little garden, the companionship her little Gingin dog, Tilly, and being closer to great grand-children to play cards when they come on holidays has made for a happy life.

Like all of us who are faced with leaving a long-term home, friends and the places we have known all our lives, it was not an easy transition for Dot. However, through the remarkable effort of her daughter Vi and son-in-law Peter, in collaboration with their local friends and the Aging in Place support services, they have created a new, safe and happy "Dots Place" on the farm at Kirup.



Dot Glanz and Merle Harris

## Letters to the Editor

## Water and Fire Do Mix!

The end of the Restricted Burning period from 2 May gave the signal for the burning of piles of backyard and paddock fuel loads without a permit. Spirals of smoke, big and small, could be seen rising across the town, particularly in the late afternoons.

However, it does not mean that these fires are totally risk free – and everyone is encouraged to be responsible and vigilant when dealing with fire. One local town resident in Jones Street went a step further and gained the assistance of the local Gingin Volunteer Fire and Rescue Service.

Having two very large piles of fallen paper bark trunks and limbs, legacy of the Brook fire that threatened the town a few years ago, they were considered far too large for a safe burn by one person. A team of six of our local Vollies came to the rescue with Nikki (Gingin Volunteer Fire Captain,) Greg, Chandler, Charlotte, Lincoln and Angus providing the expertise for a safe "burn".

However, as we know "good intentions" do not always go to plan.

Several wet days before "D Day" on the 31<sup>st</sup> May dampened the piles of wood, but with a lull in the rain it was decided to light up, as it coincided with the Vollies Training Night, so giving a real time fire experience for the evening.

The fire trucks with the first two of the Vollies, Nikki and Greg, arrived in full Hi Vis kit and helmets, but as they arrived, so did the rain. It pelted down when the first flames of the blow torch were put to the timber.

It was touch and go which would win – flames or rain – but persistence paid off, and to cut a long story short, the Vollies went off to their training session at the new DFES building about 2 hours later, returning later in the evening to dampen down and rake in the cinders. So making it all safe before home time.

Likewise, the householder was onsite and kept a close watch for the remainder of the night; and followed up by pushing in the smouldering twigs and branches over the next few days.

The outcome – a large fuel load safely dispatched, some "Vollies" gaining practical experience under controlled conditions, and a very grateful householder who made a donation to the service by way of a Thank you. It also proved fire and water do mix, but experience and "know how" won the day.



Nikki Woods and Greg Dale











## **Balanced Lifestyle Coach**

Hi, my name is Shannon and I am here to support you in achieving a healthy and balanced Lifestyle.

My background includes growing up as a competitive swimmer which influences how I train today.

My work experience includes over 11 years within the Mining Industry; Maritime - 7yrs on tugs shipping iron ore - Master <24m; Lab Tech; Exploration; Loader operator; working alongside Geologists and Drillers in temps of up to 50 degrees Celsius in open pit; volunteer Emergency Services underground, HR and dump truck. After years in these challenging environments, fine tuning my routine to support my own healthy lifestyle... I took 6 months off to get certified as a Personal Trainer to help others achieve their own healthy balance.

In 2009, while working FIFO I began triathlon, travelling to different parts of the world including Malaysia, Singapore, Hawaii and around Australia. This is how I got to truly tune into my body's needs, as I would be racing for up 6 hours at a time. In 2015 I set off for Thailand to learn Muay Thai, (Martial Arts) and travelled to Phuket multiple times as my roster was bi-monthly, competed in an amateur fight, then added Brazilian Jiu Jitsu, and CrossFit into my training. I sustained two significant injuries that would teach me about not only rehabilitation... but also patience, resilience, and the importance of other areas of life. I have taken instruction from world class teachers, coaches and physicians, which has guided me into maintaining a dynamic range of styles of training and resources. Including Therapy. Talking to a therapist is a way of communicating our needs to someone who can help us find solutions, without bias. I have used this as one of my tools for years, which is why I add, "Active listening" to my services. Many people don't get to talk in depth about themselves to anyone... and I have found that each person has a story, not only worth hearing - but necessary, in order to find pathways to better health.

Learning to love the things we (think we,) hate... like Burpees, running, and hills on the bike; running has led me to my most recent achievement, which is to finish the Margaret River Ultra Marathon, (80km of trails, sand, rocks and bush) where I came in at just under 14hrs. I used to hate running!

My personal goal is to stay healthy and happy, keep doing what I love as I reach ages 60 - 80 years, still teaching the art of holistic health. Thank you for reading my profile, I wish you all the best and hope you take this opportunity to seek your own unique pathways towards a healthy and happy life - naturally.

# Find more information about us, please contact:

€ 9575 4235 ⊕ Gingin.net ⊠oro-service@gingin.net





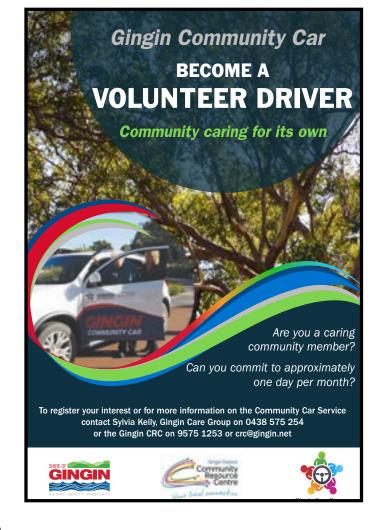
# Become a Member of the Gingin CRC

Our centre offers a wide range of resources and services for individuals, families, and businesses in the Gingin area. From computer access and printing services to community events and workshops, we are dedicated to supporting our local community in any way we can.

By becoming a member of the Gingin Community Resource Centre, you will receive Member's priority invitation to all events and activities held at the CRC during the year, a Community Resource Centre gift voucher to the dollar value of the paid membership. This can go towards services provided at the CRC, such as printing and photocopying, and a digital copy of the monthly Gingin Buzz magazine sent to your nominated email address. Membership period being 1 July — 30 June each year.

Becoming a member of the Gingin Community Resource Centre is the perfect way to connect with your community and access valuable resources and services, while supporting a community minded not-for-profit organisation and charity. Contact us today to learn more about our membership options and start enjoying all that our centre has to offer!







Friday 10 November 2023

Long table Dinner (ticketed event)
 Saturday 11 November 2023
 10am - late | Granville Park, Gingin

Produce Pavilion, Artisan Markets, Entertainment, Bar, Live Music, Fireworks & much more



Email us at flavours@gingin.wa.gov.au or for more details call 08 9575 5139





food stall or market stall at the Flavours of Gingin on Saturday 11 November 2023.

Interactive activities and stalls will run from 10am - 4pm transitioning to a twilight concert from 5pm to 11pm

If you'd like to be a part the day send your EOI to flavours@gingin.wa.gov.au



Email us at flavours@gingin.wa.gov.au or for more details call 08 9575 5139



## Gingin Library

## Fresh off the Press New books added to our Library Collection

Romance

#### A HOME AMONG THE SNOW GUMS by Stella Quinn

The road to love is a rutted dirt track for the other vet from Snowy River... An unmissable, funny, feel-good romance from the author of The Vet From Snowy River, Stella Quinn.

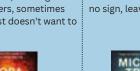


Thriller

#### IDENTITY by Nora Roberts

What turns someone into a monster? Are they born that way, or is it a choice? I suppose it can be either or both.

When a seemingly random attack turns Morgan's life upside down, she leaves the city to return to her family home, hoping that moving back to a small town she can put the horror of that day behind her but, as Morgan soon discovers, sometimes your past just doesn't want to let you go...



Thriller

#### NO TRACE by Michael Trant

Did you have to kill them all?'

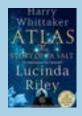
It's the question Gabe
Ahern has been running
from since he bust open
a major criminal
operation - and left a
dozen men dead. He
knows that one day the
'bad guys' will come for
revenge.

A skilled dog-trapper, Gabe has one rule- leave no sign, leave no trace.

#### Romance

## ATLAS THE STORY OF PA SALT by Lucinda Riley

Spanning a lifetime of love and loss, crossing borders and oceans, Atlas: The Story of Pa Salt, co-authored by her son Harry Whittaker, draws Lucinda Riley's Seven Sisters series to its stunning, unforgettable conclusion.



Young Adult / Fantasy

#### THE SUN AND THE STARS by Rick Riordan and Mark Oshiro

As the son of Hades, Nico di Angelo been through so much, from the premature deaths of his mother and sister, to being outed against his will, to losing his friend Jason during the trials of Apollo. But there is a ray of sunshine in his life-literally-his boyfriend, Will Solace, the son of Apollo. Together the two demigods can overcome any obstacle or foe. At least, that's been the case



Part Sky Country creation story, part exciting adventure tale, The Bunyip and the Stars is the first in a series of five picture books featuring stories from Australia inspired by the National Museum of Australia's new immersive play space for children from birth to 6

vears - the Tim and Gina

Fairfax Discovery

Centre.





## LSDA Alan Gent

"It's going to be great!" Of course, Henry knew what Cedric Bottomley would say, anyway. Every new gadget, every new system, computer, or little bit of technology was always 'great'. This time, though, the rest of the crowd in the public bar nodded in agreement. LSDA was coming to Dumbleyup. Two weeks, they reckoned. It wasn't just Dumbleyup, either. It was all over. There had been a huge move to get it into as many of the country towns as possible, and a small army of technicians and installers had been mobilised for the purpose.

The conversation moved on to what was wrong with the Government, the country and the World in general. 'What I would do if I was PM' was a very common topic of conversation after a beer or two, when the problems with sport had all been solved. Johnno Chase, who owned the local village shop, was the most vocal in this regard. Like Henry, he was always deeply suspicious of the Government and laid the blame for the woes of the World directly on the shoulders of the P.M. "I'd trust him as far as I could spit!" was his catchphrase.

At home, the news was full of the 'LSDA revolution', and Henry was sick of it. His argument was: "If the Government think it's a good idea, it isn't". Sandra wasn't much help either. "If you say so dear," she'd say when he started getting worked up about something. Henry loved his wife, but sometimes wished she had an opinion. "What is LSDA anyway?", she asked, out of the blue. Henry was quite surprised. One of the girls at the bowling club must have been talking. "Well," replied Henry, pleased to be able to air his knowledge, "it means 'Large Scale Dissemination of Applied Telecommunication', and is just a way of getting people to communicate."

"What's wrong with the Internet?"

"Nothing, it's an *extension* of the Internet. It works through the TV."

"Will it cost a lot?"

"Not a thing. It's a Government thing."

Sandra seemed satisfied, and got back to her ironing. Henry wondered about what he'd just told her. Why was it free? What was in it for the Government? Suddenly Sandra, still lost in her ironing, said: "Sounds like some sort of drug." "What do you mean?" asked Henry. "Well, you know. LSD and all that...." Henry dismissed his wife's comment as a joke, but it did get him thinking....

The phone woke them both at 6am the following morning. Henry, half asleep, said: "Wassa madda?"

"Mr. Diamond?"

"Maybe. Who's this?"

"I represent Barlow's. We're conducting market research for...."

"Not interested."

Henry put the 'phone down.

"Who was it dear?" asked Sandra. "Just somebody wants to sell something," said Henry.

Half an hour later, the phone rang again.

"Mr. Diamond?"

"I'm not buying!"

"You don't understand Mr. Diamond. We're not selling. We just want to ask you...."

"Look, I'm just NOT INTERESTED. DO YOU UNDERSTAND?!"

And slammed the phone down again.

Again exactly 30 minutes later:

"Mr. Diamond, please don't hang up. We want to give you something."

"Don't need anything."

"Not even a new LCD TV?"

Henry considered for a moment. "Why not?" he thought.

"What's the catch?"

"No catch. We're putting LSDA in to homes in your area, and some lucky people have been selected to...."

"Don't want LSDA. Thanks for the offer.

Goodbye."

The phone was quiet until about an hour after breakfast. Then:

"Congratulations, Mr. Diamond, when would you like your TV delivered?"

"Look, I don't want a TV. I have no intention of getting LSDA, so just GO AWAY!"
"You are Mr. Henry Diamond, of 35 Bonneville Drive, aren't you?"

"I may or may not be. Who are YOU?"

"I don't understand, Mr. Diamond, why you don't want a beautiful new LCD TV—after all, it's free!"

Henry slammed the phone down. He knew he'd never get anywhere with them. He immediately called the telephone company and asked to have his calls monitored. "Are they nuisance calls?" asked the operator. "Yes," said Henry, "they keep pestering me."

"What's the nature of the calls, sir?" When Henry told them, he was transferred to 'a supervisor'.

"It seems to me you've been given a very good offer, Mr. Diamond. Why do you think the caller is pestering you?"

"I just don't want what they have."

"I should just take it, Mr. Diamond. You may not get another chance."

Henry put the phone down in disbelief.

"They're all in it together!" he said to Sandra. He thought of disconnecting the 'phone, but why should he?

Henry still hadn't worked out what to do, and it was a full two days before the phone rang again. This time, the offer was even more generous.

"There was a mistake in your prize offer, Mr. Diamond. We can't offer you the TV." "Oh, now that's a relief. I didn't want one." "Of course not, Mr. Diamond. You've won a complete entertainment unit!"

Henry slammed the phone down again, and pulled the plug from the wall.

The following day saw a man from the telephone company come round to 'fix the

fault that had been reported'. "Such service!" thought Henry. But he wasn't fooled. He knew what was going on. The man replaced the plug, and advised him to be more careful next time. (Henry had said he must have kicked the plug from the wall by accident.) he sat glumly on the sofa waiting for the phone to ring.

Nothing.

The next day passed, and still nothing.

The end of the week saw Henry down the pub again. After a few beers he told Arthur Spinks about his so-called prize. "You must be bloody mad!" was the response. In fact, all the crowd agreed he must be 'bloody mad'. No sympathy there.

Monday, the first letter came.

"It has come to our notice that you haven't yet agreed to the installation of LSDA in your home," was the very official sounding letter. "Please be aware that this will be very inconvenient to your telephone provider, and will undoubtedly result in a greater cost burden to you. (See paragraph B in sub-section 2 in the attachment to this letter.) Should you decide to proceed with the installation, either you or your partner should sign the application form without delay and return it to the address provided at the end of this letter."

Henry read the relevant paragraph, and in the small print was astounded to see the telephone charges would increase by over 100%! "Why don't you just sign it?" said Sandra. "It would save so much trouble." "I'm damned if I'm going to be pushed into getting something I don't want—we don't want—and I don't want you to sign it either."

The second letter arrived on Wednesday, along with another 'phone call.

"Mr. Diamond. Henry. I think you're being rather stubborn. We don't want you to have to pay more for your telephone service. We believe in looking after our customers. Don't you see, that with you being

the only one in your area without LSDA it will cause us a lot of problems? It'll be like somebody insisting on a coal filling station for their steam car, when everybody else had changed to petrol." "I'll write to the Government!" said Henry, "you can't hold me to ransom like this. There's something fishy about your new fangled stuff, and I don't want it!" "We quite understand your reluctance, Mr. Diamond. Many older people have difficulty with new technology, but we're here to help. By the way, it won't do you any good 'writing to the Government', as you say. After all, LSDA is their idea." The big day arrived. Henry watched through

his window as a dozen trucks pulled into the small town, and disgorged a troop of extremely efficient looking technicians. It was very quick. Each installation seemed to take only a few minutes. The blue-suited tradesman would walk into the house with what looked like a sort of orange domed device with a single aerial protruding from the top. There wasn't even a keyboard. Sandra was out the back, washing. Henry pushed off to the pub. Then he noticed something strange. There were no cars on the road or in the pub car park! The pub was deserted. The buzz of the TV came from the back room. Henry realised the lower end of the town would have had the equipment installed some time earlier, and a lot of his drinking mates would probably be at home trying it out. It was no fun drinking on his own, so he ambled down to the corner shop, where Johnno Chase had his business. "Oh, well," thought Henry, "at least Johnno will be on my side."

It took several rings of the counter bell before Johnno came through the connecting door to his house. Henry could hear the TV droning away.

"Hello, Henry," said Johnno, what can I get you?" "Nothing much," replied Henry, "I'm just sick of all this LSDA stuff, and I knew you would be." The other man looked at

him levelly, with a beatific smile on his usually angry face. "Now why do you think that? I think it's the most wonderful invention since sliced bread."

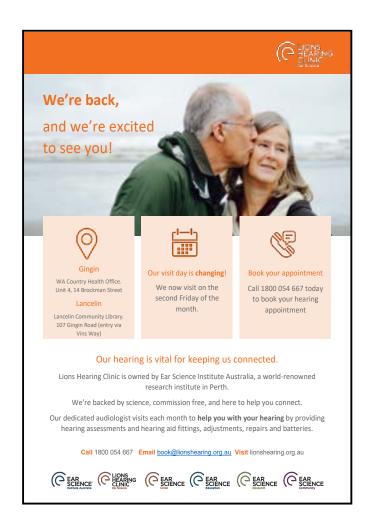
Henry was astounded. "You must be joking, Johnno! Tell me you're joking!" "I don't know what you mean." said the other, "It does everything. Once you've read a list of words into it, you only have to talk to it, and you can use the Internet, watch the TV, or make a telephone call. Why would I joke about that?"

Henry looked at the man, and saw the change that had come over him. It was as if his soul had been taken away, or that he was on some kind of powerful drug. He had one more try. "What about the Government, Johnno? Don't you reckon they're useless?" "How could you think that, Henry? They've given us LSDA for free. Isn't that worth voting for?"

Henry hurried back up the deserted street. He paused once in time to look back and see his friend put up the 'closed' sign on the door of his shop. As he walked, from every house he could see the flicker of the TV screen.

In his street all the trucks and vans had gone, and it was as quiet as the rest of the town. His wife greeted him at the door of the living room with a strange beatific smile, like Johnno's. Henry looked over her shoulder and saw the familiar shape of the LSDA unit next to the brand-new entertainment unit and LCD TV. "Well, he was such a nice man, Henry. He said he knew you didn't really want me to be the only woman in the street without this new gadget. And doesn't the TV look great!? I've learnt so much already!"

Henry's mouth fell open. Within is seething anger and frustration, 'Happy wife – happy life' suddenly sprung to mind. "Oh well, what the heck!" he said, and sat down in front of the huge flickering screen.







## Current Classes on offer

Tuesday 09:30 – 12:00 Craft &
Mosaics
Wednesday 09:30 – 12:00 Painting
Saturday 08:45 - 11:00 Craft
Contact email:ginginartandcraft@
gmail.com





## **Business Directory**





Reservations are essential on all services and can be made up to three months in advance.

Bookings can be made from anywhere in Australia on 1300 662 205 (Local call cost) from 6.30am to 6.00pm Monday to Friday 6.30am to 5.30pm Saturday and 7.30am to 5.30pm on Sunday (WST) or at Trans WA booking centres or accredited agents.

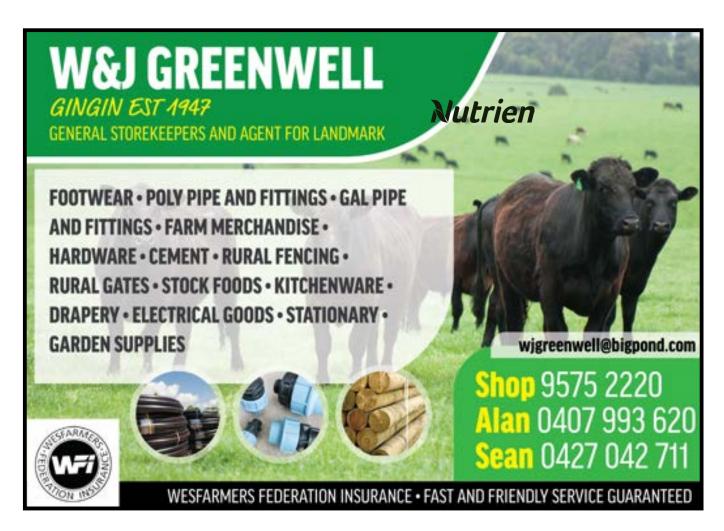
Bookings can be made online at www.transwa. wa.gov.au. Concession fares cannot be booked online.

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

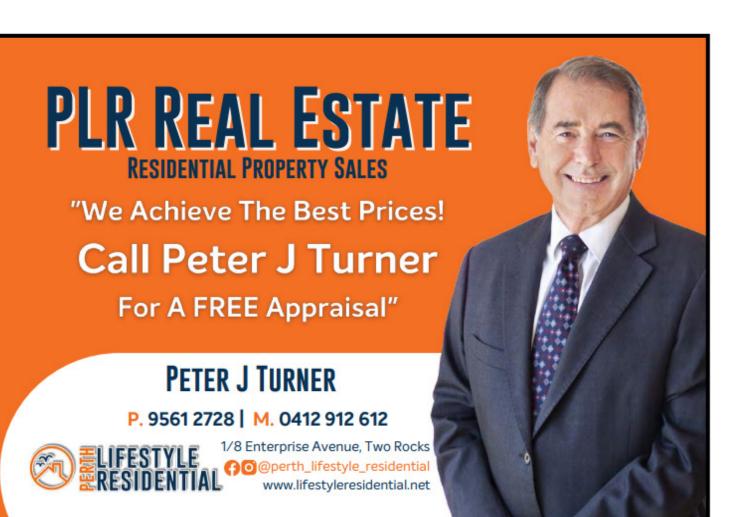
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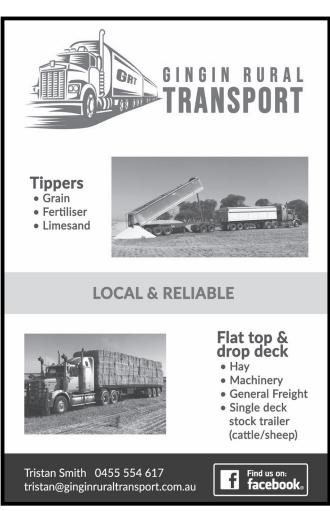
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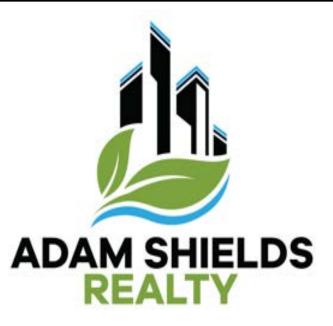












Adam Shields Principal

adam@asr.team

M **0429 104 760** 

Aimee Shields
Assistant

M 0436 300 466

aimee@asr.team





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