



The Cranbrook Newsletter



Volume 42 Issue 6 JULY 2024



CRANBROOK RALLIES TO FIGHT FOR LIVE SHEEP EXPORTS



Cranbrook locals at the #KeepTheSheep rally in Perth on May 31. Pic 2 of Preston Family supplied courtesy of Farm Weekly.

A big shout out and thank you to everyone in Cranbrook who is fighting to keep live sheep exports alive. So far, we've had people in our local sheep industry attend the **#KeepTheSheep** rally in Perth on May 31 and the Senate Hearing in Northam on June 13, write submissions to the Senate inquiry, put up lots of great posters and signage on our roads and shops and donate to **#KeepTheSheep**.

Last month, the Albanese Government announced it will introduce legislation to ban live sheep exports from May 1st, 2028. The impact of this decision is already being felt across Western Australia.

For our community in Cranbrook, a ban will have widespread ramifications and not just for our sheep farmers. It will hurt our shearing industry and other sheep contractors such as scanning and crutching, our local farm supply shop, and livestock agents, fencing contractors and truck drivers. And it doesn't stop there. The flow on will be felt by all our small businesses in town such as the general store, cafe, pub, post office and our sporting clubs including tennis, golf, bowls, football, netball and motorcross. It will also impact our school and student numbers and the ability for

local businesses to sponsor our community groups and events like our Cranbrook Show.

If you want our Cranbrook community to stay strong, then get involved. There are lots of ways to help.

Visit keepthesheep.com.au and sign the petition, donate and volunteer. You can donate to the Liberal and National parties, and get your pens or keyboard out and start writing to all the federal politicians especially Labor politicians and ask them not to support the ban. Email addresses for all Senators and Members are available from aph.gov.au. The WA Labor Members contacts are on the following page.

You can also help by spreading the word, especially to family and friends who live across Australia and help them understand what a ban will do to communities like ours in Cranbrook. To learn more about why live sheep exports are important for our communities like ours and to see what changes have been made to make us world leaders, visit www.thelivestockcollective.com.au.

And when the next Federal election comes around, make sure you tell Labor to Flock off and put them last.



Senate Hearing and rally June 13. Photos courtesy of Farm Weekly.

UPDATE: LIVE SHEEP EXPORT BILL PASSES LOWER HOUSE

Wednesday 26th June: The controversial Bill to place a ban on live sheep exports is now set for debate in the Senate after the Bill was passed in the House of Representatives today.

However, following emails for 'calls to action' from the **#KeeptheSheep** organisation and O'Connor MHR Rick Wilson for all those concerned to contact Independent Member for Curtin, Kate Chaney, **she changed her vote.**

In her Speech on the Bill on Monday 24th June, Ms Chaney said, *"This bill has been closely watched, discussed and debated in my electorate of Curtin. I've been inundated with emails and calls from farmers, current and retired, and those involved in the live sheep export industry who don't want the market to end, as well as inundated with emails and calls from constituents who want to see the market end as soon as possible."* *Because this is such a divisive topic in my electorate, I've been trying to learn as much as I can from all sides of the debate to ensure I can make a positive and pragmatic contribution. In December last year, I held a live sheep export round table where I invited a farmer, a representative from the Australian Livestock Exporters Council, a vet, an academic and a representative from the RSPCA into a room together to discuss, at that stage, the proposed ban. ...I understand the animal rights concerns and I'm equally concerned by the stories of animal suffering. I've seen the figures that show the live sheep export market has been declining and sheepmeat exports*

*have been increasing, **so I will be supporting this bill** before the House which will end live sheep exports by sea by 1 May 2028.*

However, it appears that Ms Chaney received enough emails yesterday to encourage her to change her vote to "No" and as the vote was Yes 89, No 54, if just 18 more Members had been convinced by an avalanche of realistic emails, the result could have been **NO 72, YES 71.**

Please let Ms Chaney know you commend and appreciate her willingness to listen - she will receive condemnation from the 'Activist Alliance' for changing her vote.

Labor members of the State and Federal Parliament must be made to realise that their own future and that of the ALP governments will be exposed by this decision.

Regional representation in Western Australia has been so decimated by electoral boundary changes that we have little political impact. Please have the conversations with family and friends, particularly those in Labor held seats, before the next State and Federal elections, and explain our lack of influence and the case for continuing and re-instating the Live Export Trade.

WHAT CAN THEY DO?

ASK THEM TO USE THEIR GREATER VOTING POWER ON OUR BEHALF.

West Australian Labor and Independent Members of Federal Parliament who should be made aware of the implications of this decision.

Hon. Dr Anne Aly

Email: Anne.Aly.MP@aph.gov.au

Ms Kate Chaney - Independent

Email: Kate.Chaney.MP@aph.gov.au

Senator Varun Ghosh

Email: senator.ghosh@aph.gov.au

Hon. Patrick Gorman MP

Email: Patrick.Gorman.MP@aph.gov.au

Hon. Matt Keogh MP

Email: Matt.Keogh.MP@aph.gov.au

Hon. Madeleine King MP

Email: Madeleine.King.MP@aph.gov.au

Ms Tania Lawrence MP

Email: Tania.Lawrence.MP@aph.gov.au

Mr Sam Lim MP

Email: Sam.Lim.MP@aph.gov.au

Senator Hon. Sue Lines

Email: senator.lines@aph.gov.au

Ms Zaneta Mascarenhas MP

Phone: (08) 9355 0099

Senator Fatima Payman

Email: senator.payman@aph.gov.au

Senator Louise Pratt

Email: senator.pratt@aph.gov.au

Ms Tracey Roberts MP

Email: Tracey.Roberts.MP@aph.gov.au

Senator Glenn Sterle

Email: senator.sterle@aph.gov.au

Mr Josh Wilson MP

Email: Josh.Wilson.MP@aph.gov.au

Agricultural Region Labor Party Members of the Legislative Council in the West Australian Parliament

Hon. Sandra Anne Carr MLC

Email: sandra.carr@mp.wa.gov.au

Hon. Shelley Nicole Payne MLC

Email: shelly.payne@mp.wa.gov.au

Hon. Darren Legh West MLC (retiring)

Email: darren.west.mp@mp.wa.gov.au



SHIRE SNAPSHOT

Phone: 9826 1008

Email: admin@cranbrook.wa.gov.au

Website: www.cranbrook.wa.gov.au

SHIRE OPENING HOURS

8.30 AM — 4.00 PM

Monday—Friday



The Council Corner

Ordinary Council Meeting held 15 May 2024

To read the full minutes from all Council meetings head to our website at www.cranbrook.wa.gov.au

At the Council Meeting held on 19 June 2024 Council had 9 reports to consider, amongst these were:

- Council received the Monthly Financials and List of Payments for the month of May;
- Council have approved an application for shade structures on Lot 62 (48) King St, Cranbrook;
- Council have approved the CEO to request variation to projects nominated under the Federal Governments Local Roads and Community Infrastructure Program (LRCl) Stage 4B.

Next Council Meeting

Wednesday, 17 July 2024 in Cranbrook

Waste Facility Sites - Opening Times

Cranbrook

Monday and Thursday 7.30 am - 11.30 am

Friday and Sunday 1.00 pm - 5.00 pm

Frankland River

Monday and Thursday 1.00 pm - 5.00 pm

Friday and Sunday 7.30 am - 11.30 am

TYRES

To dispose of old tyres at the sites you will need to purchase prepaid vouchers from the Shire Administration Office in Cranbrook or the Frankland River CRC.

2024/2025 Fees & Charges

The proposed Fees and Charges for the 2024/2025 financial year have been adopted by Council at the May meeting and may be viewed on the Shire of Cranbrook website or in person at the Administration Office. The new Fees and Charges will take affect from 1 July 2024.

Linda Gray
Chief Executive Officer

DRIVING TESTS

*****BOOKINGS ESSENTIAL*****

The Shire of Cranbrook endeavours to hold Practical Driving Assessments for our locals only.

The Practical Driving Assessor will next be in Cranbrook on 15th August 2024 between 1.30 & 2.30pm. Please note the

July date is fully booked.

To enquire or make a booking please contact the Department of Transport on 13 11 56 or present to the Shire Administration Office.

IT'S THAT TIME OF THE YEAR; RATES ARE JUST AROUND THE CORNER

If you have changed your contact details you will need to update these to the Shire of Cranbrook, please contact the Shire on 9826 1008 or email admin@cranbrook.wa.gov.au

If you have any Rates enquiries, please contact Rates Officer, Alecia Taylor on 9826 1008.

Shire of Cranbrook Standpipe

Water Corporation have advised that the Shire can now utilize the standpipe for potable water at Cranbrook townsite. The standpipe is located on the edge of town going out on Salt River Road.


It is available to any Shire ratepayer who needs to fill their house tanks at the rate of \$3.75 per thousand (1000) litres. *The Shire is subsidising the cost to keep it at the domestic rate per 1000 litres.* Just call in at the Shire office to get the key and we can obtain any information from you regarding billing. (Minimum charge \$15)

Recycling Kerbside Collection


8 and 22 July 2024

SHIRE SNAPSHOT


Supported by the Department of Communities



**Seniors
Stretching/Mobility
training with Alyssa**



**FREE classes every Thursday 9.30am
Cranbrook hall super room**



Please contact Lauren at
the Shire of Cranbrook 98261008
lauren.lehmann@cranbrook.wa.gov.au

Have you visited our new website?

Take the time to explore the features, which include:

- Online bookings for the Cranbrook Caravan Parks
- Online payment of rates
- Completing online hire forms, such as;
 - Community Bus Hire
 - Equipment or Facility Hire
 - Private Works Requests

We highly recommend checking it out!

www.cranbrook.wa.gov.au

COMMUNITY BUS

Did you know that the Shire has two 12 seater buses for full and half day hire.

One in Cranbrook and the other in Frankland River. Why not enquire for your next event today! Phone 9826 1008 or jump on our website to book.



CRANBROOK COMMUNITY GYM

MEMBERSHIPS AVAILABLE TO JOIN THE COMMUNITY GYM. HOP OFF THE COUCH, PUT ON THE ACTIVE WEAR, AND WARM YOURSELF UP WITH A WORKOUT. CONTACT THE SHIRE ADMINISTRATION OFFICE ON 9826 1008.



On Sunday, 16 June 2024 the Albany Aeroclub had a fly in day at the Cranbrook Airstrip. It was a great day with around 15 planes with pilots coming from Dumbleyung, Houghton and Albany. The club put on a BBQ and the public were taken on a scenic flight. The club is looking at doing more frequent fly ins at the Cranbrook Airstrip since the upgrade and hoping for more exposure to get the public involved.

SHIRE SNAPSHOT



MOVIE Day



FREE ENTRY

**Kindy &
Older**

**POPCORN,
SAUSAGE SIZZLE &
DRINKS PROVIDED**

10 JULY 2024

10AM - 12PM Gillamii Centre

PLEASE REGISTER YOUR INTEREST
ANNABELLE SLATER YOUTH@CRANBROOK.WA.GOV.AU 0475766982 OR
98261008

SHIRE SNAPSHOT

CRANBROOK

**LOOK OUT FOR TERM 3
REGISTRATIONS**

**After
School
Activities
Program**

GRADES
PP-6

MONDAY AND WEDNESDAY

**WHAT
WE
PROVIDE**

- School Pick Up
- Art & Crafts
- Lego
- Sport
- Social Interaction
- Lots of fun
- Qualified Coordinator



**Registration/Permission Slips will be required
Pilot Program Term 2 2024 - Term 2, 2025
03:15pm- 05:00pm**

**For more information contact Annabelle Slater - After
School Activities Program Officer or Lauren Lehmann -
Community Development Officer 9826 1008**



Proudly Funded by



This activity has been funded under the Families and Communities Programme by the Australian Government Department of Social Service

SHIRE SNAPSHOT

Wingebellup Road Shared Pathway Official Opening & Activation Event

The Official Opening and Activation of the Wingebellup Road Shared Pathway occurred on Friday, 21 June 2024.

The Shire of Cranbrook welcomed the Hon. Shelley Payne MLC as the representative for the Minister of Transport to assist with the opening. Councillor Lee Casson and Hon. Shelley Payne cut the ribbon, formally opening the pathway. Councillor Jen Quick, Bronwyn Morris, Frankland River Primary School Principal, Teresa Lawson, FRCRC Manager, Jack Casson, a previous student of the FRPS along with Management Staff of the Shire of Cranbrook were in attendance.

Cr Casson thanked the State Government, Department of Transport WABN Grants, the Federal Government and the Shire of Cranbrook for their financial contributions towards the project and Mr Paul Plant from PEP Building Improvements for the construction of the pathway, along with Shire Staff for their management of the project.



The Frankland River Primary School provided Bike Education sessions throughout the morning, to ensure students have the knowledge to utilise the pathway and navigate safely to the businesses and recreational precincts within the town centre.



The Frankland River Primary School students and the Bike Educators from Outdoors Great Southern, Jamie & Dora, assisted with activating the pathway, travelling towards the town centre and back. Lots of smiles, laughs and waving were had (safely).



HOME CARE SERVICE



Home care services are specifically designed to provide assistance with daily living activities in the comfort of an individual's home.

Frankland River CRC is looking for Support Workers for the Staying In Place Program
Contact Teresa for more information

BECOME AN INDEPENDENT SUPPORT WORKER



Personal Care



Domestic Support & Social Support



Nursing Care



CONTACT US
9855 2310



GET STARTED
www.mable.com



Phone (08) 9855 2310

Email: manager@franklandrivercrc.org.au

<https://franklandrivercrc.org.au>

As many of you may have seen or heard we are busy at the moment setting up the **Staying In Place** program at the CRC. I am very excited about all of the opportunities that this program will present.

For those that haven't heard about the program yet, the essentials are.

We will be providing Aged Care Services for the seniors in Frankland River, Cranbrook, Tenterden and Rocky Gully.

To provide the services we need to employ Care providers, the roles include:

- Registered Nurse
- Certificate III in Aged Care
- House Cleaning
- Gardeners – Mowing, weeding & pruning
- Cleaning Gutters
- Chopping wood
- Maintenance- Installing hand rails & ramps, small repairs
- Transport of clients to appointments or activity
- Taking someone fishing or out for the day
- Relieving a carer/Respite
- Assisting with shopping
- Meal preparation

If you are interested in any of these roles please contact me at the Centre or on 0493 986 787 and I can explain the program and work. There is no minimum hours, you can work as little or as much as you like and make it work within your other commitments.

If you are a Senior or know a Senior who is over 65 years of age and is **therefore eligible** for the government funding through My Aged Care please contact us or have them contact us and we can assist them with getting registered and started.


The program's focus is to allow Seniors to age in place with services being available locally. Even those who don't feel they NEED assistance can help our community by using some of the services. Services being used means we are providing local employment, which will be a fantastic boost to our economy.

I look forward to sharing more information with the community in the coming weeks as we progress in this fabulous venture.


Teresa Lawson

Manager
Frankland River CRC


Supported by the Department of Communities



Seniors Stretching/Mobility training with Alyssa



**FREE classes every Thursday 9.30am
Cranbrook hall super room**



Please contact Lauren at the Shire of Cranbrook 98261008
lauren.lehmann@cranbrook.wa.gov.au



SEATED EXERCISE CLASSES FOR SENIORS

Free classes every Friday 11.30AM - 12PM
CRANBROOK HALL SUPER ROOM
SENIORS LUNCH TO FOLLOW

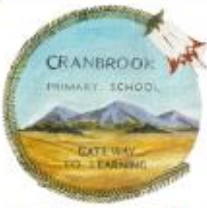
**ALL WELCOME
COME IN AND ENJOY A GROUP EXERCISE CLASS RUN BY A QUALIFIED INSTRUCTOR FROM SHIRE OF PLANTAGENET.**

PLEASE CONTACT BERNIE CLIMIE ON 0407 261 123



Supported by the Department of Communities

CRANBROOK PRIMARY SCHOOL NEWS



Dear community

Kaya! We are rapidly heading towards the end of term.

I am now able to let you know the Deb Greenwood has been appointed as the new Principal of Cranbrook Primary School.

Deb's current position is Principal of Borden Primary School. Deb had pre-planned Long Service Leave booked until the end of Week 5 and so will start at CPS on Monday 19 August, I have confirmed that I will stay until the end of Week 5, making my final day Friday 16 August.

Cross Country, Interschool Cross Country & Winter Carnival. We have had three fantastic School events. We very much appreciated your support and, in particular, the P&C for providing lovely lunches for two of the days. I would like to acknowledge Tina Pope for her organisation of the Winter Carnival across many schools, a massive job!

Congratulations to all who took part in the Cross Country. I thought it was a perfect day, the rain held off, the lunch was great, I appreciated the support from staff and parents before, throughout and afterwards to make a great school and community event.

I want to celebrate the resilience, one of our four values, of all the students who took part, I didn't hear one moan and saw all the students running!

Thank you for Miss Fish for her organisation of the Cross Country and thank you to the Cranbrook Golf Club for the use of their facilities.

We had a great day for the Winter Carnival. Everyone seemed to really enjoy themselves and have lots of fun!

We would like to thank the Cranbrook Shire, the Cranbrook Sporting Club and the P&C for all of their help in making the day successful.

We would also like to thank Tiffany, Melissa and Alisha from Mt Barker Soccer club for coming up and doing soccer skills with the students from all of the schools, due to the unavailability of the Football West rep.

Thanks to Jaxon and Brad our AFL reps and Kelly our netball rep for again attending the day and doing skills with the students.

Thank you also to Sam, Ian and Courtney for their help with the AFL. Soccer and Netball - we really appreciate your support.

Results:

AFL - Winner Frankland River, r/up Cranbrook

Netball - Winner Broomehill/Tambellup, r/up Cranbrook

Soccer - Winner Kendenup 1, r/up Kendenup 2

On Monday our team travelled to Kojonup for the Interschool Cross Country. The team did CPS proud and finished in equal 4th position, with Frankland River PS the overall winner. Well done Frankland River.

First Responder Day. Wednesday 12 June was First Responder Day, and we were very grateful for the visit of Nerida and Anne who brought their ambulance to school to show the children. They and the police give up so much time to support the local community, much of which impacts not only on their daytime but also time with their family. The Pre-primaries and Year 1s drew some pictures to remember their visit. Georgia told us that seeing the ambulance 'Was the best day ever!'



AED Defibrillator. I am very pleased to let you know that we have installed our AED on the outside of the School's Admin building. It is deliberately there to enable the community to access it if necessary. Ours is suitable for adults and children.

By the end of June every school Admin block in WA will have a defibrillator available.

Our AED will be registered on the St John First Responder app. The St John First Responder app allows qualified first aiders in Western Australia to register to become Community First Responders; If a nearby (500 meters) medical emergency occurs, they are notified and can assist until help arrives.

The app also shows the location of every registered AED.

I would like to thank St John Ambulance, the P&C and Shire for helping us to reduce the cost and fund the purchase of the AED for our school and community.

Want to download the app? Check out the links below:

You can download it for iPhones from the [App store](#).

Cranbrook Primary School News Con't.

Or you can download it for Android devices from the [Google Play store](#).



Kindergarten Enrolment for 2025. If your child turns 4 years old before 30 June 2025, they can be enrolled at Cranbrook Primary School for Kindergarten. Your child will need to have an up-to-date immunisation history statement at the time of enrolment.

The deadline for enrolments is 19 July 2024.

If you have a child who is ready to enrol at school, please pop in to see us for an enrolment form. Similarly, if you know of a local family with a child who falls into this category, please pass the information on to them. More information is available at: <https://www.education.wa.edu.au/enrolling-in-school>.

If you'd like a tour of the school, please contact the office.

A blue poster for Kindergarten 2025 enrolment. At the top left is the Cranbrook Primary School logo. The main text reads 'KINDY 2025 ENROLMENT'. Below this, it says 'Our experienced teachers and engaging curriculum offer a caring and nurturing environment for your child to grow and succeed through a rich and varied learning environment'. A photo shows a young boy in a blue shirt looking at a whiteboard. Two starburst callouts provide details: 'Children born between 1st July 2020 and 30th June 2021' and 'Enrol your child by July 19th to be included in our orientation program'. At the bottom, it says 'Contact our school office for an enrolment pack' and provides contact information: an email icon with 'Cranbrook.PS@education.wa.edu.au' and a phone icon with '9826 0000'.

A colorful advertisement for Cranbrook Playgroup. The title 'CRANBROOK PLAYGROUP' is written in large, black, hand-drawn letters at the top. Below it, the text asks 'ARE YOU INTERESTED IN JOINING CRANBROOK PLAYGROUP IN 2024? CONTACT BETH ON 0431 891 600 TO EXPRESS INTEREST'. At the bottom, there is a cartoon illustration of five diverse children with different hairstyles and colors, standing behind a white cloud-like border against a light blue sky with white clouds and stars.

A colorful advertisement for the Toy Library. The title 'DO YOU WANT TO JOIN THE TOY LIBRARY' is at the top, with 'TOY' in large, multi-colored letters. Below it, 'LIBRARY' is written in smaller, multi-colored letters. Underneath, it says 'CRANBROOK - FRANKLAND RIVER'. The central illustration shows a collection of colorful toys including a windmill, a castle, a rocket, a train, and a dinosaur. At the bottom, the text states: 'Membership is \$60/year per family. Borrow upto 10 toys at a time. Contact Beth on 0431891600 to tee up a look at what we have to loan to help you decide if you want to join'.

Plantagenet Medical Centre

Dr Villis will be in Cranbrook on Tuesdays

2nd July
16th July
30th July

Please call the Mt Barker Clinic on

9892 1000

for an appointment



SOUTHERN AGCARE INC.

A FREE, CONFIDENTIAL, MOBILE FAMILY COUNSELLING SERVICE

Debbie Christensen
Counsellor
Contact

Mobile 0484266361

Debbiechristensen@southernagcare.org.au
www.southernagcare.org.au

Child Health Clinic Cranbrook

Information for parents about child development & behaviour

3rd FRIDAY every month

Appointments - 9851 1451

Developmental checks recommended at
6-8 wks, 3-4 mths, 8 mths,
18 mths and 3 years

*Plantagenet
Dental*

Dr Iris C Messmer

BDS (WA), Ass. DipDT (Curtin)
Graduate Diploma Forensic Odontology (UWA)
Dental Surgeon

ANNOUNCEMENT - TO ALL MY LOYAL CUSTOMERS:

Due to an unfortunate accident and injury to my hand and wrist, I am out of action and unable to work for the next 4-6 months.

Please consider all appointments made until late September as cancelled until further notice.

As I have not been successful in getting a locum so far, I am left with no choice other than to temporarily close the door.

I am sorry for the inconvenience this will cause and wish to advise that you make sure to contact an Albany dentist if you need assistance.

For those eligible for Government Subsidy please call: 9842 2211

Please mention you are our patients and they should accommodate you.

Kind regards,

Iris, Liandra, Maycee and Sandra.

44 Langton Road, Mt Barker

Ph: 9851 1061

Email: iris@plantdental.com.au

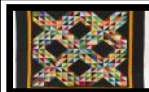


*Please note that HWY Hair Studio will be open
Monday to Friday by appointment.*

(but closed Wednesdays)

0429 308 812

Thank you, Danelle



NUNIJUP PATCHWORK & CRAFT GROUP

Our dates for 2024 are

| | |
|-----------|-----------|
| July | 4, 18 |
| August | 1, 15, 29 |
| September | 5, 19 |
| October | 3, 17, 31 |
| November | 7, 21 |
| December | 5 |

CRANBROOK KNIT & STITCH

Thursday's 10am till 2pm
Coffee and biscuits always available

Enquires. Chris - 0404 267 424



WARRIOR WELLBEING ARTICLE

High Blood Pressure – A Silent Killer

BY THE REGIONAL MEN'S HEALTH INITIATIVE
July 2024

Sadly, lots of blokes don't have their blood pressure (BP) checked because we don't visit our GP for check-ups and/or the GP has not done a blood pressure test. In fact, a lot of blokes don't know what the blood pressure readings mean and have never had it explained to them.

High BP is one of the 3 main risk factors for heart attack and the main risk factor for stroke. Having a consistently high BP isn't a good thing and may become more common as we age. High BP isn't inevitable, nor unmanageable if we have it, but controlling high BP is critical in protecting our long-term health and wellbeing.

Our bodies contain about 5 litres of blood which the heart pumps continuously around an intricate network of blood vessels. This process delivers vital nutrients and fresh oxygen to our body's tissues and organs whilst creating a certain amount of pressure inside our arteries (blood vessels that take blood away from the heart and out to the body).

Our blood pressure depends primarily on two things:

- The amount of blood pumped by the heart and
- How easily the blood can flow through the arteries.

Blood pressure readings are given in millimetres of mercury (mmHg) and consist of 2 numbers:

- The top number - measures the pressure in your arteries when your heart pumps – systolic (sys-tol-ik) pressure;
- The bottom number - measures the pressure in your arteries when your heart relaxes – diastolic (di-as-tol-ik) pressure.

What is normal blood pressure? According to the Australian Health Foundation there is no normal or ideal blood pressure reading. The following figures should only be used as a guide.

| | |
|-------------|-------------------------------|
| Normal | Less than 120/80 |
| High/Normal | Between 120/80 and 140/90 |
| High | Equal to or more than 140/90 |
| Very High | Equal to or more than 180/110 |

(Source – Heart Foundation Managing High Blood Pressure)

The cause of high BP quite often is a mystery. It can be linked to genetics (family history is important), poor diet, being overweight and/or lack of exercise. The effects of some medicines being used to treat varying health conditions can also be a factor along with underlying health disorders that we may have.




The harm of high BP over time is simple. It can overload both the heart and blood vessels which in turn make us more susceptible to heart attack and stroke.

There are many things that we can do to keep our blood pressure healthy. To help manage high BP many people need medicine but by making the following healthy lifestyle changes blood pressure can be lowered:

- Be a non-smoker
- Lose excess weight
- Eat less fat and salt
- Exercise regularly
- Keep alcohol intake down

It is possible to have high BP for years without knowing it, which is why it's called a silent killer and is most often discovered during routine physical examinations. Remember, be proactive and make an appointment for a service visit with your GP and always have BP on your checklist for your GP to check.

As always, remember ... before it all gets too much...
Talk to a Mate@!!

 @RMHI_4blokes
 Working with Warriors Podcast
 regionalmenshealth.com.au





So it's been 6 weeks since Sergeant Nat Wynen left Cranbrook and I've been acting in her position. I've had a few relief Officers from Mount Barker and Gnowangerup Police Stations which some of you may have met. Good news though we have a new Officer In Charge starting at Cranbrook in two weeks.

Over the last month there has been an increased focus on family violence within the Western Australian Police Force.

What is family violence?

Family violence is behaviour which results in physical, sexual and/or psychological damage, forced social isolation, economic deprivation, or behaviour which causes the victim(s) to live in fear.

Family violence can be experienced by people of all classes, religions, ethnicity, ages, abilities and sexual preference. All victims are entitled to access services which are provided in a fair and equitable manner.

The most important thing you can do is to get help! You need information and support to make yourself safe and end the abuse. Is it a crime? YES!

Examples of criminal offences that occur in family violence situations include assault, sexual assault, making threats about a person's physical safety, stalking, damage or stealing of property and breaching Restraining Orders.

How to report family violence

If life is at threat, call 000 immediately. If you need to report a breach of a Family Violence Order, or require Police attendance, please call 131 444.

Also if you see something, say something. Even if you are directly not involved by saying something together we can all make a difference in relation to family violence.

Support services contacts

1800RESPECT (1800 737 732)

Kids helpline (1800 551 800)

Men's domestic violence helpline
(1800 000 599)

Women's domestic violence helpline
(1800 007 339)

Crisis Care (1800 199 008)

Kind regards

Cat



AGM NOTICE

6pm Thursday July 18, 2024

Cranbrook Sporting Club

New members welcome

Contact

Bernie (Pres) 0407 261 123

Kate (Sec) 0408 00 3062

cranbrookshow1@gmail.com



Gillamii Centre

140 Climie Street,
CRANBROOK

PHONE: 9826 1234

Gillamii Centre Opening Times

Wed, Thurs & Friday:

9am - 4.30pm

**Mon & Tues - by
appointment**

NRM Officer: Freya Spencer

Mob: 0437 248 206

Email: admin@gillamii.org.au

NRM Officer: Ashley Marjoram

Email: po1@gillamii.org.au

**Also incorporating the Library,
Newsletter, Historic archives
and Tourist Information.**

Kaffe 107



Opening Hours

Mon to Thurs - 6.00am to 4pm

Fri - 6.00am to 4.00pm

Sat - 8.00am to 2.00pm

Sun - 8.00am to 2.00pm

- ♦ **Breakfast / Lunch & Takeaways**
- ♦ **Mon to Thurs - we take bookings for evening meals - please phone**
- ♦ **Catering - please phone us to discuss your catering needs for any special occasion**

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- Time of cutting - quality vs. yield
- Crop and pasture differences
- Best practice steps for great hay and silage outcomes
- Storing and feeding-out, avoiding waste
- Interpreting feed tests
- Stock class requirements and effective allocation
- Cost effective decisions

Time: 9 am - 4 pm
Cost:
Western Beef Financial Members: \$25
Non-members: \$ 55
Registration includes:

- Lunch, morning and afternoon tea
- Two follow-up webinars
- Voucher for fodder analysis (\$67-80)
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- -WA specific notes

Event's Partners:

This project received funding from the Australian Government's Future Drought Fund.

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Rebecca Eaton Conveyancer

Happy July Birthdays to ...

- 3rd Archie Jefferys
Adelyn Treeby
- 4th Misha Preston
- 5th Oscar Lehmann
- 6th Karina Siegert
- 7th Daisy Smith
Gidget Williamson
- 8th Liz Taylor
- 11th Sylvia Lewis
Bryan Taylor
Lincoln Preston
- 12th Renee Warren
- 13th Archie Weller
- 14th Murray Pope
Amelia Luddy
- 16th John Packard
- 17th Genie Horrocks
Rohan Toovey
- 18th Marion Singleton
- 19th Alyssia Fiegert
Ethan Best
- 20th Shakayla Fiegert
Levi Watterson
- 21st Gabe Kingi
Bobi Horrocks
- 22nd Lindsay Watterson
Cody Wilson
Ebony Clode
Billie Beech
- 23rd Tina Standish
- 24th Scott Gillam
Austin Slade
- 25th Hugo Beech
- 26th Kath Rosewarne
- 27th Wren Standish
Hunter Mantach
- 28th Maia Taitapanui
Tony Warham
- 29th Ian Wornum
Mary Gillam
- 30th Laurie Fiegert
- 31st Neil Preston
Layla Elligate



Congratulations to ...

Ashlee Williamson who has been nominated by the Albany Sharks Football Club for the WA Football Volunteer of the Year Award. Ashlee is currently the Sharks Team Manager and has also held the position of Club Treasurer.



to the Cranbrook Baptist Community for the Ladies Breakfast held on Saturday 22nd June - it was a lovely breakfast and sincerely appreciated by all those who attended.

Deepest Sympathy to ...



Malcolm and Ian Wornum and their families on the death of their sister and aunty, **Jeanette**, wife of Phil Drage, on the 19th June.

Denise Horrocks and Catherine Kingi and their families on the death of their sister and aunty, **Polly**, in South Australia on the 25th June.



SHOEBOXES

Operation Christmas Child is a huge movement that supports people in many and varied ways.

Our main support of one of their ministries is through the yearly shoebox appeal. Some people refer to the boxes as 'love in a box' which is a great way to think of them.

Some people gather goods throughout the year that go into the yearly packing of the shoeboxes. Some people find it hard to go shopping, so give a financial donation towards the freight of the boxes.

There are many ways to support and be involved in the packing and delivery of the wonderful shoeboxes.

Everyone can be involved somehow! There is a big interest to many people in the community, many people contribute in varied ways, making or buying goods or making financial donations.

In each box we try to put
 Educational supplies Hygiene Toy
 Something to cuddle A piece of clothing

If you'd like anymore information, please give me a call.

Lorraine Preston
 0429 982 680



A big hello to the those who have moved from our communities for various reasons but who continue to receive the Cranbrook Newsletter in the mail, by email or who check it out online through the Shire of Cranbrook's website.



Cranbrook Newsletter

C/- PO Box 9, CRANBROOK 6321

or our **Bank A/C details:**

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**Advertising rates will be reviewed
in June 2024**

| A 4 pages | B & W | Colour |
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| 1/8th Page - | \$25 | \$35 |
| 1/4 page - | \$40 | \$55 |
| 1/3 page - | \$45 | \$70 |
| 1/2 page - | \$60 | \$85 |
| 2/3 page - | \$80 | \$100 |
| Full page (A4) - | \$100 | \$120 |

Payments for advertisements can be made by cheque or direct to our Bank Account - please provide your name as the Reference.

Deadline Dates

**for 2024 as follows - on the 4th
Monday of each month:**

| | |
|------------------|----------------------------------|
| August | 22nd July |
| September | 26th August |
| October | 23rd September |
| November | 28th October |
| December | 25th November |

Thank you,
Cranbrook Newsletter Team

And, if you're familiar with Publisher and would like to help from time to time, or would like to help with printing and folding, please give Jan a call - 0417 981 264.

**Any items of community interest or special events or 'congratulations' can be dropped into Gillamii during office hours Wed to Friday or use the Library Book Return 'slide' and mark to the attention of
Cranbrook Newsletter or
email your articles to:
cranbrooknewsletter@gillamii.org.au**

Seven Mind-Blowing Facts About English Spelling

1. '**Ough**' can be pronounced in ten different ways. You don't believe it? Then read the following words aloud and don't forget to count: - cough - rough - lough- plough - through - slough - though - hiccough- bought - thorough
2. There are only 44 distinct sounds in English, but over 1,110 ways to spell them. No other language can break this record. And yes, that's what linguists mean when they say English is NOT a phonetic language.
3. It is possible to find words that have the same pronunciation but no letters in common. You and ewe, for instance.
4. Some non-native speakers of English pronounce the words knock, knee, knuckle, gnaw, and gnat like Vikings did, i.e. with 'k' and 'g'. In the modern English language 'k' and 'g' became silent letters, but it wasn't like this earlier. In Viking (Old Norse) language, the 'kn-' and 'gn-' words came into English and were that way for centuries.
5. Almost no words of the English origin end in 'j', 'v', or 'u'. 'V' and 'u' are typically followed by 'e'. All the exceptions to this rule are borrowings (menu, raj, haj), ancient words (you), or abbreviations (flu - influenza).
6. The word 'Dord' has a spelling, but no meaning. The 'ghost word' appeared in the English dictionary in 1932 as a result of a printing error.
7. It's possible to spot 10 words in 'therein'. You don't even have to move any letters to read these words: the, he, ere, in, there, rein, her, here, therein, herein.

Seven Random Number Facts...

1. In a year, a person's heart beats 40 million times.
2. The only English words which contain all five vowels in order are: *abstemious* and *facetious*. "*Queueing*" is the only word containing five vowels in succession.
3. Many people were prepared to believe that Anne Boleyn was a witch because her left hand had six fingers.
4. In the centre of a chessboard, a bishop can command thirteen squares along the diagonals, but from the sides only seven - worth remembering!!!
5. Twenty-eight out of a flock of forty geese were sacked from the 'cast' of the London première of Humperdinck's *Die Königskinder* at Covent Garden in 1911, for failure to display a genuine aptitude for opera!!!
6. Camels have been known to go for thirty-five days without water.
7. The male Emperor penguin will carry a single egg on its feet until it hatches out, usually after sixty-four days, by which time the worst of the Antarctic winter weather is over.



CRANBROOK MEN'S SHED

The month of June has been very busy at the Shed and also the Trading Post.

At our shed meeting we organised the lads who have volunteered to be flag marshalls at the motocross, worked out a menu plan for our regular seniors lunch day, introduced two new members to the shed and booked a day for a social function. We also created a plan for closing the Trading Post, which occurred on Wednesday the 26th June.

Unfortunately, we had no response from our call to other organisations to take over the running of the second hand shop. The last month has been very busy with lots of people coming into the shop and grabbing an absolute bargain of free cloths and furniture etc. Everything that went out the door had no price on it and we sincerely thank our shoppers for making some very generous donations. Some of those donations have gone to the school towards the end of year camp.

After cleaning out the shop, the Men's Shed vacated the building on the 30th June which sadly

means the building is empty for the first time in 21 years.

We wish to thank all the generous donors and shoppers for your support to the community over the years.

The Trading Post would not have been the success it was without the very generous support of some amazing volunteers. Over the years the ladies became a special group of people with a great comradery and a can do attitude. Thank you so much ladies.

Our welcome mat is out to all men in the community to pop in for a chat or cuppa on Thursdays and Saturday mornings.

As a member of the Australian Men's Shed Association and Men's Sheds WA, the Cranbrook Community Men's Shed prides itself on providing a modern safe environment for all men in the community.

For more information about the shed and its activities contact Mal Humble 0410 568 519 or Ian (Dobby) Williams on 0400 612 196.



Cranbrook Frankland River Baptist Church

Our Services are:

- ♦ **Sunday Service: 10.00 am**
- ♦ **Home-groups and young people's Bible study: mid-week**

Secretary: **Phil & Lara Rumble - 0427 825 532**



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Service Dates and Times

| | | |
|-------------|------|--|
| June | | |
| 30th | 10am | Combined Service St. Mildred's, Tenterden |
| July | | |
| 7th | 10am | Holy Communion |
| 14th | 10am | Morning Prayer |
| 21st | 10am | Holy Communion |
| 28th | 10am | Morning Prayer |

Please feel welcome to join us and stay for a cup of tea following the Service

More than 100 people gathered at St. Werburgh's Chapel on the 22nd June to commemorate the 150th Anniversary of the consecration of the Chapel in June 1874.



With the Chapel full, a marquee provided shelter for everyone and the rain and wind held off during the very special Service led by Rev. Esther Leach. Morning tea followed with an opportunity to enjoy shortbread biscuits embossed with a wreath and cross baked especially for this Anniversary by Kathleen Ellison.

Contacts:

Rev. Genevieve Milnes - 0410 303 358
Jan Pope - 0417 981 264



CRANBROOK RED CROSS

The next meeting of Red Cross is Thursday 4th July at 1.30pm at the Hub. You are welcome to join us for a cuppa and a chat. We will discuss the Melbourne Cup, Seniors lunch and Remembrance Day.

Recipe:

Creamy chicken and spinach potato bake

1.8kg potatoes
300ml pouring cream
180g packet creamy chicken base
1 bbq chicken, skin and bones removed, meat shredded
120g baby spinach
200g grated mozzarella
Cook potatoes until just tender and drain.
Combine cream and packet chicken base
Preheat oven to 180C. Peel potatoes, cut and arrange on the base of 20 x 32cm baking dish. Top with half of the chicken, drizzle over 1/3 cupful of the cream mixture, top with half spinach and half the cheese. Continue layering with half of the remaining potato, all of the chicken, 1/3 cupful of the cream mixture and all of the spinach. Finish with remaining potato, cream mixture and cheese. Bake 45 – 50 minutes or until golden.



CRANBROOK MUSEUM

Please call 0407 261123 if you would like to visit the museum.



Roster

| | |
|--------|--------|
| July | Bernie |
| August | Sandy |

In this age of being bombarded with Artificial Intelligence, why don't we do something about Natural Stupidity?



CRANBROOK COMMUNITY SENIORS' LUNCH

Senior residents are very welcome to attend the lunches each Friday at the Hub around 12 noon. It is only \$6 for a two course meal and we enjoy great fellowship and play bingo, do word searches and games, have a bus trip once per month, enjoy book club once per month, do footy tipping each week, a raffle each week and sometimes craft. Please ring Bernie 0407 261123 or Pam 0417 062805 if you would like to join us.

A huge thank you to the lunch volunteers for your assistance to provide the meals. Five of the year students prepared lunch for the seniors on Friday 14th June. The meal was fish burgers and pavlova and delicious. A huge thank you to these students who did a wonderful job and mixed in with the seniors very well.....and the school Chaplain Rebecca for her assistance.

Seven seniors enjoyed a trip to Mt Barker to see the Plantagenet Players perform their comedy show.....a fun night.

The Bus trip to Frankland River CRC on the 28th June is an opportunity to hear more about Staying in Place and Smart Home devices. Thanks to Teresa.

FREE STRETCHING/ MOBILITY/GAMES TRAINING held each Thursday at 9.30am in the hall supper room.... All welcome

Roster:

| | |
|--------|----------------------------------|
| July 7 | Pam & Bernie |
| 12 | MENS SHED |
| 19 | CHRISTMAS IN JULY bus trip |
| 26 | Gidget & Denise |
| Aug 2 | DARWINIA COTTAGES |



Tenterden Agricultural Institute Inc.

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Jodi Williams 0413 997 032 or

tenterdenagriculturalinstitute@gmail.com
or drop your info into PO Box 17, Tenterden

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Half day function \$50

Full day function \$100

Evening only function \$150

Full day plus evening \$200

Meeting fee \$30

Members of TAgI - 20% discount

St John Ambulance



Expressions of interest are being sought for those interested in attending a **“Provide First Aid Course”** in 2024

If you are due to renew your **First Aid Accreditation** for your workplace or **wish to learn First Aid**, the **Cranbrook Sub Centre** will organise Courses subject to demand.

Please contact Tracey Smith on 0427 268 049 to register your interest.



Peter Rundle MLA Member for Roe

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107 Dempster St
(08) 9071 6555

 peter.rundle@mp.wa.gov.au

 www.peterrundle.com.au

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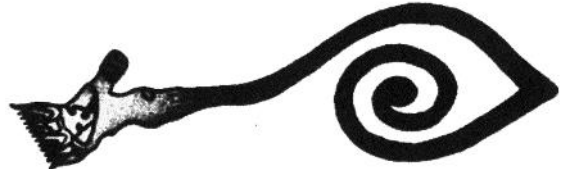
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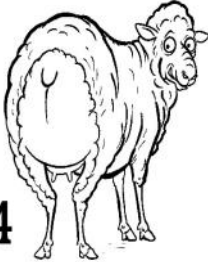



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CRANBROOK SPORTING CLUB

The Club is now open on Friday nights from 5.30pm with meals from 6 to 8pm.



Scroungers Bowls ~ 10am - 12 noon each Saturday morning - if you're wanting to have a roll of bowls please come along - all new and 'older' bowlers very welcome.

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- ◆ CRANBROOK - SUNDAY, 29TH JULY
- ◆ MT BARKER GOLF - SATURDAY, 24TH AUGUST

Please let Gail Wornum 0472 517 220 or Ian Wornum 0447 517 220 know if you are interested in playing.
And let Gail or Ian know if you need a set of bowls for the day.



Results for May & June.

4 May - 1st round Championships. Gross Ian Pope 82, Jack Wilson 85, Jamie Climie 88. Nett Jack Wilson 69, Ian Pope 73, Harley Smith 77

11 May - Par. Mark Addis +2, Keith Hart +1, Harley Smith +1

18 May - Bob Dennis Memorial Day - Stableford. Ian Pope 37pts, Mark Addis 31pts, Keith 30pts

25 May - Par. Sean Morgan -2, Ian Pope -2, Ryan Pope -3, Keith Hart -5

1 June - 2nd round Championships. EP James Monthly Mug. Gross Ian Pope 81, Jack Wilson 91, Mark Addis 93. Nett Ian Pope 74, Jack Wilson 75, Keith Hart 77

8 June - Stableford. Sean Morgan 30pts, Wayne Dennis 29pts, Keith Hart 27pts

15 June - Albany City Motors - Russian Stableford. Ian Pope & Sean Morgan 61pts, Jack Wilson & Wayne Dennis 53pts, cb Jamie Climie & Scott Leary 53pts.

Fixtures

- 29 June - Par sponsored by Tim's Tyres
- 6 July - 3rd round Championships - RJ Addis Memorial Mug
- 13 July - CKT Challenge at Kojonup
- 20 July - Captains Trophy
- 27 July - 4th round Championships - GK Bickel Memorial Mug

Thank you Scott and Terry from Albany City Motors for your sponsorship and for coming along to play.

All are welcome to come out for a hit, cards in at 12.15pm with game commencing at 12.30pm and if you'd like to play 9 holes, cards in at 2.15pm and commencing at 2.30pm.

Contact: Jamie Climie - 0419 921 169

Shire of Cranbrook 3 Person Ambrose Day

We invite you all to the Cranbrook Golf Club on the 10 August for the Shire of Cranbrook 3 Person Ambrose Day. This day is perfect for beginners or anyone that would like a game of golf. This day is always great fun!!

Cards in at 11am or let our captains Nathan Smith or Jack Wilson know you'd like a game. They will put you in a team.

We have a sausage sizzle before we start and finish off with nibbles and pizzas.





MOUNT BARKER BULLS FOOTBALL CLUB

June Results

1st June - Round 6 - League

Mt Barker 9.11 defeated Royals 4.4 at Sounness Park

Goals: Zac Jackson 4, Camball McMahon 2, Ben Kirkwood 1, Brodie Duffield 1.

Best players: Jye Williss, Brent Parsons, Tyreice Brown, Clayton Wood

Slim's Notes: Sam Lehmann broke his collar-bone, Darcy Lubcke did his hammy and Mitch Jackson got a yellow card for a dangerous tackle and accepted a 2 week suspension. A great effort to beat Royals.

Reserves: Mt Barker 7.5 lost to Royals 11.12

Best: Will Watkin, Keane Griffiths, Ben Steers, Michael Drayton

Goals: Bryton Doraine 3, Ashley Warren 2, Michael Drayton 1

8th June - Round 7 - League

Mt Barker Bulls 14.11 defeated Denmark-Walpole 15.2

Missing 3 players through injury or suspension

Best: Darcy Wallinger, Clayton Wood, Tyreice Brown, Kye Griffiths

Goals: Daniel Patching and Zach Jackson - 4 each

Slim's Notes: Zach Jackson suspended for 1 week and Brad Hook reported for language aimed at the umpire and accepted 1 weeks suspension.

Reserves: Bulls lost 5.4 to Denmark-Walpole 7.11

Steven Scott playing his first game for 2024 was caught in a sling tackle and k'od - player involved received 3 weeks suspension.

Best: Jarrod Pearce, Matthew Dee, Ashley Wallam and Michael Drayton.

Goals: Matthew Dee 4

15/16th June - Colts Carnival - Great Southern Storm played in the Grand Final but were beaten by Peel. Cam Walsh was selected in the Great Southern Storm.

22nd June - Round 8 - League

Mt Barker Bulls 2.7 defeated by Railways 7.12

Best: Darcy Wallinger, Lee Pavlovich, Brent Parsons and Daniel Patching

Goals: Ashley Wallam kicked both goals.

Slim's notes: Gary Pope stepped up to coach in the absence of the Bulls suspended coach and with 4 of their best players injured or suspended, Sam Lehmann, Darcy Lubcke, Mitch and Zach Jackson, the Bulls introduced 5 colts players. Overall, it was not a good day and the Bulls just didn't adapt to the cold, wet and windy weather and the team were outmuscled and outplayed.

Reserves: Royals 5.9 defeated Bulls 3.5

Best: Jack Horrocks

Slim's Notes - great to see Jack back looking trim, taut and terrific - could be a change in dietary habits!!

JULY Fixtures

29th June - Bulls v North Albany - Sounness Park

6th July - Albany Sharks v Bulls - Retravision Stadium

12/14th July - Nutrien Carnival

20th July - Royals v Bulls - Retravision Stadium

27th July - Bulls v Denmark-Walpole - Sounness Park

If you enjoy watching a game of country football, then get along to Sounness Park and support the Bulls, and particularly, our Cranbrook boys in the League and Reserves teams - Sam Lehmann, Seth Jones, Keegen Taylor, Cam Walsh, Jack Horrocks and Jarrad Beech - and we'll include David (Stoney) Stone with his Gordon River connections and Jarrod and Brock Pearce whose family lived in Cranbrook for many years.

Thanks to Slim for providing the scores, best players, goals and his 'notes' and best wishes to all Bulls teams.



Cranbrook Motocross to Host State Round

Spectators will not be disappointed when heading to Sukey Hill on the weekend 29th-30th June to watch

WA elite battle it out on the challenging slopes. Cranbrook motocross is excited to host here in the great southern region round 4 of a 5 round state MX and ATV series.

Race days format, one practice round starting at 7:30am followed by three rounds of racing which vary in time from 10 minutes for the junior beginners to 20 minutes for the senior pro riders. In total there are 14 motocross classes and 2 all terrain vehicle classes competing.

This year the host club collective and Motorcycling WA have decided to mix the junior and senior riders each day, compared to the traditional juniors on one day followed by

seniors the next.

The classes to watch on Saturday 29th is MX3. This class is for 14 to under 18 years, and allows for the less experienced competitors to compete with their peers until the age of 18, with the more accomplished competitors moving to the senior MX2 class from 16 years. Sundays classes to watch is MX1. This is the premier class of the sport with competitors racing 450cc bikes. ATV's also feature on both days.

Spectators have free entry, and canteen facilities available each day.

The final round of the series will be held at Northam Motorcycle Club in July.





JULY 2024 Calendar

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|--|--------------------------------------|-----------------------------|---|---------------------------|---|
| June 30th Combined Service St. Mildred's Church | July 1st | 2 <u>Drs Visit</u> Vet Clinic | 3 | 4 Red Cross Meeting Nunijup Patchwork | 5 | 6 Albany Sharks V Bulls Retravision Stadium |
| 7 | 8 Recycling | 9 Vet Clinic | 10 | 11 | 12 | 13 12-14th BYE Nutrien Carnival |
| 14 | 15 | 16 <u>Drs Visit</u> Vet Clinic | 17 Shire Council Meeting | 18 Nunijup Patchwork | 19 Child Health Clinic | 20 Royals V Bulls Retravision Stadium |
| 21 | 22 Recycling Newsletter  | 23 Vet Clinic | 24 | 25 | 26 | 27 Bulls V Denmark/Wal Sounness Park |
| 28 | 29 | 30 <u>Drs Visit</u> Vet Clinic | 31 | 1st August Nunijup Patchwork | 2 | 3 Bulls V Railways Sounness Park |

FREQUENTLY CALLED EMERGENCY NUMBERS

| | |
|--|---------------------|
| Emergency Police, Fire, Ambulance | 000 |
| Cranbrook Police | 6801 3840 |
| Crime Stoppers | 1800 333 000 |
| Cranbrook Shire Office | 9826 1008 |
| Cranbrook Shire emergency | 0418 759 598 |
| Doctor Mt Barker | 9892 1000 |
| Hospital Mt Barker | 9892 1222 |
| Hospital Albany | 9892 2222 |
| Free after hours GP service | 1800 call a doc |
| Free Health Navigator Telehealth Service | 1300 650 803 |
| Poisons Info Centre | 13 11 26 |
| Chief Fire Control Officer | 0407 261 005 |
| Southern Agcare | 9827 1552 |
| LifeLine | 13 11 14 |
| Beyond Blue | 1300 22 4636 |
| Vet Mt Barker | 9851 1177 |

ST JOHN AMBULANCE



For all Sub-Centre enquiries please contact:

Chairperson: Anne Parsons - 0429 904 652

Secretary: Anne Humble - 0438 930 229

Treasurer: Tracey Smith - 0427 268 049



IN AN EMERGENCY
DIAL 000