

Moore River News

October 2025

FREE

Send news, photos and classifieds to: moorerivernews@gmail.com

Deadline 20th of each month

Advertising enquiries to: advertising.mrnews@gmail.com

See this issue **IN COLOUR** www.moorerivernews.com.au



GUILDERTON Pharmacy

1 Mullins st. Guilderton WA 6041

Guilderton Pharmacy
Opening Hours
MON 09:00 - 05:00
TUE 09:00 - 05:00
WED 09:00 - 05:00
THUR 09:00 - 05:00
FRI 09:00 - 05:00
SAT 09:00 - 12:30
SUN CLOSED
08 9577 2134
www.guildertonpharmacy.com.au

Your new **Local PBS Approved Chemist**

- Prescription refills
- Pharmacy & Pharmacist only medications
- Webster packs
- Vaccinations (Flu, Covid, NIP Vaccines)
- UTI Consultations
- Oral Contraceptive consultations



Email address

admin@guildertonpharmacy.com.au



Phone number:

08 9577 2134

www.guildertonpharmacy.com.au

Mon-Fri 09:00-05:00
Sat 09:00-12:30

Letters to the Editor

Letters to the Moore River News should have writer's name at the bottom. 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 email your letters to:

moorerivernews@gmail.com

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.**

MOORE CLOTHES ANNUAL FASHION PARADE

PURPLE and WHITE

• get in the groove and dress in purple and white •

**SUNDAY
OCTOBER 12th
10am**

\$15 pp

includes a morning tea plus a
\$10 voucher
to spend in store on the day

tickets available
★ **Moore Clothes**
and ★ **Woodridge
Post Office**



**106 Paperbark Ave
Redfield Park**

0436 457164

Meet & Eat Group



Enjoy good food, laughs & conversations.

We have a cooking roster system and share all the recipes
We would love to welcome some new members.

Meeting on the 3rd Thursday of each month
at Redfield Park Hall,

**If you are keen to find out more.
give Julie a call 0410 582 817**

Visitors welcome.

What's On...

Mark your calendar or phone NOW!

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

Date	Time	Event	Place
4th Oct	9am-2pm	Men's Shed Open Day	Guilderton
5th Oct		Family Day Fun	Ledge Point
9th Oct		Whiteman Park Outing Community Bus	
11th Oct	2pm-9pm	Palette and Plates	Granville Park, Gingin
12th Oct	10am	Moore Clothes Fashion Parade	Redfield Park
17 Oct	10am	Sewing Busy Bee Moore Clothes	Redfield Park
23rd Oct	4pm	WCA Sausage sizzle family sundowner	Woodridge
12th Nov	12-4pm	Carers & Seniors Event Rock&Roll Matinee	3 Emus restaurant Lancelin





Find out more about the magic of playgroup and connect with families in your community. Come along to discover the benefits and join in.

WHEN: Wednesday & Friday
TIME: 9:00am-11:00am
WHERE: Woodridge Community Hall
CONTACT: woodridgeplaygroup@hotmail.com



If you would like to have the
Moore River News
issue sent to you each month in colour.
Please google Moore River News
and press the **Register Button.**

COPS**CORNER**

Hello Readers,

Hefty Fine for Truck Driver Charged with Dangerous Driving

Earlier this year, Lancelin Police charged a 53-year-old male truck driver from the Mandurah area with two counts of Dangerous Driving. He faced the Joondalup Magistrates Court in July, where he plead guilty and was fined \$3000. These charges stemmed from two incidents in which his driving placed other members of the public in danger. During the first incident, the truck driver overtook a bus in a dangerous manner on Gingin Brook Road and the second incident occurred in Rockingham. We'd like to thank the community members who reported these matters and assisted in the investigation.

Bennies Road River Rescue

On Tuesday August 12th, two males had a very lucky escape on Bennies Road in Cowalla. The vehicle the males were travelling in, attempted to drive across the Moore River bridge, which was flowing strongly at the time. The vehicle was swept several hundred meters down the river, and the two men escaped the vehicle and stood on its roof until Police arrived to rescue them. Lancelin Police would like to thank the farmers who assisted with orchestrating the recovery with their machinery and a boat. Fortunately, both men were rescued very cold and wet, but uninjured. This is a timely reminder that it is crucial to take extreme caution when dealing with floodwaters. Never drive, walk, or swim through floodwater, as it can be deceptively dangerous. If you encounter a flooded road, it's best to turn around and find an alternate route, unless you're very familiar with the area. Please take care on the roads.

Seabird Tavern Assault – Call for Witnesses

Lancelin Police are investigating an assault offence which occurred in the beer garden of the Seabird Tavern on Monday July 21st. During the incident a male suspect allegedly assaulted the victim over a caravan hire dispute. If you saw this incident or have any information which may assist Police, please contact us at Lancelin Police on 9650 1100 or 131 444 or through Crime Stoppers on 1800 333 000.

Stolen Vehicle Pursuit on Indian Ocean Drive

On Friday August 8th, you may have seen a large contingent of Police vehicles travelling under priority (lights & sirens) northerly along Indian Ocean Drive. This incident was a pursuit, involving a burglar from the Mandurah area in a stolen motor vehicle. The burglar and his girlfriend abandoned the stolen car near the Seabird Road turn off and they both did a 'runner' into the nearby bush area. Lancelin Police travelling in the opposite direction were assisted by a Police Helicopter to locate and arrest the burglar hiding in the bush. He has been remanded in custody on a string of serious charges.

Criminal Damage Charges in the Lancelin Water Corp Area

A 22-year-old male from the Perth hills area, has been charged by Lancelin Police over a damage offence in the Lancelin Water Corp Area. The offender was captured by a covert camera driving his 4-wheel drive vehicle directly

through the boundary fence of a 'No Access Area of the Water Corporation Catchment Zone' at 2am on April 20th earlier this year. The incident caused \$500 damage to the fence.

Until next time, please take care on the roads and report any suspicious or illegal activity to Lancelin Police on 9650 1100 or 131 444 or through Crime Stoppers on 1800 333 000. Don't forget about the phone application - Eyes on the Street' which you can use to report suspicious activity anonymously.

Kind regards
Sergeant Michael Paterson
Officer-in-Charge
Lancelin Police Station



Moore Clothes Inc.

106 Paperbark Ave
Redfield Park

See us on Facebook:
Moore Clothes Inc.

Phone:

0436 457 164

Come and browse and
have a cuppa with
friends and neighbours.
Fantastic range of
clothes etc

**Open: 10-12am on Monday,
Tuesday and Saturday
2-4.30pm on Thursday.
2.30-4.30pm Friday**

Moore Clothes has had another busy month, welcoming a couple of new members.

Plans are on the way for our Oct 12th fashion parade event, so come join us for some entertainment and laughs while supporting our charity.

A BIG thanks to Jo & Steve for their generous donation supporting our dignity bag program and the remote op shop program we run- so very generous.

The pantry has been operating for a few weeks now, thanks to all who have donated to support this local initiative with cash or food.



Julie Polette

Any alterations needed?

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

Call Anne on 0429 952 927.





Scripture

It is written, 'Man shall not live by bread alone, but by every word that comes from the mouth of God.' (Matthew 4:4)

'It is the Spirit who gives life; the flesh is no help at all. The words that I have spoken to you are spirit and life.' (John 6:63) As Jesus said to His disciples 'I am the way, the truth and the life.' (John 14:6) Jesus praying to the Father said 'Sanctify them in the truth; your word is truth.' (John 17:17) 'For the word of God is living and active, sharper than any two-edged sword, piercing to the division of soul and of spirit, of joints and of marrow, and discerning the thoughts and intentions of the heart.' (Hebrews 4:12) As King David said: 'Your word is a lamp to my feet and and light to my path.' (Psalm 119:105) All scripture is taken from the English Standard Version and should you like to have a bible to read for yourself, they are free; please phone Judy with your request.

MOORE PRAYER: We all face the tests and trials of this life and Christians are not immune; because we have been blessed with love, joy, peace and strength the Lord gives us to cope with these issues. We also have the privilege of prayer which is a special time when we get together as local christians to pray for these needs and all the needs we are aware of in our community, families, friends and neighbours.

Prayer requests are all confidential and we would be more than willing to pray for you if you would like to contact us. God bless you all.

Please phone:

Sue - 0419 035 777 or Judy - 0429 108 892



Sovereign Hill Garden Club

We meet at the Sovereign Hill Hall every second Saturday of the month at 1.30pm

Spring Time is the time for the wildflowers and Kings Park is renowned for their Wildflower Festival. A large number of our members joined with other members of the public for an outing on the Community bus to see this amazing event.

Our next meeting will be on October 18th at Eileen's in Redfield Park where the topic will be reticulation.

If you would like to join our little group, find out what gardens we might be visiting, workshops we might have coming up or for more information please contact Wendy on 0429938232

Wendy

Sovereign Hill Crafty Witches Group



Every Monday 9am to Noon

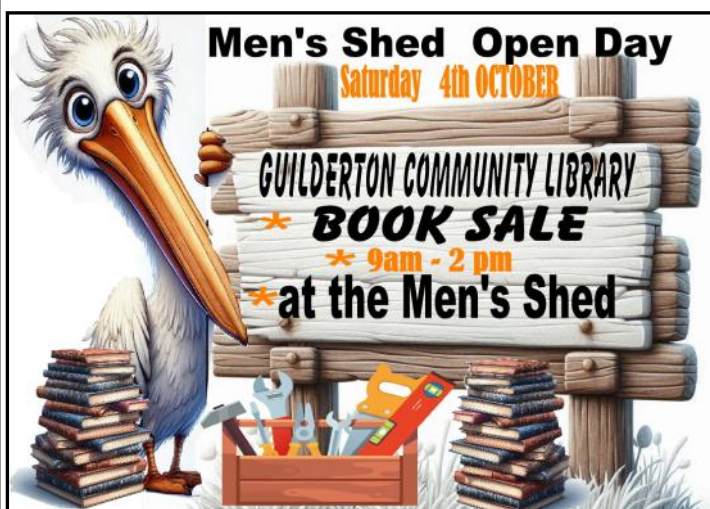
Our little group of very talented ladies meets at Sovereign House every Monday between 9.30 and noon.

We are busy making items for sale at the Men's Shed Open Day on Saturday 4th October. Proceeds from this sale are directed towards a charity of our members choosing.

A happy birthday message this month goes to Karen - whose family and friends surprised her with a party at the Seabird Tavern.

So don't forget to put the MMS Open Day on your calendar and we will see you there. If you want any more information about our group, please contact

Wendy on 0429938232



GUILDERTON VISITOR CENTRE

Open 9.30 to 12.30 weekends, school and public holidays.

Boy it's been a cold winter, but finally the sun is starting to peep through and with this the tourists and visitors will be starting to arrive to take in our magnificent scenery and soak up the peaceful, calming atmosphere.

Our very own Visitors Centre is ready to meet and greet them with a well stocked store containing both seaside souvenirs and local produce.

We are always on the look-out for new volunteers during our opening hours of Weekends, school and public holidays between 9.30 and 12.30.

If you would like to help out on our roster, then

Please contact Linda on 0414631273 for more information.



Usual golf days are:

Saturday: Names in by 11.45am

Wednesday 9 holes Scroungers: Name by 1.45pm

CLUB CHAMPIONSHIPS

The qualifying rounds have now been completed and the final will be played on Saturday 4th October.

The Ladies qualified for the coveted title are: Lynn Malone, Kerry Jones and Linda Johnson.

The Men qualifiers chasing glory are previous winners in Phil Flavell and Andrew McKean and Glenn Susac chasing his first title.

AGM - please note change of date from the fixtures

The AGM is set for Sunday 9th November at 10.30am at the Country Club.

GUILDER GOLFERS JUST KEEP DOING IT - NEAR AND FAR! It's great to see so many of our members visiting other Clubs. And it's great to see them consistently in the winners circle.

Green Head Open Day:

Our own Lynn Malone and Jenny Schaeffer came in third with a magnificent 46 points in the four ball best ball competition. Well done ladies on a great score!



Also at Green Head Open Day

One of our newer golfers, Justin McDiarmid teamed up with Tommy Dewar and took fourth place with 42 points. Well done lads! Clearly a good day was had by all. Not sure where Tommy disappeared to!

Chequers Ladies Open Day:

(In Bullsbrook)
Emmie Wright and Kerry Jones came home with 4th place with 40 points.



On a day not conducive to great golf, our own Andrew McKean teamed with Michael Patterson from Lancelin to win the best ball Stableford competition with an exceptional 40 points.

**Ian Hastings
President**

Moore Clothes Presented Women's Week Information Part of Jean Hailes for Women's Health

**Jean Hailes
Women's Health Week**

Womenshealthweek.com.au

On Wed 3rd of Sept Moore Clothes hosted a fantastic afternoon it was full of information and fun. The first part was an very informative talk by David Hardman R U Ok? Ambassador. He presented a great talk on how we can all use the ALEC technique if you feel someone is not being their self.

- A** Ask R U Ok?
- L** Listen to the response
- E** Encourage action/activity to help them
- C** Check in - state a day you will check in on them and do.



The topic of self harm is not an easy one but we must all be aware and talk about as we as a society are losing too many people in this way. The statics David presented highlighted the statistics There are so many places people can get help from. Thank you David it was a wonderful presentation.

Then Lynne Conway from the Healing Clan presented a fantastic relaxing introduction to The Healing Clan and all the exciting classes available in Sovereign Hill.



We all did some exercises just sitting in our chairs, all felt relaxed after.

Huge thanks to Lynne and if you want more information please call her on 0432 902 852 and checkout the website [www. TheHealingClan.com](http://www.TheHealingClan.com)

Then we had afternoon and I presented some topics from the Jean Hailes Health Week which were:

- Every Check Matters – do go to get check ups eg. hearing, eyes and blood tests
- Take the Lead – lead by example do activities you like and enjoy
- Heart Smart – eat healthy and be active
- Pain to Power – any pain seek help – for the body and the mind
- Be kind to your mind – take time for you to relax, meditate and play games

I demonstrated a few easy games of the mind and body that will be make you laugh and be active. We even learnt some slang abbreviations.

The motto of the afternoon was to say **Yes to You.**

For more information please view the official website - www.jeanhailes.org.au

Huge thank you to the presenters and especially all those that attended I greatly appreciate your support. Any queries or would more information please feel free to call me on 0417 978 281.

Regards Sue Hicks



Hi everyone ☺ 🌱 It's going to be a very busy season this year. With all that rain and cooler weather we're in for an amazing Summer in the garden. Let's get started.

Veges to plant - Seed - french bean, beetroot, broccoli, cabbage, capsicum, carrot, cauliflower, celery, cucumber, eggplant, lettuce, marrow, melon, parsnip, pea, pumpkin, radish, pea, pumpkin, radish, silverbeet, spinach, sweetcorn, tomato, zucchini. Seedlings - cabbage, capsicum, cauliflower, celery, eggplant, leek, tomato.

Lawn Care - This year was a big one for lawn weeds. To prevent weeds apply pre-emergent. It will prevent 70-90% of weeds for a season and saves a lot of time and effort later spraying or pulling weeds. Apply at the recommended levels as per the label. Under-applying will result in weeds, over-applying is just wasting your money.

Insects and pests will need to be controlled with an insecticide. There are insecticides providing protection for up to 6 months. With the weather warming up, apply a wetting agent and granular fertiliser. They won't last as long and will need to be reapplied in the New Year. Foliar seaweed solution and humic acid can help with root and foliage development and overall plant health. Read the instructions carefully. Not all lawncare products are applied the same way, or at the same time. Spot spray any weeds that have appeared.

Tasks for October - It's time to mulch up the garden beds in preparation for summer. Mulch helps suppress the weeds and keep in the moisture. Next year, when you cultivate this year's mulch in, it will provide much needed organic matter to the garden given the very sandy conditions up here.

Test your retic if you haven't already. Repair and replace any broken parts and carry out a catch-cup test to check your watering periods. It can save you money and catch-cups are free from your local reticulation or lawn specialist (Nutrien Water and Lawn Doctor).

Check mangoes and avocados for the fungal disease anthracnose. Spray with appropriate fungicide if you spot it. Spray before the fruit develops and prior to harvest to keep the disease in check. Anthracnose presents as black spots on the leaves and fruit. Follow-up after harvest to further delay onset. Anthracnose also presents on avocado, capsicum, coffee, eggplant, papaya, tomato, and yam.

Tie climbers to their supports and remove excess growth.

Plant gladiolus corms

Look out for aphids on roses. Get to them early using natural methods from soapy dishwater, through to the usual white oil. There are a number of options. Choose the one you're comfortable with and note its results.

Check for mealybugs and scale on fruit trees and hedges. Around here, figs and lilly pilli are often found with scale. Spray or scratch off with your fingernail or a soft brush. If it squished red and wet it was alive, if it squishes dry and crusty it was last years beastie.

Sow seeds and plant seedlings of all your favourite herbs now.

Dust sulphate of ammonia along rows of flowering potato plants, and water in. Mound soil around them. This helps provide stable nitrogen and sulphur, as well as regulate pH levels.

Once flowering has finished, prune boronia, callistemon, ceanothus, ceratostigma, choisya, diosma, felicia, forsythia, mintbush, ornamental peach and plum, philadelphus, protea, spiraea, wattle, and wax flower.

Plant evergreen shrubs, climbers, trees, and groundcovers

Start preparing rich soil for next month's dahlia planting

Plant passionfruit, and prune established vines by reducing trailing arms to 60cm. Using hedge clippers makes it easier. Clean out any dead matter.

Take softwood and semi-hardwood cuttings to grow new plants.

Finish fertilising fruit trees. Apply trace elements to citrus, repeat as per the instructions.

Apply liquid fertiliser fortnightly to flowers and vegetables. Schedule in your phone if you think you'll forget.

OK, that will keep you busy for a while. Have a great month in the garden and share your success and failures in the garden. You're great gardeners! The plants aren't trying hard enough is all. Dirty fingernails and the odd dead plant are all signs you're a good gardener ☺. Just keep going, you'll learn and grow. Feel free to ask me anything while I travel around the area. Most know my vehicle and trailer by now. ☺

Nathan ☺ 🌱

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 Dot 0429 969 889.



Just lovely to have a few sunny days, hope you are enjoying. Not very much news, at the moment. We have some members away on holidays, and away with health problems. Our love to Maddie after her opp take care, will have further news next month as we have a few outings and country forum, so until then take care stay safe, watch your calories.

Cheers Dot 0429969889



Have you visited our website?

www.moorerivernews.com.au



GUILDERTON BOWLING CLUB

Call Phil Rouse 0408 122 191
or John Branch 0427 969 880

The Guilderton bowling Club held their Opening Day this Sunday, just a magnificent day with the best weather, a great afternoon of bowls followed by a BBQ.



Our winning team, Phil Smeeton, Peter Goodwin and Pat Ward. Well done!

Good to see everyone in their Club uniform and the four teams from Yanchep Club enjoying the day.

Pennants start 11th October, with the first three games away and Club Championships will get underway before long.

More news in the next newsletter. Till then Take care.

Dot Branch (Social Sec.)

Community pantry

DRY PANTRY STAPLES

A shelf of kindness for anyone doing it tough.

Take what you need... Give what you can...

Your generosity keeps the circle going

DIGNITY BAGS

Pre-cut dignity bags ready to sew and only require basic sewing. Each stitch adds comfort, care, and a little dignity for someone doing it tough.

MOORE CLOTHES INC

106 Paperbark Ave Redfield Park

0436 457 164

Take the hassle out of choosing a gift let them choose their own

MOORE CLOTHES GIFT CARD



CRAFT IN THE PARK (Redfield Park)

Drop in for a coffee and a chat at your local craft group, especially if you are new to our area.



Currently we are quilting, crocheting, knitting & cross stitch, but whatever craft you are interested in or working on bring it along, or we can help you learn a new skill.

We are a **Happy and Friendly** group that meets on the **1st & 3rd Friday** of the month from **10-2pm** BYO lunch.

106 Paperbark Ave., Redfield Park
(behind Moore Clothes)
For more info, please call Maureen on 9577 1669

Woodridge & Surrounds **Native Flora and Fauna**

If you live locally and are interested in nature around you then visit our Facebook group as named above.

As well as the more common insects and flowers to be found, we all dream of finding something new.

Well, our very own Donna who lives locally did just that.

Approximately two years ago she found this beautiful previously unknown Peacock spider. Describing this spider will be done jointly by Joseph Schubert, David Hill and Jurgen Otto. So not only an example of citizen science but also of collaboration between scientists that share a common goal.

Photo credit Jurgen Otto



Left: Pansy Orchid
Diuris magnifica

Photo credit M.Kerr



Right: Spider Orchid
Caladenia arenicola

Photo credit Sonja Pilkington



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. All types of puzzles gladly accepted. Puzzles can be collected or swapped during Moore Clothes open hours. See separate advertisement.

Woodridge Community Association



Stay up-to date via our Facebook page
"Woodridge Community Association Inc"



We recently held a public community upgrades meeting on 4th Sept. A huge thank you to everyone who joined us.

We had a great turnout, with local Woodridge families coming along - the kids enjoyed a sausage sizzle and had a great time playing in the grounds together. Everyone who attended contributed valuable feedback, held engaging conversation, and provided ideas to consider for our future park upgrades. It was an enjoyable meeting that gave the WCA a lot of food for thought. We are so grateful for the community attendance and input.

Mark your calendar for the next one!

Sundowner: 4pm Thursday, 23rd October

The WCA is excited to announce our Halloween Map - we'll register all participating households with spooky displays and those welcoming trick-or-treaters! To register your household and see all the details, head over to our Facebook page via the QR Code "Woodridge Community Association Inc" We can't wait to see the creativity, costumes, and community spirit that make Halloween a highlight in Woodridge.

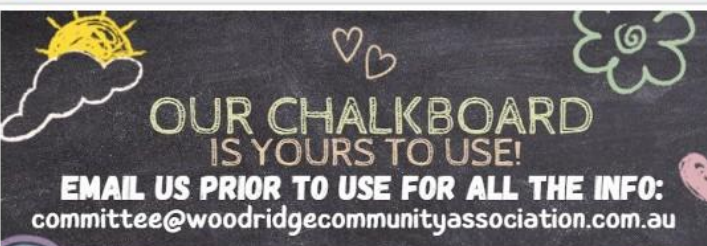
Woodridge Hall Bookings Coordinator

hallhire@woodridgecommunityassociation.com.au



Follow us on Facebook!

Scan this QR Code



Sausage Sizzle

Fundraising at Bunnings Mindarie
Oct 4th 2025

**Volunteer at this
Sausage Sizzle
with us!**

Contact John
on 0422 571 308

Sundowner

A family-friendly sausage sizzle sundowner.

Followed by Public Meeting + Community Grounds
Update plus Q&A

from 4pm Thursday 23rd Oct
Brief meeting 5-6pm

Get involved - email us!

Courtney:

secretary@woodridgecommunityassociation.com.au



Crafty Patch

meet each
Tuesday

At Woodridge
hall 9am-12pm



Hi readers,

We are your local craft group who meet at the Woodridge Hall every Tuesday morning at 9am.

Crafts we do include cross stitch, crochet, card making, knitting and crochet.

If you would like to come and join us, we would welcome you with a cuppa and lots of laughter.

New members would be wonderful.

Last Tuesday, we made Christmas decorations out of empty toilet rolls. They turned out pretty good once we painted them and added a bit of glitter.

We also enjoyed our morning tea then soup and sweets. Very delightful food made by our members.

As it gets closer to Christmas, some are getting their skills out to make gifts.

So, please pop in and see us.

*Gloria,
Crafty Patch.*

**IF YOU REQUIRE AN AMBULANCE
RING 000**

**Lower Coastal
NEIGHBOURHOOD
WATCH
Ocean Farm
Hall**

Wednesday
**12th November
2025**

**Our local Police will report on
all the current news and updates
on what has been happening
in our area**

**sausage sizzle supper
provided after meeting**

for further information contact:

Dot Branch 0429969889



The new phone number to book the Thursday bus run is working well.

0493 052 348

The bookings for all the other outings is also on the increase.

0417 978 281

localbus6041@gmail.com

**The next monthly outing will be on 9th Oct
To Whiteman Park**



The outing to Kings Park was a great success, book for Whiteman park soon to avoid disappointment.

To privately book the whole bus text or phone
0417 978 281 and talk to Sue.

Or email: localbus6041@gmail.com

Facebook: Lower Coastal Community Associations
Community Bus which has 191 members.

The Thursday Community bus will now go to Clarkson on the 1st and 3rd Thursdays, so book your appointments accordingly.

On the last Thursday of every month the bus will be exploring our local area. Lancelin, Gingin, Two Rocks and Yanchep. The trips will always end up with the ability to get some shopping.

The second Thursday will be further afield, in the past we have visited Fremantle, Toodyay, Kings Park and Sorrento.

October

2nd Clarkson Shopping Centre

9th Whiteman Park where you can book a trip on the scenic train ride through the park etc.

16th Clarkson Shopping Centre

23rd Clarkson Shopping Centre

30th Local mystery bus trip

November

6th Clarkson Shopping Centre

To book any of these trips please text 0493 052 348 with your name and preferred date and numbers and suburb.



Confidential Counselling Services

Depression & Anxiety
Relationship & Family Counselling
Parenting
Trauma

Womens Wellbeing
Family & Domestic Violence
General

Contact Catherine on 0448 504 648

ACA Registered Counsellor
GradCertDFVPrac.BCouns.B.A.

Let's Talk About Anxiety

Anxiety is a word that we hear a lot and something most of us experience at some point but what does it actually mean? Basically, it's our bodies way of saying "something feels unsafe". It's our body's natural alarm system—designed to protect us. But when it lingers or shows up too often, it can feel overwhelming like your mind's racing, your chest is tight, or you just can't switch off. Anxiety often follows a loop: you feel anxious → you avoid the thing that makes you anxious → you feel temporary relief and then the anxiety grows stronger next time but the good news is that there are gentle ways to break it. There are plenty of simple, effective grounding techniques tools that can help. Breathing techniques like box breathing (inhale for 4, hold for 4, exhale for 4, hold for 4) can calm your nervous system. Progressive muscle relaxation—tensing and releasing each muscle group—can ease tension in the body. Movement helps too: a walk by the river, a swim, or even dancing in your kitchen can shift your mood. Meditation and yoga don't have to be complicated. Just five minutes of stillness or gentle stretching can make a difference. Apps like Calm offer guided meditations, while Mindshift CBT offers tools and strategies to manage your anxiety and Finch adds a playful twist to self-care.

Mood tracking and journaling can help you spot patterns and process emotions. Whether it's jotting down thoughts in a notebook or using an app, it's a great way to check in with yourself. And if things feel too heavy, talking to a professional like a counsellor or GP can be a powerful step toward feeling better.

Anxiety is common, but it doesn't have to run the show. With the right tools and support, you can feel more grounded, more in control, and more like yourself. So next time anxiety pops up, try one small thing. Breathe. Move. Reach out.

Until next month. Take care
Catherine



Join us for our monthly games day.

WHEN Last Friday of the month
starting 10am.

WHERE: Guilderton Café .
Lunch and Coffees available.
**Everyone welcome to join us
even if its for coffee**



Council Decisions

The following matters were considered by Council at the Shire's **September** Ordinary Council Meeting:

- 2025 Community Survey.
- Gingin Railway Station Lease - National Trust of Western Australia.
- Shire of Gingin Cats Amendment Local Law.
- Planning Applications - 2 applications considered.

For details of additional items resolved by Council and for more information please go to the September Council Meeting minutes which are available at gingin.wa.gov.au/council-meetings, or in person upon request at either the Gingin Administration Centre or Lancelin Office.

Time to Get Your Firebreaks Ready!

Owners and/or occupiers of land within the Shire of Gingin have a legal requirement under the *Bush Fires Act 1954* to install and maintain their firebreaks from **1 November** to **15 May** every year. Don't leave your firebreaks until the last minute, start maintenance tasks now. Rangers will be commencing their routine firebreak inspections as of 1 November. For more information on firebreak requirements, refer to your Firebreak Order & Bush Fire Information booklet that you would have received in your annual rates envelope. Alternatively, you can view the Firebreak Order & Bush Fire Information online via gingin.wa.gov/fire-information

Early Rates Incentive Scheme Sponsorship Acknowledgement

Thank you to **Stirling Asphalt** for your generous sponsorship of the Shire's Early Rates Incentive Scheme.

Since their establishment in 2001, Stirling Asphalt has built an outstanding reputation as premium asphalt contractors in Perth and beyond, including the Wheatbelt.

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Palettes and Plates in the Park!

Join us for a celebration of local food, art and community on **Saturday 11 October** at the Granville Civic Centre, Gingin for Palettes and Plates in the Park.

Food & Produce - Discover the best from our region with a local fresh produce pavilion, pre-ordered picnic boxes by Tiffany Polette, takeaway woodfired pizza from CU@Park Cafe, Spit Roast by the Gingin Butcher, food trucks, and a bar hosted by the Gingin Golf Club.

Entertainment & Fun - Enjoy live music (including the Hills Symphony Orchestra), acrobatics, pony rides, face painting, art stalls and more – the perfect day out for the whole family.

Save the date and bring the whole family along to celebrate our local producers, artists, and makers. For more information, contact community@gingin.wa.gov.au / **9575 5100**.

PALETTES & PLATES *in the park!*
11 OCTOBER 2025
a celebration of art & flavour

Public Notice to Amend Fees and Charges

Notice is hereby given pursuant to Section 6.19 of the Local Government Act 1995, that the Shire of Gingin intends to impose amendments to the 2025/2026 financial year Fees and Charges due to these existing charges being missed in the initial Fees and Charges document that was adopted at an Ordinary Council Meeting on Tuesday 5 August 2025. These amendments will be imposed from **1 October 2025**. Please see proposed changes below:

Fee	Proposed Fee
Lancelin Hall - Weekend Hall Only – per hour (includes basic kitchen use e.g. urn/fridge) - Commercial or Non-Ratepayer or Non-Resident	\$27.00
Lancelin Hall - Weekend Hall Only - maximum charge (6 hours or more use) [includes basic kitchen use e.g. urn/fridge] - Community/Not for Profit/Other	\$92.00
Lancelin Hall - Weekend Hall Only - maximum charge (6 hours or more use) [includes basic kitchen use e.g. urn/fridge] - Commercial or Non-Ratepayer or Non- Resident	\$124.00
Planning Fees - Change of use	\$295.00
Swimming Pool Annual Membership - under 5 years old	\$42.00
Waste Fees – Bin Hire for Third-Party Events - Hire of 240 litre bins (per bin) for events only	\$24.00



Speak Up Mate, For The Shire Of Gingin's Sake! - 2025 Local Government Elections

The 2025 Local Government Elections are coming up on Saturday 18 October, this is a chance for you to shape the future of our community.

Local Government Elections only come around every two years, with 4 election terms expiring this year.

Optional preferential voting is the voting system used in Local Government elections. This means you have the choice to number the candidates in the order of your preference. You do not have to number all the boxes if you don't want to.

The more votes received, the more results truly reflect the values and priorities of our whole community.

If you choose not to vote, it doesn't make the decision go away, it simply makes someone else's vote count more. That means fewer voices are shaping the future of Gingin.

By taking just a few minutes to cast your vote, you're making sure your perspective, your family, and your part of the community are represented. So Speak Up Mate, For The Shire of Gingin's Sake.

For more information, visit: <https://www.gingin.wa.gov.au/local-government-elections>

SPEAK UP MATE



FOR THE SHIRE OF GINGIN'S SAKE

Restricted Burning Period

Please be reminded that on **1 October**, the Shire of Gingin will enter its Restricted Burning Period. You will need a permit to burn grass/bush land, paddocks, garden refuse piles greater than 1m x 1m, or 1m x 1m piles outside stipulated burn times, or multiple 1m x 1m piles.

For more information on permissions during the Restricted Burning Period, please refer to your Firebreak Order & Bush Fire Information booklet, or visit: gingin.wa.gov.au/fire-information.

Register Your Burn

Please remember to register ANY burn you plan to undertake at ANY time of the year with DFES on 9395 9209. By notifying DFES, you will assist in preventing unnecessary call-outs of our local fire brigades when members of the public call 000.

What's on

In the Shire of Gingin?

Ledge Point Family Fun Day

Sunday 5 October, 10:30am - 3:30pm,
Ledge Point Oval, Ledge Point.

Lunch at the Gathering Place

Monday 6 & 20 October, 10:00am -
1:30pm, Gingin Recreation Centre.

Gingin Red Cross - Monthly Morning Tea

Friday 10 October, 10:00am - 11:00am,
The Lions Den, Gingin.

Palettes and Plates in the Park

Friday 10 - Saturday 11 October,
2:00pm - 9:00pm, Granville Park, Gingin.

Rural Fire Awareness Workshop

Saturday 18 October, 9:00am -
11:00am, Red Gully Bush Fire Brigade
Shed, Red Gully.

Ordinary Council Meeting

Tuesday 21 October, 3:00pm -
5:00pm, Council Chambers, Gingin
Administration Centre.

Advocate Biscuit Tin Project

Wednesday 22 October, Lancelin
Community Resource Centre.

Fire Awareness Be Prepared Morning

Wednesday 22 October, 9:00am -
11:00am, Gingin Emergency Services
Complex.

John Wood & Dave Allen - Our Rock 'n Roll Journey (Seniors Week Event)

Wednesday 12 November, 12:00pm -
4:00pm, 3 Emus Restaurant, Lancelin.

For more information on events in the Shire, please go to the Events Calendar at gingin.wa.gov.au.

Burning Permits

During the Restricted Burning Period, you may apply for a Permit to Burn (subject to conditions). To apply, visit gingin.wa.gov.au and click the red quick link labelled 'Burning Permits'. Alternatively, scan the QR code or contact your local Fire Control Officer.





**NATIONAL
SENIORS WEEK**

SHIRE OF GINGIN CARERS' & SENIORS' ROCK&ROLL MATINEE

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FOR MORE INFO & TO RSVP:

GINGIN.WA.GOV.AU/EVENTS
08 9575 5100



PALETTES & PLATES

in the park!



11 OCTOBER 2025

2pm - 9pm, Granville Park, Gingin

EAT AND DRINK

Local produce picnic boxes, woodfired pizza, spit roast, food trucks and a bar.

STALLS

Local producers fresh produce pavilion, arts and crafts.

ENTERTAINMENT

Paint by Storm, Perth Hills Symphony Orchestra and local musicians.

ACTIVITIES

Pony rides, face painting, sensory play and more.

For more information call **9575 5100** or email community@gingin.wa.gov.au.



Department of
Primary Industries and
Regional Development

Backyard Buddies

Your monthly guide to pests, weeds and diseases

September 2025

Biosecurity Blitz 2025: Scanning for Land and Water Invaders

Vigilance is key

Spotting invasive species early helps prevent pest outbreaks and protects our local environment. When community members report what they see, we can identify these species quickly and act before they spread. Your observations make a real difference in managing these threats.

Power in numbers

Keen-eyed observers across Western Australia can sign up to take part in DPIRD's [Biosecurity Blitz 2025 \(16 October to 16 November\)](#) to report not just pests, but also unsung beneficial organisms that play a vital role in maintaining ecological balance, pollination, and naturally help control pest populations.

Past Biosecurity Blitz observations revealed increased sightings of beneficial bugs like hover flies and lacewings in urban gardens, clear signs that habitat-friendly practices are taking root across local communities. Predators, such as lacewings, ladybirds, and predatory mites, actively hunt and consume pests. Parasitic wasps, hover flies, and even some spiders, lay their eggs on or inside pest species. Their larvae then feed on the host, often killing it in the process.

Community observations help shape the story of WA's biodiversity. What new discoveries will this year's Biosecurity Blitz uncover? DPIRD encourages people of all ages to sign up, download the [MyPestGuide® Reporter](#) app, submit sightings, and share photos to help map beneficial species and confirm the absence of exotic pests across WA.

Don't forget the waterways

Biosecurity Blitz 2025 isn't just about gardens and bushland—it's also about what's lurking in our waterways. Invasive aquatic species like carp and the carpet sea squirt (*Didemnum vexillum*)



Carp (Koi) – Canning River pest survey.

threaten WA's biodiversity and can spread through floods, fishing, boating, and pet release. Other pests like non-native crustaceans, molluscs, and worms, can disrupt ecosystems and impact industries like aquaculture and tourism.

Even hardy aquarium fish can become invasive if released. Pearl cichlids, for example, are not native to Australia and compete aggressively with local species. Originally 5–15 cm as pets, they've grown to over 30 cm in Perth waterways!

While taking part in the Blitz, report any sightings of released aquarium fish using the [MyPestGuide® Reporter](#) app. Your actions help protect WA's aquatic ecosystems. Happy hunting!

**Report damaging pests on land or water with
[MyPestGuide®Reporter](#)**



Report damaging pests on land or water with [MyPestGuide® Reporter](#)

Questions? Call Pest and Disease Information Service (PaDIS) on 08 9368 3080, email padis@dpird.wa.gov.au.



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Wedge Street, Guilderton

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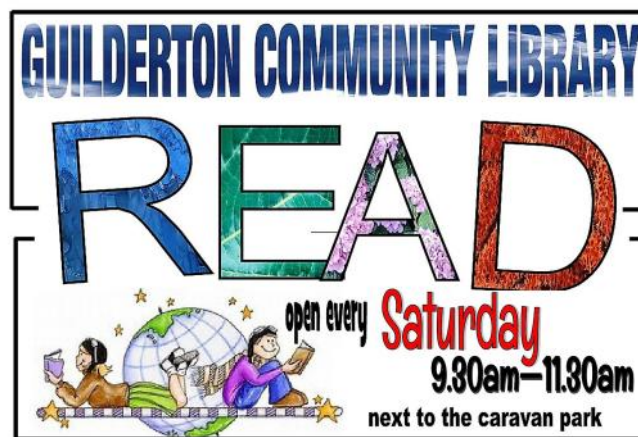
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- *Woodridge Hall
- *Guilderton Country Club
- *Guilderton Beach (Toy Library)
- *Sovereign Hill Community Centre
- *Neergabby (cnr Military/Gingin Brook Roads)

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call 0488 221 881 for info or help



**St John Ambulance
Woodridge Sub Centre**

Device Advice

Device Advice self help group meets 30th October - last
Thursday of each month - Seabird Hall 9am - \$2 entry,
morning tea supplied.

Caron

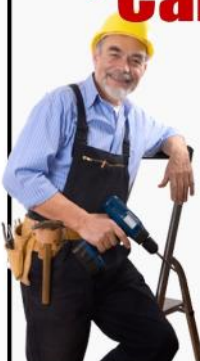


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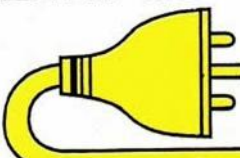


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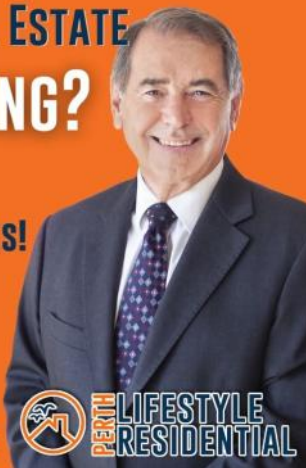
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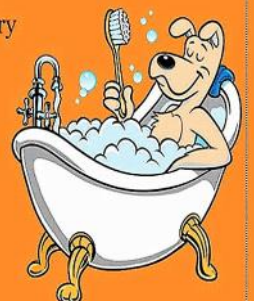
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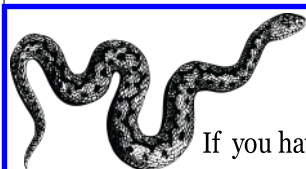
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Ambulance 000 Woodridge St John Sub Centre Redfield Park First Aid 0488 221 881	Moore Clothes Redfield Park, every day except Wednesday and Sunday Facebook, or phone 0436 457 164
Book Club Seabird, 0402 843 468	Neighbourhood Watch 0429 969 889 various locations
Bush Fire Brigades 000 Guilderton Gingin West	Playgroup Red Robin Woodridge Hall every Wednesday and Friday 9am - 11am. woodridgeplaygroup@hotmail.com
Community Associations Seabird, Redfield Park, Sovereign Hill, Guilderton, Woodridge and Neergabby. The LCCA is an incorporated association that unites these 6 Associations and runs the Community Bus. Meetings are quarterly	Playgrounds and Parks Seabird Chalon Park, Redfield Park mini golf and swings Guilderton mini putt putt, skate park and tennis courts Sovereign Hill playground Woodridge swings and tennis courts
Community Bus localbus6041@gmail.com or 0417 978 281 Weekly shopping trip. 0493 052 348	Red Hatters Every other Wednesday, various outings 0414 469 297
Craft There are craft groups in Seabird, Hall Monday 10am -12 noon Redfield Park, 1st 3rd Friday 10am -2pm 9577 1669 Sovereign Hill Hall every Monday, am 0429 938 232 Woodridge Hall Tuesday 9am -12noon	Religion Lancelin Catholic Church Gingin Uniting Church, 9 Weld St, Gingin 2nd & 4th Sundays at 10am Guilderton Moore Prayer Group 0429 108 892
Device Advice Seabird Hall last Thursday of the month 9am - 11am	SMILE Every second Tuesday 0417 918 281
Equestrian Group Meets Monthly in Woodridge woodridge.equestrian@yahoo.com Facebook: woodridge equestrian	Snakes Tammy 0424 715 117 Gary 0412 914-537
Games Day Last Friday each month Guilderton Café 10am	Sport There is the Guilderton Country Club, Pool competition every Wednesday. Guilderton Golf course Wednesday and Saturdays Guilderton Bowling green, Seabird organises golf. Tennis Courts - Guilderton and Woodridge Mini putt putt -Redfield Park
Garden Club 2nd Saturday of the month meet at Sovereign House 0429 938 232	
Libraries Guilderton Community Open Saturday 9.30 to 11.30 little swap book houses! Neergabby cnr Military Rd and Gingin Brook Rd Redfield Park 106 Paperbark Ave Sovereign Hill Community Centre 244 Sovereign Hill Dr Woodridge King Drive	Stable Fly Action Group stableflyactiongroup.org.au
	Visitor Centre Guilderton Foreshore 0414 631 273
Meet and Eat group Redfield Park, 3rd Thursday 0410 582 817	Weight Watchers Meet every Wednesday at 8.30 Sovereign House 0413-818-955