

MOORE RIVER FREE NEWS

February 2023

Send news, photos and classifieds to: mrnews@inet.net.au

Advertising enquiries to: advertising.mrnews@inet.net.au

Or place in silver letter box next to Woodridge PO Boxes | Deadline 20th of the month

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PAINFUL HIPS, KNEES, BACK, NECK AND FEET?

"Your feet are your foundation - any imbalances, collapsed or high arches can cause rolling in or out, and problems to rise up through the body resulting in so many problems.

"Imbalances and collapsed arches can lead to bunions, heel spurs, neuroma's, plantar fasciitis, ankle problems, knee, hip, back or neck tension and wearing down of the joints.

"People spend so much money on trying to find comfortable shoes, and searching for temporary solutions that end up costing thousands of dollars.

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importantly notice the relief in the body as pressure has been taken off the joints and all arches are fully supported."

Nadine Chambers, InnerCalm Health and Wellbeing

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available*
*policy dependant



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FOOT
SCAN!



INNERCALM
HEALTH AND WELLBEING

Email: innercalmhealth@outlook.com

Phone: 0422 414 113



Letters to the Editor

Letters to the Moore River News should have writer's name (and phone number if written). Name will be withheld if requested. We reserve the right to edit or refuse publications for reasons of legality or space. Preference will be given to letters under 250 words. Please send your letters to: mrnews@iinet.net.au or via the silver letterbox at the Woodridge hall (no stamp required).

Disclaimer

Any views, opinions and comments that may be read in the Moore River News are the express opinions and/or property of their individual authors.

They do not necessarily represent those of the Moore River News' volunteer team.



Dear Readers, An 84 page book was compiled in 2015, celebrating 25 years of Moore River News publications.

It covers the history of many of the local groups in our area. It was given away to residents at the time.

I have 4 copies to give away to any new residents since 2015 who might be interested.

Or maybe you would like to recycle a copy you have.

Please email mrnews@iinet.net.au

Anne Stroud

Hi Readers,

As you know the Moore River News is produced by a team of volunteers who come and go as the years progress. This is the 32nd year of production! Sadly this year we are losing Dianne Millar from the team. She joined in 2014, Dianne has a real flair and has produced the November and December issues these past years. Dianne is a real community super hero and needs more time for holidays and play. Thank you Dianne for the years of keeping the Moore River News going.

So yes you have guessed it we need two more volunteers to join the team.

Full instruction is given and lots of support when you do your first issue. You do need to be computer literate, and if you know how to use Publisher that would be a big bonus. However basic use of email, copy and paste etc is enough. You are only asked to produce one issue a year and you can choose which month. You do not need a computer but do need an internet connection.

Volunteering in our community is so rewarding, you meet people, are respected and have a sense of achievement.

Phone Anne on 0428 188 011 to talk to her to find out more. You can say 'No' later, but please ask to find out if you could help.

Anne Stroud

What's On...

Mark your calendar or phone NOW!

Don't miss out on all the great entertainment/activities in our local area!

3rd Feb 10.30	Craft Morning Tea	Redfield Park
4th Feb	SMILE Performance	Sovereign Hill
8th Feb 7pm	Neighbourhood Watch Meeting	Neergabby
18th Feb	Gingin Scouts celebrate 40 years	Gingin
25th Feb 7pm	Rock Quiz	Guilderton
4th March 10am	Moore Clothes Swap	Redfield Park
5th March	Art and Craft Market	Guilderton
8th March	Office Bearers Workshop	Woodridge
17th March	Family Concert, Art Competition etc.	Gingin
8th April	Easter Art Show and Golf Club Trash and Treasure	Guilderton

I want to say a GREAT BIG THANK YOU to Woodridge Ambulance officers Dave, Barbara and Susann for all their help and support they gave me when I broke my hip and fractured my wrist on November 10th. You all are wonderful.

Charlene Caddy

This is summertime and there are days that are ruled as Total Fire Ban days. Checking DFES, and listening to ABC radio will inform you that on such days there should be no 4 or 2 wheeled vehicle movement on any dirt tracks, either on private land or in public spaces.

J Mateljan

Thank you everyone for your contribution towards the Guilderton Library Annual Fund Raising Book Stalls.

We had a very successful month, met lots of old friends, and had the opportunity to not only meet new members but to receive some fantastic donations of books. Thank you again.

Madeline Henshaw 0415 902 038

GUILDERTON COMMUNITY LIBRARY

open every **SATURDAY** 9.30 - 11.30

find us on the foreshore near the Caravan Park

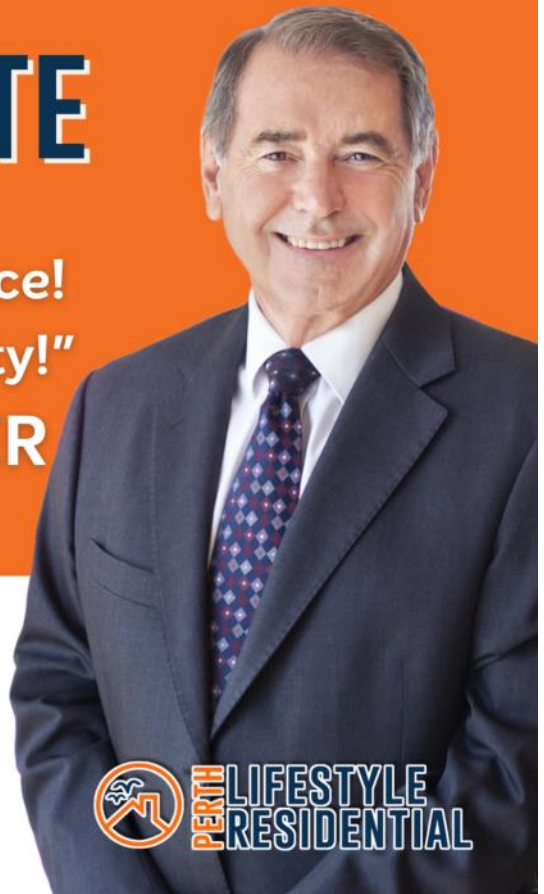
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DEMURE DAMSELS RED HATTERS

Hoping everyone had a restful time over the Festive break and all ready to go in 2023. Red Hat ladies certainly are.

Those of us who went across to the Gingin Seniors Movie day had a good time, complete with popcorn and a lovely lunch thanks to Gingin Shire.

The final Morning Melodies for 2022 was the Christmas concert. Certainly much singing followed by a delightful lunch at the theatre.

Our now traditional Family Get-together" day mid-January was a very relaxing day with Brenda. Thank you to Paul and Deb who kindly provided the best outdoor area where we could all catch up and chat about upcoming events.

Our second function for January was a lunch at Yanchep where some ladies partook of the tour of the Crystal Caves.

Some of the functions for this year include:

A "Black and Bling" High Tea at one of our member's homes in April; a trip on the "Little Ferry"; visit to Willie Creek Pearls (not in Broome, Elizabeth Quay has a great hands-on exhibition); a meal at the TAFE Pavilion Restaurant; Local Goat cheese tastings, a visit to the new RS, Government and Parliament House; RSPCA tour and a "7 year anniversary" function.

We are so hoping COVID won't slow us down this year.

We are all about having fun, friendship and our outings are so varied. We have some local ladies joining our group this year, a warm welcome to Roma, Julie, Diane, Sonja and Dawn, we are sure you will have some awesome fun.

Are you new to the area? Why not come along to one of our outings and meet other local ladies? If you would like to know more about Red Hatters, check out Red Hatters on Google or give me a call.


Dianne Millar (0414-469-297)



IF YOU SEE SMOKE OR FLAMES
RING 000

**GUILDERTON &
DISTRICTS' VOLUNTEER
BUSH FIRE BRIGADE**





**Redfield Park
Community Association**

106
Paperbark Ave
Gabbadah
WA 6041

Redfield park committee members have been working hard behind the scenes, we have just held our sausage sizzle fundraisers at the Arts & Craft Markets in Guilderton and also at Music in the Park in Guilderton. Another great event with funds raised going to our Volunteer 1st Aid Post in Redfield Park.

We recently held our general community meeting with our next planned for 30th April at 4pm.

We have also joined containers for change. Our number is C10857815. Bagged cans can be left at the drop off with our information or dropped bagged to 60 paperbark Ave for us to deposit.

Julie Polette



**GUILDERTON
VISITOR CENTRE**

It is great to see more visitors to the area enjoying the river and beaches. We are having many tourists visiting our Centre to find out about our local attractions and activities so our small band of volunteers have been stretched to the limit.

If you would like to join us, please give Linda a ring on 0414 631 273 for more information or go to the website www.guildertonwa.com.au

Wendy

Entry Fee \$5



Moore Clothes
is holding a Clothing Swap on Saturday 4th March 2023 commencing at 10am.

Join in the fun with a scrumptious Morning Tea and hilarious games.

All you need to do is bring along some clothing/accessories to swap. (5-10 pieces), then exchange like item for like item with other participants.



Swapping will commence at 10.30am.

If you require any further information about this event contact Julie on 041582817

Lancelin Police will provide an update on what has been happening in the Lower Coastal over the Christmas and Holiday period

Supper supplied after the meeting

**Lower Coastal
Neighbourhood
Watch
Wednesday February 8th
2023
7pm
Neergabby Hall**

**FOR FURTHER INFORMATION
CALL DOT 0429969889.**

The first Lower Coastal Neighbourhood Watch meeting for 2023 is to be held at Neergabby. This is the first meeting there for a few years, so we are very excited to be having the meeting there again.

I am sure there will be plenty to discuss on all the happenings during the holiday period throughout the Lower Coastal Area.

Please support your neighbourhood Watch by your presence at this meeting.

Hope to see you all, enjoy a sausage sizzle super and refreshments after the meeting.

Cheers Dot 0429 969 889

REDFIELD PARK CRAFT



We are a small group of ladies who meet on the first and third Friday of the month. Many sorts of craft are done and we are happy to help anyone get started on a project.


On Friday 3rd February you are invited to morning tea around 10.30am.

Just come for a chat and a relaxing morning.

Happy to teach our skills/knowledge. We meet on the 1st & 3rd Friday of each month from 10am till 2pm, BYO lunch.


**106 Paperbark Ave Redfield Park .
Call Maureen for more info 0417 308 998.**

The Gingin Scout Group
are Proudly Celebrating 40 Years Since The
Start of This Wonderful Group.

 **1982–2022**

We would like to invite all those past and present Youth, Leaders and Parents to help us celebrate this milestone event.

If you are in contact with anyone, please forward on and let's see if we can get as many people as possible to make this celebration a success.




First Cubs to go up to Scouts. Apr 1983

Gingin Scout Hall
 Racecourse Rd Gingin
 Saturday 18th February 2023
 9.30am—3pm


Opening Parade –10am sharp

There will be plenty of fun scouting games and activities.
 Morning Tea and Lunch Provided.
 Wear your Uniform, Just joking!!!

But feel free to bring any memorabilia along or give to Gloria to display on the day. Items will need to be delivered a week before with your name and details for return.



Adventure in the Scout Group Army Truck. Sept 1990.



New North 2014

RSVP by 4/2/23 to Gloria Hyne on 0409 105 700 or mghyue.1@bigpond.com

CRAFTY PATCH

Quilting with Friends
 Keeps You in Stitches!!



Welcome back to a new year. Let us all hope that 2023 will be a much kinder year than 2022.

Our group finished last December with a very nice Christmas lunch catered for by one of our members and her lovely daughter Tiffany. It

was a very nice traditional roast, and we all appreciated the effort taken. We did the usual games, quizzes, and Christmas present exchanging with the help of Santa of course. It was a great finish to the year.

Now onward and upward. We are back to tackle another year. Already one of our ladies showed us her scrap quilt made from her stash, Maureen does some wonderful work and we cannot help but admire her beautiful quilts.

One of our members turned the big 80 in late December, and we will get her to cut the cake for our morning tea. Happy belated birthday Lorraine.

We are planning a trip to the Lavender Farm in February where we will enjoy a lovely lunch and smell the beautiful perfume of the lavender & visit the gift shop.



If you are new to the area and would like to see just what we do, feel free to pop in on a Tuesday morning at the Woodridge Hall at 9am. We finish at noon.

We are always looking for new people to share their craft ideas. Our ladies do patchwork, knitting, crochet, card making and machine embroidery and are very willing to share their knowledge

Gloria, Lorraine & Lyn



SOVEREIGN HILL GARDEN CLUB

The Sovereign Hill Garden Club members are well rested and ready to start the new year with some interesting topics and activities to discuss at our meetings.

**Our first meeting will be on
 Saturday 11th February at Sovereign House
 commencing at 1.30pm.**

At this meeting we will be setting our calendar of events for 2023.

If you would like to join us just come along on the 11th and you can have an input into what topics, workshops, outings we are planning.

For more information ring Wendy on 0429 938 232.

**Lower Coastal
 Community Alliance**
 meet quarterly.
 For more info ring
 0428 188 011
Find out what is happening in YOUR area.

Moore Clothes Inc.

Shop-106 Paperbark Ave

Redfield Park

See us on Facebook Moore Clothes Inc.



GUILDERTON BOWLING CLUB

LET'S GET BACK ON THE GREEN FOR 2023.

Hope everyone has enjoyed the Christmas break with family & friends.

Now let's have an update from December news.

Championship pairs were played 10th December
CONGRATULATIONS TO THE WINNERS

Margaret Wetherly and Jeremy Thomas. Well done.

Christmas party in the hall, another great night, plenty of yummy food and refreshments, even a special birthday celebration, "BRANCHYS 80TH" WELL DONE .

Pennant practice Friday nights has started and the first game at Ledge on the 28th of Jan. Good luck to all the team. **Future pennant games will be played at Guilderton, on Saturdays, come down and watch a good game 2.pm start.**

Only one championship to go for the season with the triples being played in February. Then for the finals.

EASTER CARNIVAL. Sunday 9th April, 16 teams 64 players from many clubs' metro and country.

Really worth to see some great bowls played this is the best day of the season.

NEW MEMBERS ALWAYS WELCOME: BOWLS AVAILABLE FOR NON-BOWLERS

Take Care everyone let's see you all on the green.

Cheers Dot branch (0429 969 889)



61 Dignity bags were delivered to the Pat Giles Centre and Shalom House before Christmas.

Shalom House is,

"Leading the way in Holistic Rehabilitation"

Moore Clothes received This letter

"Big thanks to Moore Clothing & Co for their donation of mens and ladies gift bags and gifts cards. We are very grateful to the entire community for your support."

The dignity bags are for needy individuals who live in these shelters. Moore Clothes would like to thank Jackie for organising the bags, Joan for delivering and especially all you readers who donated the gifts.

Moore Clothes members enjoyed a small break over the Christmas period and are back and raring to go. It's been very busy in the shop and we are glad to welcome back so many familiar faces again. We have already had deliveries heading out to assist others in need, so business as usual.

We are hosting a morning tea / clothing swap on Saturday 4th March, \$5 each with morning tea provided. Bring along your swap items and take home something different e.g. 5 items brought and 5 different items to-take home.

For more info on Moore Clothes and our shop hours -see our Facebook page (Moore Clothes Inc) or google us.

Don't forget our containers for change number C10363650.

As always thank you for your ongoing support.

Julie Polette



FREE Jigsaw puzzle library

Moore Clothes Redfield Park

We have a puzzle library/ exchange, free use for locals. It works best if you bring one to exchange. Donations of puzzles gladly accepted. Puzzles can be collected or swapped during Moore Clothes opening hours.



GOT TIME ON

YOUR HANDS?

18 TO 85 YEARS YOUNG?

LIKE TO MIX WITH OTHER MEN JUST TO WHILE AWAY THE HOURS?

Men's Shed is for You!!

Drop into Guilderton, have a cuppa, relax.

We meet Tuesdays and Thursdays

9.00 am to 2.00 pm

Social Members - \$10 per year

Full Membership - \$40 per year

Plus a Gold Coin Donation on entry

Moore Arts Council Art & Craft Market



Another successful art/craft market day was held on Sunday the 15th of January in Gabbadah Park Guilderton. The weather was perfect for most of the time with the wind only becoming annoying toward the end.

Although stall holder numbers were down from December the crowds came and enjoyed what was on offer.

Sovereign Hill Community centre provided the bacon & egg burgers and sausage sizzle, Juicy Box provided coffee and fresh juice.

These markets provided a great avenue for local people to sell their handmade produce or items and a lot of locals were seen chatting and catching up after festive season.

**Out next market will be on
Sunday 5th March (Long weekend)
so come down and support this great local event.**

For more information check our Facebook page - Guilderton Art & craft Market

Kerry Jones



GCA Moore Arts presents the Easter Art Show

**Saturday 8th April 2023
9am - 2pm in the Guilderton
Community Hall**

This is an annual event for Guilderton and teams up with the Golf Club trash n treasure. Displays include artwork by local artists and art from the locality of Moore River. Craft by local artists, Photography of local interest, Sculpture, Mosaics, Ceramics, Jewelry and more

Mark this date in your calendar and come and enjoy this popular annual event. Take home a piece of local art as a lasting memory or enter the raffle for a chance to win some donated art prizes!

If anyone is interested in exhibiting their work, please contact:

Kerry Jones 0437 903 138

guildertongca@gmail.com for more information.

GUILDERTON COMMUNITY ASSOCIATION

PO Box 1101 GUILDERTON

www.guildertonwa.com.au

Clean Up Australia Day

is an annual event held right across the country with large cities and

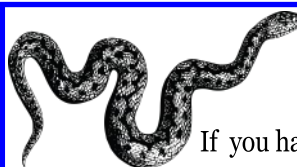
small communities putting in a little bit of effort to pick up rubbish in their own town. Guilderton has participated in this event for many years cleaning up the river banks, foreshore area, silver creek, groyne, 4wd track to seabird and road into town. We have received support from scout groups and 4WD clubs and achieved some great results over the many years. Unfortunately our coordinator is unable to coordinate this year due to personal reasons so the **Guilderton Community Association is looking for a Volunteer Co-ordinator to take on the role this year.** If you are passionate about the environment and have some spare time it is held on Sunday 5th March. **If you are even remotely interested please contact Linda Johnson 0414 631 273 who will run through what is involved and then you can decide if you have the time.**

FREE LIBRARIES

We have **free** little libraries located at:

- *Redfield Park (106 Paperbark Ave),
- *Woodridge Hall
- *Guilderton Country Club
- *Guilderton Beach (Toy Library)
- *Neergabby (cnr Military/Gingin Brook Roads)

**Come look through
and see what good reads are there.**



Snake Season

If you have one needing to be relocated.....call

Tammy : 0424-715-117

Weekdays after 5pm/

Weekends all day

Redfield Park & surrounding areas

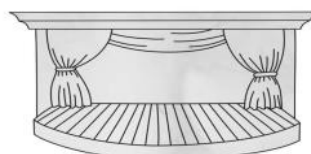
OR

'Snakeman' Gary

0412-914-537

All areas

Both Registered with DPAW Regulation 17(1)



S.M.I.L.E

Moore

Smile is a small group of people that meet every 1st and 3rd Tuesday at 3.30pm at Sovereign House.

We Smile, Mime, Inspire, Laugh and Entertain.

Please contact Sue 0417 978 281.

Our motto is No talent Required just have some fun

Join in the fun, meet new friends, join your local



MOORE RIVER WEIGHT WATCHERS

Affiliated with WW Federation WA (Inc.)

**Wednesday morning 8.30am for Weigh In
9.30am start for the meeting
Sovereign Hill House**

Annual fee \$5.00 | Weekly fee \$3.00

For more information phone 0413-818-955

Well we are all back to Weight Watchers after a lovely break for Christmas enjoying time with family and friends, now back to healthy eating and lots of support from everyone. There must have been lots of lovely food and refreshments had over the Christmas break, no one lost any weight, but I am sure everyone enjoyed their time with loved ones. As you can see by the Photos Our Christmas Luncheon at the "Track side Café" Gingin it was really lovely, good food and fun was had by all.

The Skit was sure a laugh, goodness knows where Dot Jones got it from but well done both of you. Father Christmas and his helper "Jae" you are the best, group photos tell it all.



NEW MEMBERS ALWAYS WELCOME, COME AND JOIN OUR GROUP. WEDNESDAY MORNING WEIGH IN FROM 8.30AM. MEETING 9.30AM. LOADS OF ENCOURAGEMENT FROM EVERYONE, HEALTH EATING GUEST SPEAKERS ON MANY OCCASIONS, PRIZES TO BE WON.



HOPE TO SEE YOU WITH A FRIEND OR JUST ON YOUR OWN. ANY TIME EVEN JUST FOR A CUPPA.

Cheers Dot 0429 969 889



GUILDERTON COUNTRY CLUB

Happy New Year to all our members and holiday visitors! Summer is a great time in Guilderton and the Club welcomes the many new customers.

Thank you to the Gingin Shire for replacing the rusted out tennis court posts and two new nets in time for the holidays. Racquets and balls are available by the honour box and there is flood lighting for evening games. We are hoping for tennis coaching lessons in the near future. It is great to see the increased use of these facilities including the minigolf, skate park, tennis, bowls, golf and footgolf.

The family bingo evenings have been a great success during the school holidays and thanks to Cooky, our caller, and his assistant Maggie.

Rock Quiz returns on Saturday 25th February.

The Quiz and the live music continues to growing popularity.

**Bookings are appreciated - get your quiz team together!
9577 1013**

And before you know it we will be into March for St Patrick's Day. Falls on a Friday, so get your best greenery on for what is always a special night!

Bob Johnson, GCC Secretary





The new year has started with some excellent golf! Recently, Sandra Gregorini scored a magnificent, and very rare, eagle on the 14th hole, a par 4 : an awesome second shot straight in the hole!

Well done Sandra.

The Summer Cup competition is in full swing with still three rounds to go.

Our Easter Stall is our major fundraiser. If anyone would like to make ANY donations or be involved, please email us at guildertongofclub@gmail.com and if you have suggestions for additions to the Easter Stall, please let us know.

RESULTS

SATURDAY COMPETITION:

31st December (Stableford Competition)

WINNER : Nigel Daddow 33 points

RUNNER UP : Linda Ellis 32 points

7th January (Russian Stableford):

WINNER : Abe Wright / Nigel Daddow 57 points

RUNNER UP : Brian Perrin / Phil Flavell 55 points

14th January (Stableford)

WINNER : Ron Jones 36 point (OCB)

RUNNER UP : Abe Wright points 36 points

WEDNESDAY SCROUNGERS (9 holes of Stableford):

Always a good fun afternoon of golf!

29th December

WINNER : Kevin Smith 18 points

RUNNER UP : Richard Prince 17 points

4th January

WINNER : Jason Tyler 16 points (OCB)

RUNNER UP : Abe Wright 16 points

11th January

WINNER : Bob Johnson 17 points

RUNNER UP : Ron Jones 15 points

Ian Hastings Secretary Guilderton Golf Club

Email: guildertongolfclub@gmail.com



**Sovereign Hill
Crafty
Witches Group**

Our quilt raffle was most successful with \$1005 being raised and forwarded to the Cancer Council.



The winners were :

1st Prize : Bev Bingham who won the magnificent king-size quilt hand-crafted by Maureen.

2nd Prize : Nicole – a splendid single-bed quilt hand crafted by Shirley Mead.



3rd Prize : Kim Smith – a beautiful quilted throw also crafted by Shirley. Congratulations to the winners and many thanks to Maureen and Shirley for their wonderful creations.

We returned to Sovereign House, our regular 9.30am Monday meeting spot on January 9th where we caught up with ladies we hadn't seen for a few weeks and showed just what we had been creating over the break. It is good to have Brenda returning and we welcome Lynn and Sandy to our group.

Do you want to learn how to crochet? Come along and Patricia or Kerry will teach you. We have ladies doing embroidery, origami, knitting, do come have a tea or coffee! Meet some of your neighbours.

Any enquiries please call Dianne on 0414-469-297 or Wendy on 0429-938-232.

Be happy and be kind.

Wendy and Dianne Co-ordinators

Any alterations needed?

Mending etc etc done locally and a very quick turn around.

Call Anne on 0429 952 927.





COUNCIL TO COMMUNITY

Expert Workshops for Community Groups

If you're a member of a community group interested in finding solutions to some of the challenges your group or club may be facing, then save the dates for these two excellent workshops:



Building the Team - Attracting & Retaining Volunteers with Peter Kenyon from Bank of I.D.E.A.S.

Saturday 18 February
9.30am – 2:30pm
Lancelin Bowling Club

Peter Kenyon will present a four-hour interactive workshop that will cover creative ways to recruit, recognise and retain non-profit groups most valuable resource – volunteers. This workshop is suited to anyone volunteering within the community (not just office bearers).

Light refreshments provided.

RSVP to cdo@gingin.wa.gov.au by 10 February 2023.

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



Wednesday 8 March
6.00pm – 8.30pm
Woodridge Community Hall

Caroline Robinson from 150Square will deliver a practical problem-solving workshop, where office bearers from non-profit groups and clubs can voice any challenges they are experiencing and then work with Caroline to create solutions on the spot. The workshop will cover a broad range of issues, including attracting and retaining volunteers, creating a culture of volunteering, and other strategic and governance challenges.

Light refreshments provided.

RSVP to cdo@gingin.wa.gov.au by 1 March 2023

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

Introducing Trainee Ranger "Lacey"



Meet our new Trainee Ranger Lacey! Lacey is an Australian Shepherd who will be joining fellow dog ranger Colby as part of the Shire's canine ranger team.

Lacey will be working in tandem with Colby by patrolling the Shire with Ranger Rachael and educating dogs and their owners on the importance of dog registrations and microchipping.

She loves meeting people so if you see Ranger Rachael and Lacey out and about, please come and have a chat. Ranger Services are here to help so please give us a call on 9575 5140 or 9575 5172 if there is anything we can assist you with.

Music in the Park

The Shire kicked off 2023 on Saturday 7 January with its first annual Summer Suite Event, Music in the Park at Gabbadah Park in Guilderton.

Although the evening was a bit windy, about 150 locals and tourists enjoyed the evening with a live performance by Perth musicians, Summer Club Band.

The kids had plenty of entertainment with a bouncy castle, bucking Shaun the Sheep, and fun glow sticks. Special thanks to the Lancelin Police who made their pod vehicle available for kids to sit in and try on their gear. Bucking Shaun the Sheep even got to throw Constable Kate off which gave the community a laugh.

The Summer Suite of Events is supported by the Shire of Gingin and Bendigo Bank.

Keep an eye out on the Shire's **Events Calendar** at gingin.wa.gov.au for all the fun events to attend this year.



Resident Perception Survey 2023

The Shire is preparing to roll out the next Resident Perception Survey in March, and to get as many responses as possible there will be two ways you can provide us feedback on how we are performing as your local government. This year you will have the option to complete either a simple or comprehensive survey.

All ratepayers and residents will soon be sent a postcard outlining the options, which will also be available in print and online formats. Details to come!





Public Notices

Proposed Local Law

The Shire of Gingin hereby notifies for public comment that it proposes to make the **Shire of Gingin Signs and Bill Posting Repeal Local Law 2023**. The **purpose** of this local law is to repeal the Shire of Gingin By-laws Relating to Signs and Bill Posting. The **effect** of this local law is to remove the Shire of Gingin By-laws Relating to Signs and Bill Posting from the public record.

Full details of this local law are available from the Public Notice page at gingin.wa.gov.au.

Submissions from the public in relation to the proposed local law will be accepted up until **4.00pm on Monday, 6 March 2023**.

Special Council Meeting

A Special Meeting of Council will be held on **7 February 2023**, commencing at 3.00pm, for the purpose of receiving the Shire of Gingin 2021/22 Annual Report and determining the date and venue of the next Annual Meeting of Electors.

The Special Meeting will be open to the public.

Council Decisions

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

- Adoption of Policy 5.3 South West Native Title Settlement Land Based Consultation – *approved by Council subject to amendment.*
- Approval of unbudgeted expenditure of \$80,000 for asphaltting Lancelin Plaza carpark – *supported by Council.*
- Amendment of Guilderton Caravan Park booking procedure – *approved by Council.*

In addition, 4 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!

Building the Team Workshop - Attracting & Retaining Volunteers
- Saturday 18 February at 9.30am – 2:30pm, Lancelin Bowling Club.

Bearing the Load Workshop - Overcoming Challenges Faced by Office Bearers - Wednesday 8 March at 6.00pm - 8.30pm, Woodridge Community Hall.

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



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

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

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Shires of Gingin / Chittering and the Northern Suburbs



The Australia Day breakfast at Neergabby was as usual a wonderful community celebration of our volunteers.

The Gingin Shire are to be congratulated on a very inspiring morning. The Lions Club of Gingin and the Neergabby Committee are to be thanked for preparing the free breakfast. There was a great water slide for the kids.

Local Woodridge singer Savanah led us in the National Anthem and other traditional songs. The citizenship ceremony was very moving for 9 new citizens.

The address by Bob Kelly, a man who has travelled the world with Red Cross in many wars was fascinating.

However it was the Australia Day WA Community Citizen Award that was so inspiring to us locals.

The first announcement was **George Grant** from **Gingin West Fire Brigade** was a recipient of the prestigious AFSM - Australian Fire Service Medal. When he receives the medal later in the year we will let you know about George 60 year career.

🏆 2023 Active Citizenship

of the Year Award for a Community Group or Event –

The Yarning Circle – Koorunga CWA Branch

🏆 2023 Senior Community

Citizen of the Year – Wendy Nottle

🏆 2023 Community Citizen of the Year –

Debbie Jordaan

I have to say as the Councillors Andrea Vis and Linda Balcombe read out all the nominees for the three categories you realize how heavily this area and probably all of Australia rely on volunteers.

We were all in awe of hours given by these people.



Our local hero this year was

Wendy Nottle.

Wendy comes from Sovereign Hill and volunteers for the Guilderton Visitor centre, help out when needed at the Guilderton Men's Shed.

She runs the Sovereign Hill Garden Club, is vital to Moore Clothes and is a leading light in SMILE. I've probably forgot something but she will forgive me. She says

"Thanks to everyone for your congratulations on both social media and in person. I am 'blown away' by your kind comments and wishes."

Congratulations to all the nominees and winners and the Shire of Gingin staff and Councillors.

It was a great morning.

Anne Stroud



Elevated Bacterial Warning for Moore River in Guilderton

The Shire of Gingin and the Department of Health are warning people to avoid swimming and other full-body water immersion activities in Moore River at Guilderton after recent sampling results detected amoeba and high bacteria levels at several sampling locations.

Secondary contact activities such as kayaking and boating are currently not impacted by this warning.

Elevated bacterial levels have the potential to increase the risk of people experiencing gastrointestinal, respiratory, and skin, ear, eye and throat illnesses and infections if people swim in or accidentally ingest the water.

Anyone who has entered these waters and experiencing symptoms including nausea, vomiting, diarrhoea, abdominal, chest pain etc, should seek medical attention and notify the Department of Health's Environmental Health Directorate on 9222 2000 (during office hours) or email: ehinfo@health.wa.gov.au.

Further information regarding water quality and tips for healthy swimming is available on the Department of Health website at <http://healthywa.wa.gov.au/>.

For all **health-related media enquiries** regarding this matter please contact **Department of Health Media** on **9222 4333** or media@health.wa.gov.au.

For any Shire-related enquiries regarding this matter please contact Bob Kelly, Executive Manager Regulatory & Development Services, on 0419 953 153.



Woodridge Horse and Pony Club

Membership now open for 2023

We had an amazing year last year, and **we are very proud to be the recipients of the Pony Club WA Club of the Year award as well as our amazing local coach Matilda Agnew who won Pony Club WA Grass Routes Coach of the Year.** We also had one of our riders represent Australia in an international Dressage

Competition placing 4th an amazing achievement for young Chenin Hislop, we also had young Zara Cousens walk away with many prizes from Pony Club WA leader board including winning an overall winner for Hickstead event in her age group winning not only numerous ribbons on the night but a rug as well, this is a testimony to the members and commitment of the committee and assistance from community groups such as crafty patch who have very generously gave two financial contributions through the last year, thank you we feel very honoured to receive this.

2023 will bring some new and exciting activities for Woodridge Pony Club, we have hooked up with a Pony Club in New Zealand and hope to be able to visit them in January 2024, lots of fundraising in the foreseeable future.

We are a dynamic little club, and we do things slightly differently. We often mix groups up so there could be D and D* riding together D* and C riding together and C, C*, and B riding together.

We encourage and provide opportunities for members to progress with their certificates and offer off-site activities that are fun and educational, we encourage friendships, comradery, good sportsmanship, and making memories.

What we offer for 2023.

- Small groups
- Excellent coaches and visiting coaches.
- Pathways for older riders to become qualified coaches.
- A fun supportive environment
- Additional support for members who want to proceed through their coaching certificates.
- Adult riders

Activities we are offering for 2023.

- Nonriding activities at some rallies, for siblings and children from adult riders.
- Adult riders
- Older riders training in driving and reversing floats (need to be driving)
- Float maintenance
- Mechanical horse
- Vaulting
- Equine management plans and how to write them.
- Polo crossmatch
- Roping
- Off-site riding activities
- Great food.
- Specialised Show jumping coaching
- Specialised Dressage coaching
- Handy pony
- Bit fitting / saddle fitting
- Pole and bodywork
- Tack and turnout
- In-hand and ring etiquette

If you are interested in finding out more or want to join this dynamic little club either **jump on Facebook** or email woodridge.equestrian@yahoo.com for further information.

PC Dates for 2023: keep an eye on our non-financial members Facebook pages Woodridge Equestrian for dates of up-and-coming rally dates.

Morag Gemmill



LOWER COASTAL COMMUNITY AFFILIATES



The meeting of the Lower Coastal Communities in January was held in Redfield Park. Members of each community have a chance to either report on past events, and or tell us about future events, It amazes me at each meeting how many events are put on by volunteers in our area. This does not include all the groups who keep us alert and entertained and fit in a lot of cases. Well done to all of you who keep the area alive. The other mission is to see how each community is dealing with problems, like potholes, crumbling entrance walls, new community halls, etc etc.

Two residents from Seabird brought up the fascinating subject of house insurance. I am sure you like me have seen a sharp increase in the cost of house and content insurance recently. Did you know that one of the factors is the fire danger rating of a **postcode?**

As a result of this fact we have written to Phil Barret Chief Fire Officer in the Shire of Gingin and asked him who determines that rating.

A discussion ensued as within any postcode round here there are farm, rural residential and town properties whose fire risks are clearly different.

We hope to bring you an answer next month.

The other subject which is of great concern is the health services provided by the Northam or Midland health dept. A lady at the meeting needs child speech therapy sessions. Her choices were travel to Moora, or one hour once a month in Lancelin. Clearly either option was unacceptable. Another story I know about is following an accident or surgery our residents have to drive to Lancelin Silver Chain to be seen, home visits are not an option. We have written to Shane Love, government departments and of course the Shire of Gingin, who instigated the latest poll in the Moore River News on behalf of the Doctor in Gingin. This resulted in him not being able to help.

However it is not a Doctor we need it is a nurse practitioner.

So next time you are talking to your Doctor ask if they can help. Who do we contact? If you have any contacts in the medical profession ask them.

Please read the other article I am writing in this issue re Aged Care, but I am pretty sure they can't help either, and we are not all over 65!

Anne Stroud



It is with great sadness that we have to report the passing of Walter Brenkman who lived and volunteered in Woodridge for many years.

Here we see Walter with Gingin West Fire Brigade in the early days. However most of you will remember Walter as the man who wrote the computer column in the Moore River News. He was the first person to tell us that the internet had arrived, explained what a laptop was.

What you will not know is that when the Moore River News was 60 pages long and distributed all over the Shire, he produced and managed 30 pages of adverts. All as a volunteer.

He was farewelled in Bussleton with most of his home town Nannup friends filling the funeral home. Obviously his community spirit travelled with him to Nannup.

The Moore River News and I am sure many readers send their best wishes to his wife Jan who was also a leading light in our community.

Anne Stroud

Did you know what is available at Redfield Park 1st Aid Post??

We have 2 wheelchairs, 3 Walkers, a commode chair and a shower chair, Crutches and moon boots along with in house aids e.g., toilet frames to help people get up. Non wheeled walking frames.

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Hopefully you've all been very busy in the garden over the holidays and are ready for another big year.



Vegetables to plant in February:

Dwarf beans, beetroot, broccoli, brussels sprouts, cabbage, carrots, cauliflowers, celery, chicory, Chinese cabbages, cress, endive, herbs, kohlrabi, leeks, lettuces, mustard, spring onions, parsnips, peas, potatoes, radishes, rhubarb, salsify, shallots, silverbeet, spinach, swedes, turnips. If it's a hot February, remember to keep the water up to them and checks on them daily to manage pests, disease, and weeds. Keep an eye out for powdery mildew (white looking mould on the surface of the leaf), rust, and black spot. Treat with recommended fungal treatments from your nursery or garden centre. Nurseries employ horticulturists with a broad knowledge and are generally happy to help with useful advice.

Lawns,

Keep up the water. One long water is better than lots of short ones. Long watering encourages the roots to chase the water down, helping to avoid drying out during a hot spell. Apply a wetting agent early in the month. Keep up the regular mowing, longer length for buffalo, a little shorter for Kikuyu and you can go even shorter for couch.

Other tasks for February:

Prune rambling roses after flowering, deadhead flowers as they fade, layer pinks, rhododendrons, and clematis, **lift** and dry onions, and cut dry herbs to store. Feed and water patio, hanging, and container plants. Prop up heavily laden fruit tree branches, including tomato plants, stone fruit and berries that have finished fruiting. Hopefully **pome** trees are on schedule this year and you'll start to harvest in late February. Complete Summer pruning of wisteria. If you've the time to start getting ahead start planting Spring flowering bulbs and plant a few every two weeks for a continuous showing. Divide perennials late in the month and start prepping any ground for making new lawns. Harvest herbs and store some dry, making pesto with fresh for future use. Propagate roses. Azaleas, hibiscus, fuchsias, lavender, box, buddleia and bottlebrushes. Keep your water features topped up for the wildlife to bath and feed in. Spend time in the early evening and watch the birds and wildlife come in. You might be surprised what comes in for a feed or bath. Keep it up daily for the wildlife to see it as a regular source.

Nathan, Happy gardening everyone 🌱 😊



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The Gingin West Christmas Lolly Run was a very colourful affair. Father Christmas was thrilled to see so many Woodridge residents both old and young on his visit. www.moorerivernews.com.au

Last December, just days before Christmas (2021) at the age of 63, my life & my family's lives changed forever with the diagnosis that one in six Aussie men will have in their lifetimes.....I have high-risk prostate cancer which means treatments may not cure the cancer but will hopefully give me more quality time!

Unfortunately, my diagnosis was later than ideal & during an open radical prostatectomy early last February, it was discovered that the cancer had spread to the pelvic lymph nodes, so 13 were removed, of which, 5 lymph nodes had cancer. My Gleason score was 9 which means it's at the upper end for severity....less than ideal! Unfortunately, I have an aggressive form of the cancer which was fast in developing.

My post operative PSA level was still 4.0, down from the 25 which set the alarm bells ringing last December. I consulted an oncologist & a treatment plan was set in place which involved starting me on hormone therapy to hopefully shrink the microscopic cancer tissues remaining after surgery. Following another PSA test (simple blood test) my PSA had dropped to 0.2, my oncologist decided this was the ideal time to undergo a course of radiation treatments targeting the bed of the removed prostate & the area where the lymph nodes had been removed. This entailed 33 daily treatments, each lasting around 3 minutes over a 7 week period Monday to Friday. Exercise is encouraged while undergoing radiation treatments & I decided to try to continue my daily walk of 6km & cycling up to 30km on my EMTB (e-mountain bike). Fortunately, I managed to remain active physically & during radiation treatment I decided to join Prostate Cancer Foundation Australia to help raise awareness of this common cancer that is taking the lives of more Aussie men than breast cancer takes the lives of women. It's not a statistic either sex wants so it's time we as a nation got serious about education about prostate cancer. One of the sad facts is that PSA testing guidelines are so far out of date but PCFA has lobbied federal government & a review into these guidelines is soon to be a reality.

Currently, to receive a PSA test, men need to be aged between 50 & 75 years.



If prostate cancer is present in families, the age is 45 years which is still too late for some men! If a man is over 75, he's considered not worth testing despite many men living well into their 90's!

During my radiation treatment in a moment of madness or maybe geniusness, I committed to riding my EMTB from the eastern end of the Gibb River Road located between Wyndham & Kununurra to the western end near Derby, to help raise awareness of Prostate Cancer. I have a fundraising campaign operating through PCFA to raise funds for research & support for men going through tough times with this cancer. You can read about my diagnosis, treatment & plans to solo ride the GRR at <https://fundraise.pcfa.org.au/s/1209/1259> Donations over \$2 are tax deductible. I will be commencing my ride early May 2023 & plan to visit most of the campgrounds to speak about my experience with prostate cancer & hopefully encourage more men to be proactive about having a PSA blood test EVERY year! You can follow my ride using the above link as I will be updating it as often as possible.

My recent PSA test last month showed PSA was 0.01, pretty much undetectable & hopefully it will remain low when I stop hormone treatment in May 2023.....

Wishing everyone seasons greetings & a healthy 2023. Reminder for every bloke out there who is over 45/50, please have your PSA test EVERY year without fail, it may just save your life! Its just a simple blood test which takes a couple of minutes!

Ferg le Juge de Segrais

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"With 2023 ahead of us do we have plans of exciting prospects for jobs and studies, or do we only see doom and gloom as we face the fact that the news doesn't offer

much hope with increasing world tensions and unpredictable weather forecasts? Hope these days is what is lacking in many hearts and lives - fears and doubts seem to take precedence and many are beginning to question and say 'there has to be more to life than this!!!' When I asked myself this question many years ago I found my answer in my relationship with the God of heaven and earth in the person of His Son Jesus Christ. Religion is not a popular word these days as people say - 'there is so much tragedy in the world today, why doesn't this so called loving God stop it or intervene?' God's answer is that He sent His Son Jesus Christ to bring salvation and hope to all men, but in doing that He also gave man a free will free will to either accept His message of hope and salvation or reject it. There is a world of difference between religion and a relationship that gives us faith and hope. Religion is man's idea of restricting God with traditions, philosophies and basic principles of the world. (Colossians 2:8), but God is looking for those with a heart that will love and serve Him in a living relationship. Man is the cause of much of the tragedy and violence in the world today but those with a heart for God, and who have a true relationship with Him, will experience love, joy and peace amid the storms of life. 'For God so loved the world that He gave His only begotten Son, that whoever believes in Him should not perish but have everlasting life. For God did not send His Son into the world to condemn the world, but that the world through Him might be saved.' (John 3:16-17 New Kings James Version). '...whoever believes on Him will not be put to shame...for whoever calls on the name of the Lord shall be saved.' (Romans 10:11 & 13 NKJV).

MOORE PRAYER: As local Christians we are praying regularly for the tremendous needs we see around us on a daily basis. We do know that God does answer many of our prayers and for that we are very thankful.

**If you feel you have a special need or would like to pray with us, please phone:
Sue - 0419 035 777 or Judy 0429 108 892."**

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Aged Care. 1800 200 422

I suspect that if you are over the age of 65, you have a MyGov account. In MyGov you can then access your Medicare, Centrelink and other services. I have just added My Aged Care. All you have to do is phone the above number after 8am and before 8pm and register. You need your Medicare card handy. You will then after the normal load of questions, be given a registration number which you use when you click on My Aged Care in MyGov!

I have been chatting to various residents in this area and this is the first step you **have** to take to get any help as you age. **Once** you feel you may need help you see your GP. The process if needed, is that Aged Care will send a person to your home to assess you and your house etc. They then decide how much help you will be offered.

I am new to all this so am hoping if its new to you this will be helpful. If you have a helpful hint please send it in

Anne Stroud



**St John's Ambulance
Lancelin & Coastal
District**



Hello Community residents & friends.

Trust you all had a great Christmas & New Year.

As usual we continue to be busy with callouts, but happy to be available for you all.

Do you wish to become a LEGEND, we constantly require people to take the challenge to become a Volunteer with St John WA. It is such a rewarding experience & the feeling of helping your fellow person is wonderful. There are many roles within the organization.

Should you require further information, look up the website: <https://stjohnwa.com.au/>

Or feel free to head into the St John Woodridge Depot

We open the office every 2nd Saturday of the month between 9am-12noon.

For your information, we stock a great range of first aid kits, for example: off-road kits, waterproof boating kits, leisure kits, caravan kits, snake bandages, thermometers & small range of bandages to refill your kits.

We are continuing our 20% sale for the summer months.

These can be purchased when the office is opened or if needed urgently, call the office phone no - 0400 195 885 leave a message & we will endeavour to return your call asap.

We hope you continue with good health in 2023.

Colin Gofton

*Chairperson St John WA
Lancelin & Districts Branch*



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Volunteering is one of the most rewarding experiences you can have. And with St John WA, it's not only rewarding but exciting too!

Whether you volunteer as an ambulance volunteer or support role in country job centres, you'll learn new skills like endorsed first aid qualifications, build strong relationships, and work with emergency services to make a real contribution to your community.

Plus, there's a heap of fantastic benefits:

- You'll make some awesome friendships as part of a meaningful team
- Give back to the community that you have chosen to live in
- Learn vital lifesaving skills that will help you in (and out) of your role
- Gives you a sense of purpose and helps increase confidence
- Become more active, mentally and physically

What does it take to become a volunteer?

- No superpowers needed - volunteers are everyday people
- Medical experience not required - all training provided
- Be 18 years or older with an unrestricted driver's licence and police clearance
- Commit to 60 volunteer hours a year and monthly training sessions
- Have a can-do attitude and enjoy working in a team

To learn more about the available roles in your location search [St John Volunteer](#)

Regular events... *new and old participants are always welcomed*

Each Mon	Craft Group	Sovereign Hill
Each Tues	Crafty Patch	Woodridge
Each Tues	Social Darts	Woodridge
Each Tues 10-12	Moore Clothes	Redfield Park
Each Tues	Moore Men's Shed	Guilderton
1st & 3rd Tuesday	SMILE Moore	Sovereign Hill
Each Wed	Red Robin Playgroup	Woodridge
Each Wed	Golf Scroungers	Guilderton
Each Wed	Pool Competition	Guilderton
Each Wed	Weight Watchers	Sovereign Hill
Every other Wed	Demure Damsels (Red Hatters)	Various Outings
Each Thursday	Keep Fit	Woodridge

Each Thurs 2-4.30	Moore Clothes	Redfield Park
Each Thurs	Moore Men's shed	Guilderton
Each Thursday	Yoga	Woodridge
Each Fri 2.30-4.30	Moore Clothes	Redfield Park
1st & 3rd Fri/mthly	Craft Group	Redfield Park
Last Fri/mthly	Games Group	Redfield Park
Each Sat and Sun	Bowling	Guilderton
Each Sat	Golf Competition	Guilderton
Each Wed & Sat	Recycling	Woodridge
Each Sat 9.30-11.30	Library	Guilderton
Each Sat 10-12	Moore Clothes	Redfield Park
2nd Sat/mthly	Garden Club	Sovereign Hill

The printed Moore River News is distributed to PO Boxes in Woodridge, Guilderton Post Office, Seabird, and delivered to Sovereign Hill and Redfield Park properties.

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