



# The Cranbrook Newsletter



Volume 44 Issue 4 MAY 2026

## ANZAC Day 2026

### Tenterden ANZAC Service

This year's service was attended by 44 community members, who gathered to commemorate and reflect on the service and sacrifice of Australian and New Zealand servicemen and women.



The ceremony provided a respectful and meaningful opportunity for those present to honour the enduring values of courage, endurance and mateship. Following the service, attendees came together for a morning tea at the Tenterden Hall, allowing time for conversation, reflection and community connection.

*Thank you to the Tenterden Agricultural Institute and all those who helped.  
Thank you to those who read and presented at the Service.  
Thank you to Kylie for providing for sending the information and photos to the Newsletter.*

### Cranbrook ANZAC Services

Both the Dawn and Morning Services held in Cranbrook were very well attended with a number of visitors joining in the reflection and quietness of the Cranbrook ANZAC Day Services.

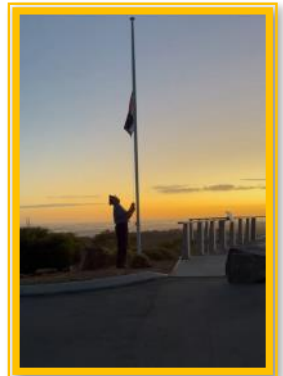
The Dawn Service was enhanced by the perfect sunrise and as forecast, the fog rolled in across the

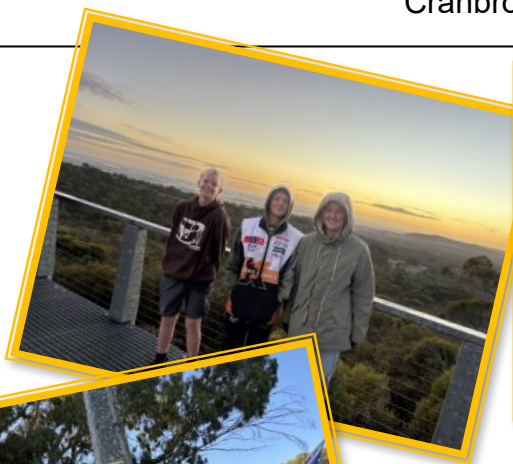
valley as the Service concluded. Thank you to those who participated in this year's 12th Dawn Service at Sukey Hill, the first being held in 2015.

Thank you to those who arranged the March and Morning Service which was also well attended, reflecting the concern felt in this time of conflict and unrest around the world. Mr Stephen Morrow, founder of Veterans Assist Great Southern, gave the address and spoke of his three Great-Uncles from the small community of Dongalocking who 'signed up' on the same day for their duty in WWI, two returning and one making the supreme sacrifice.

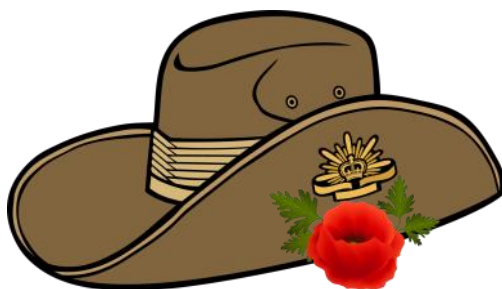
Among those who attended the Services were members of the Gillam and Lilford families, there to remember the sacrifice of Hugh and Syd Gillam, sons of John and Florence Gillam (nee Toovey). These two boys both died at Gallipoli on the 29th August 1915, their parents making their own life-changing sacrifice with the loss of their two sons.

The "Just Bin It" ladies who have been walking to Mt Barker from Albany picking up rubbish with the goal of earning a vanilla slice from Mt Barker Bakery gave themselves a reprieve from their mission to visit Cranbrook to attend the Services and were made very welcome. They are pictured above at the War Memorial with members of Veterans Assist Great Southern.





# ANZAC Day 2026



*Lest We Forget*





**Australia's  
Biggest  
Morning  
Tea**

**Every dollar raised helps support  
those impacted by cancer.**

**Tuesday 21<sup>st</sup> MAY**

**The Cranbrook Hub  
3 Dunn Street, Cranbrook**

**9.30 till 11.30AM**

**DELICIOUS MORNING TEA, RAFFLE, DOOR PRIZES, QUIZ**

**Cost: your donation**

**All proceeds go to the Cancer Council of WA for cancer research**

## Cranbrook Newsletter

*Where will you find ...*

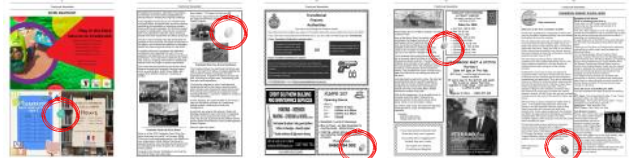
What's On	Pages 1 - 4
Shire Snapshot	5 - 11
Gillamii	12
Community News	13 - 22
Business, Trades & Services	23
Sport	30
Calendar	34

Next Newsletter **Deadline:**  
12pm **Monday 25<sup>th</sup> May**

[cranbrooknewsletter@gillamii.org.au](mailto:cranbrooknewsletter@gillamii.org.au)

**Did you find them all??**

Here are all the easter egg locations from the last newsletter.



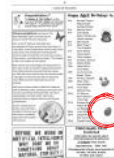
Pg 9

Pg 13

Pg 14

Pg 15

Pg 16



Pg 18



Pg 21



Pg 33



Pg 34

The bonus egg was on page 4. Congratulations to anyone who managed to spot that one!!



Save the Date

The Shire of Cranbrook invite's you to  
"Save The Date"  
for parenting expert



**Justin COULSON**

**12th June 2026**  
More Information To Come

**THE PUSH UP CHALLENGE** **JUNE 3 - 26**

[www.thepushupchallenge.com.au](http://www.thepushupchallenge.com.au)

PUSH FOR BETTER FOUNDATION  

## What do you Think?

### Newsletter Review

Our deepest thanks to those that have submitted their feedback!

We already have our thinking caps on and working out the best approach to incorporate your suggestions without affecting the cost or how you receive the newsletter.

The suggestion box that was located at the Cranbrook Post Office has wandered it's way to the Tenterden Store.

Share your thoughts with the Newsletter Team by the **end of May 2026** so that we can plan what changes we include in our 'revamp'.

Email Amanda at [newsletterfeedback@whollyouniq.au](mailto:newsletterfeedback@whollyouniq.au) complete the online form or drop a suggestion in the suggestion box.

Do you have an article, advertisement or enquiry?  
Email the team at [cranbrooknewsletter@gillamii.org.au](mailto:cranbrooknewsletter@gillamii.org.au).



Scan Me  
Online Form



## SHIRE SNAPSHOT

Phone: 9826 1008

Email: [admin@cranbrook.wa.gov.au](mailto:admin@cranbrook.wa.gov.au)

Website: [www.cranbrook.wa.gov.au](http://www.cranbrook.wa.gov.au)

### SHIRE OPENING HOURS

8.30 AM — 4.00 PM

Monday—Friday



### The Council Corner

To read the full minutes from all Council meetings head to our website at [www.cranbrook.wa.gov.au](http://www.cranbrook.wa.gov.au)

At the Council Meeting held on 15 April 2026 Council had 8 reports to consider, amongst these were:

- The Shire President, Cr Mulcahy welcomed Cr Peter Beech and Cr Harvey Gillam to their first Council Meeting since being elected and congratulated all candidates and the community on the success of the recent election process;
- Council received the List of Payments and Monthly Financials for March;
- Council approved the Terms of Reference and other statutory requirements associated with the Chief Executive Officer Recruitment process;
- Council approved funds in the 26/27 budget for a proposed Frankland River Wine Festival Event later in the year.

### Next Council Meeting Wednesday, 20 May 2026 in Cranbrook

The Ordinary Meetings of Council are held on the third (3rd) Wednesday of each month (excluding January) and commence at 3.00pm. Members of the public are welcome to attend.

### **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 14/05/2026 between 1.30pm & 2.10pm.

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



Department of Transport

Did you know that the Shire of Cranbrook is a licensing agent for the Department of Transport, as such we are not permitted to take licensing enquiries over the phone.

If you are attending the administration office to complete licensing duties please ensure you come prepared. The best way to make sure you have everything you require for your enquiry is to jump onto the Department of Transport website before hand and familiarise yourself with what your particular enquiry may need.

If you come prepared with the correct ID requirements and information it will streamline the time you spend within the admin office. Please note that our staff have to follow the directions and regulations set upon us from the Department of Transport.

If you are unable to come into the Shire of Cranbrook Administration Office for your licensing enquiry you must contact the Department of Transport on 13 11 56.

### 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.

### Recycling Kerbside Collection

**11 & 25 May 2026**

## SHIRE SNAPSHOT

### Congratulations to Our Councillors!

The Shire of Cranbrook is pleased to congratulate and warmly welcome our newly elected Councillors following the recent extraordinary local government election.

We extend a special welcome to Cr Harvey Gillam and Cr Peter Beech on their election to Council. We look forward to the fresh perspectives and energy they will bring to the team. We also thank our community for its strong participation, ensuring that local voices were heard.

This election saw one of the highest participation rates to date, with 43.66% of ratepayers voting—338 out of 781 residents casting their ballots. We also acknowledge Tony Smith for his candidate nomination, which we believe contributed to the strong voter participation. Under the Local Government Reforms, should a vacancy arise on Council within the next six months, Tony Smith may be invited to consider appointment to that position.

We sincerely thank retiring Councillors Cr Robert Johnson and Cr George Pollard for their dedication


and valued service to the Shire of Cranbrook community.

Looking ahead, we are excited about a positive and productive term for both Council and the wider community.

Finally, the strong voter turnout may in part reflect the accessibility of the postal voting system, which appears to have made participation easier for many residents. We welcome feedback from the community on their voting experience, particularly regarding convenience, as this will help inform future election processes.

We also congratulate Shire President Cr Perin Mulcahy on her appointment as a local government representative to the Great Southern Development Commission Board. Her appointment has been approved by the Minister for Regional Development, the Hon Steven Dawson MLC, and the State Government Cabinet.



Form 19. Results of Election		
<i>Local Government Act 1995, s.4.77</i>		
RESULTS OF ELECTION FOR Shire of Cranbrook		
Date of election: 26 March 2026		
<b>COUNCILLORS</b>		
Quota: 113		
Candidate	First-preference votes	Votes at last count
BEECH, Peter	114	114
GILLAM, Harvey	139	139
SMITH, Tony	85	85
Name of first candidate to backfill: SMITH, Tony		
Name of second candidate to backfill: No Candidate		
The following people are elected as councillors for the <b>Cranbrook</b> District. Each councillor will hold office until the date set out next to the councillor's name. A document detailing the distribution of preference votes is available on the official website of the local government.		
Name	Expiry of term	
GILLAM, Harvey	20 October 2029	
BEECH, Peter	16 October 2027	
<b>Returning Officer</b>	Full name: Gail Lorraine ARNEY	
	Signature: 	Date: 26 /3 /2026

### SHIRE OF CRANBROOK - COMMUNITY GRANT PROGRAM

Does your community group or organisation have a project, program, or event that you require financial assistance to undertake?

Did you know that the Shire of Cranbrook has a community grants program that can assist your group or organisation with this!

More information will be provided via our website from 20 April  
<https://www.cranbrook.wa.gov.au/our-community/community-grant-program/>

**Applications open 20 April  
2026 and close 29 May 2026**


## SHIRE SNAPSHOT

The Shire of Cranbrook is currently reviewing the shire owned horse paddocks in line with the Strategic Community Plan 2025-2035 to support an engaged and inclusive community culture. The Shire is seeking expressions of interest in the use of the horse paddocks, communal paddock and exercise arena by both individuals and community groups.

We would like to hear from interested community groups on future uses of the facilities to ensure upgrades meet the requirements.

We currently do not have vacancies in the existing paddocks but would like interested residents who wish to lease available paddocks in the future, to email their interest into the shire.

Please email Stephanie Waldron, Project Officer at [stephanie.waldron@cranbrook.wa.gov.au](mailto:stephanie.waldron@cranbrook.wa.gov.au) with your name, address, email and contact number.

**Celebrating the Shire of Cranbrook's  
100<sup>th</sup> Year  
1926 - 2026**

**SPONSORSHIP OPPORTUNITY  
2026**

In celebration of the Shire of Cranbrook's 100 year of separation from the Plantagenet Road Board we are offering all Shire of Cranbrook sporting clubs and community groups a \$300 contribution towards annual events that are regularly sponsored by the Shire

OR

If your club or group are looking at holding a new event, or a one off event during 2026, this is an opportunity for you.

Naming and promoting of your event would incorporate  
*"Celebration of 100 Years of the Shire of Cranbrook"*

For expressions of Interest please contact Jenny Cristinelli,  
Community Development Manager, [jenny.cristinelli@cranbrook.wa.gov.au](mailto:jenny.cristinelli@cranbrook.wa.gov.au)  
or 98261008

## Important Information Before You Pay Your Rates


Every Rates Notice comes with its own unique BPAY Reference Number – and it's essential you use the correct one when making a payment.

⚡ If you don't, your payment may not be applied to the correct property... what does that mean?

⚡ That means you could be charged interest on what appears to be an 'unpaid' Rates Notice – even if you've already paid!

✅ What to do:

- ✓ Check your Rates Notice
- ✓ Use the unique BPAY Reference provided
- ✓ Pay each Rates Notice separately via BPAY
- ✓ Avoid unnecessary fees or confusion

Stay on top of your payments – double-check before you pay! 

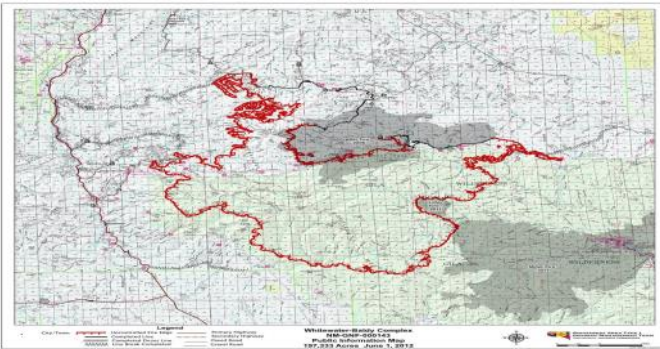
🕒 Paying your rates after the due date means interest will accrue daily on any overdue amount – so it pays to be prompt.

## SHIRE SNAPSHOT

### Fire Maps - For Sale

The updated Shire of Cranbrook Fire Maps and Index are available for purchase in hard copy from the Shire Administration Office and Frankland River Community Centre for \$27.

If you have already purchased a map and would like a copy of the index please contact the Shire Office on 98261008 or email [cesm@cranbrook.wa.gov.au](mailto:cesm@cranbrook.wa.gov.au)



### RESTRICTED BURNING PERIOD 15/02/2026 TO 30/04/2026 (all dates inclusive)

The law requires that a person shall not set fire to the bush during the Restricted Burning times unless he/she has:

1. Obtained a permit in writing from a Bush Fire Control Officer.
2. Notified all neighbours and a Bush Fire Control Officer.
3. Notified a Department of Biodiversity, Conservation and Attractions - Parks and Wildlife Service officer if the fire will be within 3km of a Department of Biodiversity, Conservation and Attractions—Parks and Wildlife Service Reserve.

The following conditions must be complied with when burning is carried out:

1. At least three able bodied persons must be in attendance .
2. At least one fire unit must be in attendance.
3. Any other conditions that are prescribed by the Fire Control Officer.

It remains the responsibility of the permit holder to ensure the validity of permit due to weather conditions prior to commencement of burning.

### Play in the Park returns to Cranbrook

Wednesday 25 February  
Wednesday 25 March  
Wednesday 22 April  
Wednesday 27 May  
Wednesday 24 June

10am to 12noon  
@ The Precinct

Due to the warm weather predicted tomorrow  
25 February 2026  
Play in the Park will held in the  
Cranbrook hall from 10am  
See you there!



## SHIRE SNAPSHOT




**ndis**  
Delivering the NDIS in your community

**APM**  
communities

**Uplyft.**

## Want to learn more about the NDIS?

### Come and meet the NDIA

Take the opportunity to drop by and connect with the NDIA team in **CRANBROOK** to discover how we can support you

 <b>Wednesday 6<sup>th</sup> May 2026</b>	<b>Friday 22<sup>nd</sup> May 2026</b>
 <b>10.30am to 12.30pm</b>	<b>10.00am to 12.00pm</b>

 **Cranbrook**  
Cranbrook Regional Community Hub,  
3 Dunn St, Cranbrook

**If you want to know more about the NDIS, the team will answer your questions and speak about what we do:**

  
How the NDIS works

  
Am I eligible?

  
How do I apply?

  
Using your plan



## Nurture Your Nervous System

### Parenting with Presence – Calm for Busy Mums

Join us for a FREE parenting workshop designed to help mums build emotional regulation skills and strengthen connection with their children.

You'll learn simple, body-based tools to calm your own stress, model regulation, and create a more peaceful home environment.

#### Topics of discussion:

- How your stress affects your child's emotions and behaviour
- The role of self-regulation and co-regulation in parenting
- Simple ways to model calm and safety for your child
- Practical calming tools to use in everyday parenting moments
- A guided sequence to help you and your child reset together

#### Facilitator:

Lee Tomlinson is a certified somatic trauma-informed wellness coach and Pilates instructor. She helps mums understand their nervous system and use practical regulation tools to strengthen connection and calm in parenting.

#### When & Where:

Friday 1 May 2026, 10:30 - 11:30am  
Gillamii Centre, 140 Climie St, Cranbrook WA 6321

#### To book:

Contact Lee Tomlinson on 0429 095 980 to book your spot!  
Enquiries: Margot Morgan at Wanslea on 0448 137 192



## CRANBROOK EARLY YEARS ACTIVITIES TERM 2

Story Time (Cranbrook Library/Gillamii) <b>9:30am-10:30am</b>	Playgroup Cranbrook Primary School <b>9am-10:30am</b>
Friday 24 <sup>th</sup> April	Friday May 1 <sup>st</sup>
Friday 8 <sup>th</sup> May	Friday 15 <sup>th</sup> May
Friday 22 <sup>nd</sup> May	Friday 29 <sup>th</sup> May
Friday 5 <sup>th</sup> June	Friday 12 <sup>th</sup> June
Friday 19 <sup>th</sup> June	Friday 26 <sup>th</sup> June
Friday 3 <sup>rd</sup> July	School holidays!




## Circle of Security Parenting

### An 8-week Relationship-Based Parenting Program

Circle of Security Parenting (COSP) is a FREE 8-session series that focuses on supporting and strengthening parent-child relationships and teaches new ways to understand and respond to your child's needs. It is based on decades of attachment research, and how secure parent-child relationships can be supported and strengthened.

#### You will learn to:

- Understand your child's emotional world & emotional needs
- Support your child's ability to successfully manage emotions
- Enhance the development of your child's self-esteem

#### ONLINE

Starting Mon 11 May 2026 for 8 weeks | 6pm - 8pm

#### Bookings essential:

<https://parentingconnectionwa.com.au/event/cospo6/2026-05-11/>  
Enquiries: Margot 04489 137 192 | [GreatSouthernPCWA@uplyft.org.au](mailto:GreatSouthernPCWA@uplyft.org.au)



# SHIRE SNAPSHOT

**Year K to 6** **Term 2 2026** **FREE!**

## AFTER SCHOOL ACTIVITIES PROGRAM

**CRANBROOK**

**WHAT WE PROVIDE**

- School Pick Up
- Art & Crafts
- Games
- Sports
- Social Interaction
- Cooking Lessons
- Cultural Experiences
- Qualified Team

**Registration / Permission slip required**  
**Monday 03:05pm - 05:00pm**  
**& Wednesday 2:30pm - 4:30pm**

**Contact Info:**  
 Taylor Robinson-Dixon, Program Officer: 0475 766 982 or 9826 1008  
 Jenny Cristinelli, Email: Jenny.Cristinelli@cranbrook.wa.gov.au  
 Phone: 0499722225  
 Lauren Lehmann, Email: Lauren.Lehmann@cranbrook.wa.gov.au Phone: 9826 1006

Proudly Funded By



## Parenting your Child with ADHD

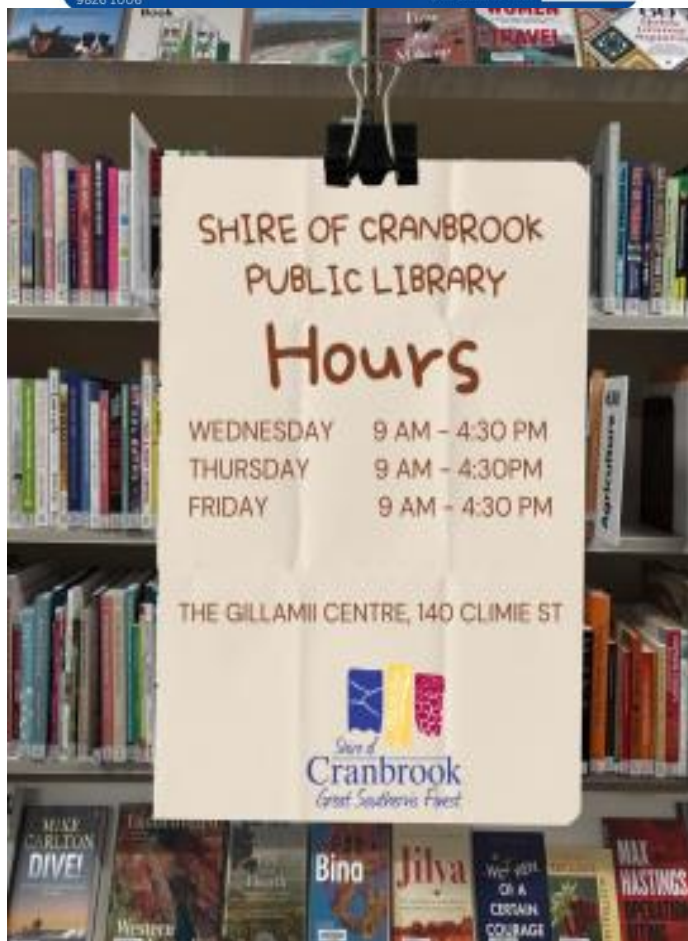
For parents of children with ADHD

Join Susan Hughes (Master of Education), an accredited coach with lived experience for this FREE parenting series,

This principle-based course covers:

- Up to date information on ADHD and how ADHD impacts your child's ability to carry out daily tasks
- What being a 'good enough' means today
- Parenting strategies and tools known to work with ADHD
- Managing defiant behaviours and setting boundaries
- Understanding how your emotions impact how you parent

**Session 1: Saturday 9 May 9.30am - 2pm**  
 Rainbow Coast Neighbourhood Centre  
 Morning tea & lunch provided. Creche - subject to availability  
**Session 3: Saturday 16 May | 9.30am - 12 noon (online)**  
**Session 4: Saturday 23 May | 9.30am - 12 noon (online)**  
 Bookings essential:  
<https://parentingconnectionwa.com.au/event/adhdsh/2026-05-09/>  
 Enquiries: 0448 137 192 | [GreatSouthernPCWA@wanslea.org.au](mailto:GreatSouthernPCWA@wanslea.org.au)



**Mandie Sta-Maria**

## Remedial Massage & Holistic Bodywork


*Now taking bookings at Cranbrook Community Hub!*  
 Alternate Tuesday evenings | 4pm - 9pm

**Services include:**  
 Remedial Massage, Relaxation Massage, Trigger Point Therapy, Myofascial Cupping, Reflexology, Reiki, Sound Healing.

**Session Pricing:**  
 1hr Bodywork Session - \$110  
 90min Bodywork Session - \$150  
 2hr Bodywork Session - \$180

**Health fund rebates available and 15% off for Senior Card Holders**

To book, call or text **0457 392 258**  
 Or message via Instagram [@the.bodywork.practice](https://www.instagram.com/the.bodywork.practice)  
 Or visit [www.bodyworkpractice.com.au](http://www.bodyworkpractice.com.au)



## Bowen Therapy

*"The Bowen therapist delivers signals to the nervous system at specific locations on muscles, tendons, ligaments or nerves using gentle rolling moves. The moves are done at the level of the superficial fascia and the body responds in its own time. There is no forceful manipulation. Bowen therapy is suitable for all ages and treatments can be done through light loose clothing."*

Bowen Therapy may be considered for conditions including but not limited to;

- Back pain and sciatica Migraines and other headaches
- Elbow/wrist/forearm issues
- Hip/knee/ankle and foot issues
- Anxiety Fibromyalgia and chronic fatigue syndrome
- Bedwetting in children
- Colic in babies
- Hormonal issues
- Earache and TMJ issues
- Neck/shoulder problems (including frozen shoulder)...

WEDNESDAYS @ THE HUB 9AM TO 6PM BY APPOINTMENT ONLY  
CALL OR TEXT JANE CONNELLY ON 0432 320 973



## DISABILITY ACCESS AND INCLUSION PLAN

The Shire of Cranbrook are wanting your feedback to assist with updating the Shire's Disability Access and Inclusion Plan. The DAIP is a strategic, formal document that outlines actions the Shire of Cranbrook will take to remove barriers and ensure people with disabilities have equal access to services, facilities, information and employment opportunities.



Please use the digital formats being QR Code or Survey Link to complete the Disability Access and Inclusion Plan Survey.

<https://form.jotform.com/261028755982870>

If you would like the survey emailed to you, or require an alternative format please contact  
**Jenny Cristinelli, Community Development Manager on 9826 1008 or [jenny.cristinelli@cranbrook.wa.gov.au](mailto:jenny.cristinelli@cranbrook.wa.gov.au)**

**Surveys to be submitted and or returned by 22 May 2026**



## Expressions of Interest Bloom Festival 2026



Inspired by living tapestries of wildflowers and unique town cultures, the Bloom Festival celebrates the renewal of Spring | Djiiba across the Great Southern Treasures.

We're inviting Expression of Interest submissions from businesses, community groups, venues, producers, creatives, guides and organisations to host events and experiences that showcase our extraordinary natural environment, First Nations culture and settlement heritage, rural life, local produce, and community spirit.

Festival events may include (but aren't limited to) arts, crafts, displays, exhibitions, fauna and flora-themed activities, food and cooking events, guided tours and hikes, heritage trails, markets, Noongar culture events, open gardens, wine and dine events, creative workshops and more.

Visit: [greatsouthern treasures.com.au/bloom](https://greatsouthern treasures.com.au/bloom) for more information  
Email: [bloom@greatsouthern treasures.com.au](mailto:bloom@greatsouthern treasures.com.au) for assistance

**Closing Date: 15 May 2026**

The Shire of Cranbrook invite's you to  
**"Save The Date"**  
for parenting expert



Justin

COULSON

**12th June 2026**

### More Information To Come

**WHO IS JUSTIN COULSON**

- Co-host and parenting expert on Channel Nine's "Parental Guidance"
- Founder of [happyfamilies.com.au](http://happyfamilies.com.au)
- Author of 10 books about raising children with an 11<sup>th</sup> on the way
- Successful podcast "The Happy Families"
- PhD in Psychology

**Proudly funded by**




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



## Gillamii Centre

140 Climie Street,  
CRANBROOK

### Gillamii Centre Opening Times

Wed, Thurs & Friday:  
9am - 4.30pm

Mon & Tues - by appointment

#### General Queries:

[admin@gillamii.org.au](mailto:admin@gillamii.org.au)  
9826 1234

#### Jenna Walliser – NRM Officer

[po2@gillamii.org.au](mailto:po2@gillamii.org.au)  
Mob: 0427 261 234

#### Hilary Watterson – Admin and Library

[accounts@gillamii.org.au](mailto:accounts@gillamii.org.au)

### Project Wrap-Up: Resilient Country, Connected Communities

The Gillamii Centre is wrapping up the project Resilient Country, Connected Communities: Planning for Landscape Renewal in the Inland Great Southern, proudly supported by the Great Southern Development Commission, through funding from the Australian Government's Future Drought Fund and the WA Department of Primary Industries and Regional Development.

This project focused on building drought resilience across our region by working with local landholders and community members to better understand the role of revegetation in protecting and restoring our landscapes. A highlight was the Christmas community event at the Tambellup Community Crop, where growers and community members came together & learned practical ways to manage challenges like biodiversity loss.

From this event, we saw strong interest in revegetation, with several landholders putting their hands up to get involved. As a result, Gillamii worked closely with four local landholders to develop tailored revegetation plans for their properties. These plans included site mapping, recommendations for species selection, and guidance on site preparation, providing a clear pathway for future on-ground action.

Gillamii has reprinted native revegetation practical guides published in 2014, to help landholders take the next steps. These resources are being shared to ensure the benefits of the project continue beyond its completion.



This project has strengthened community connections, increased awareness of drought resilience strategies, and laid the groundwork for future landscape restoration across the Inland Great Southern.

Gillamii would like to thank everyone who participated, particularly the Tambellup Community Cropping Group committee and local landholders who contributed their time and knowledge.

If anyone would like a revegetation guide for the Upper Gordon–Frankland River area, please stop by the Gillamii office to pick up a copy.

## Cranbrook Newsletter

**CRANBROOK PRIMARY**

Dear community

We have just commenced Term 2 and I would like to take a moment to reflect on the many wonderful experiences and achievements our students have enjoyed during Term 1.

Our students have shown great enthusiasm and resilience during our swimming lessons. It was fantastic to see their confidence grow in the water, along with their commitment to developing such an important life skill.

We also completed this year's NAPLAN assessments. I would like to commend all of our students for the calm and focused way they approached these tests. They demonstrated perseverance and a positive attitude, which is something we are very proud of.

A highlight for many was the visit from the West Coast Eagles Football Club. The incursion provided an exciting opportunity for students to engage in physical activity, learn new skills, and be inspired by positive role models. It was wonderful to see so much energy and participation across the school.

Our Year 6 students had an unforgettable experience at their 2 day camp to Barna Mia, with students from Cranbrook, Frankland River and Tambellup. The students got to see the local fauna and flora, whilst connecting with their friends from our network schools, and learning about the biodiversity of the area.

We are very proud of the way they represented our school throughout the camp. The camp was organised by the wonderful staff of the Gillamii Centre and supported by Bendigo Bank.

I would like to take this opportunity to congratulate all of our students for their hard work, positive behaviour, and the way they continue to support one another. They are a credit to our school community.



**From our Chaplain.** Chilly misty mornings have arrived; the maple leaves begin to blush, and the tall Karri are glowing pink from their yearly shed. Summer golden grass is turning green; apples are ripe for picking and the harvest fields are resting, soaking in the gentle rains... Autumn has arrived in our Southern Ranges and students are arriving in warm jackets and as stated by several "dreaming of hot chocolate to begin classes"!

I am involved in our very own school Art Club. We contributed a sculpture into Art in the Park, a community outdoor sculpture event at the Porongurups! Students collaborated on a natural sculpture using Banksia branches, titled 'Village'.



It is so important for children to be immersed in culture and be valuable contributors to the community. I am very proud of how they were inspired and worked harmoniously together.... hope you found it among the trees!

Chappy Joey  
(Chaplain Joanna)



We look forward to:

- 20th April - Students return
- 27th April - Public holiday for ANZAC Day
- 8th May - GS Netball Carnival @ Albany
- 14th May - School Photos
- 28th May - 4/5/6 Assembly
- 29th May - No school (School Development Day for staff)
- 1st June - Public holiday for WA Day

## Child Health Clinic Cranbrook

Information for parents about  
child development & behaviour

**3<sup>rd</sup> FRIDAY** every month

Appointments - 9851 1451

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



*Our Deepest  
Sympathies  
to...*

The family of **Mrs Dorothy Gillam** (nee Marshall)  
who passed away on the 13<sup>th</sup> March aged 97.

Ron Duggin and his family in Mt Barker on the  
death of their much loved wife, Mum and  
Grandmother, **Anne** who passed away on the  
11<sup>th</sup> April. Many will have known Anne over the  
years in their family business Duggins  
Menswear, and their Cherry Orchard.

The Sounness family on the death of their Mum,  
Grandmother and Great-grandmother, **Mrs Cis  
(Cecilia) Sounness OAM** of Mt Barker on the  
19<sup>th</sup> April aged 103 years. Cis was known to so  
many in the Great Southern through her decades  
of playing golf, membership of Country Womens'  
Association and many other organisations.

# Happy

# Mothers

# Day

*Thank you to all the Mothers out  
there for being our guiding light,  
supporting us and loving us!*



## Happy May Birthdays to...

2nd Sandy Lehmann  
3rd Dennis Preston  
Olivia Patterson  
Ziggy Della Franca  
Margaret Dunkley



Raine Melia  
4th Kelsey Siegert  
Lauren Lehmann

6th Beau Ford  
Tony Lanigan

7th Brent Parsons  
8th Ronnie Moncrieff  
Harvey Baxter

9th Laura Cavanagh  
Elleshia Best

10th Corey Morgan  
Zoe Tomlinson

12th Alexander Standish  
Grace Webster

13th Penelope Green  
14th Vern Cooper

16th Rebecca Climie  
17th Janelle Warren

18th Cadi Horrocks  
20th Jack Wilson

Paige Preston  
Elliott Osborne  
Arlo Smith  
Gracie Tiller

21st Jamie Climie  
Trevor Warren

23rd Danny Troy Taitapanui  
24th Joan Walsh

Pam Bullock  
Will Horrocks  
Lachlan Wornum

26th Chris Baxter  
Peter Northover

27th Isaac Dodson  
Rosie Pollard

28th Jessica Fiegert  
30th Mark Preston

31st Ann Wornum  
Sophie Alice Wilson





## Shoeboxes – Operation Christmas Child

The people in Cranbrook and supporting areas have been great supporters of Operation Christmas Child, which is when boxes the size of a shoebox are packed with all sorts of goodies and sent to children who have never received a gift in their lives.

In 2025 every shoebox that was packed in Western Australia, was sent to the Philippines. That means that 25,343 children received a box full of love and hope made just for them. The 306 that we packed were a part of this number.

To put it into perspective Australia and New Zealand together collected 212,401 shoeboxes in 2025. Globally an incredible 12,205,900 shoeboxes were packed and distributed to children in need. Every shoebox that is filled with love, goes to a very special child, this box impacts the whole family.

It's up to you what suits you in contributing to this amazing gifting to these children who often don't even have the bare essentials.

You can gather new goods, or you can make goods, or you can donate money for the freight, and you can even help pack the shoeboxes, this will happen in September.

Here are a few suggestions of goods that are good to send are School supplies (Pens, Pencils, Erasers, Sharpeners, Notebooks), Healthy, (Toothbrush, Face clothes, Hairbrush), Soft toys, Clothes (Caps, Beanies, Undies, T-Shirt, Shorts,

Skirt) Toys, (Car, Balls, Marbells, Dolls, Skipping Rope).

All new Items, No soaps, No Fluids, Guns, or breakable things, like glass!

A friend was unable to go shopping and so gave me some money to do some shopping for the shoeboxes. I was in a shop recently and there were beautiful bright red and yellow thongs, would you believe they were \$1 a pair, so approximately 20 children will get a pair of these colourful thongs. It's great to keep an eye out for bargains, to bless these children.

If you'd like more information, please make contact with me.

Lorraine Preston 0429982680



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[communications@mtbarkercoop.com.au](mailto:communications@mtbarkercoop.com.au).

## CRANBROOK KNIT & STITCH

Thursday's

10am till 2pm at The Hub

BYO lunch ~ coffee and biscuits are always available

If you're new to the district and would like to join us, please feel very welcome to come along - even just for a coffee & chat

Enquires to Chris -  
0404 267 424



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✉ peter.rundle@mp.wa.gov.au	📧 @PeterRundleRoe



## Transitional Firearm Authorities

Act now or risk having your firearms seized

Some firearm licence holders are subject to Transition Authorities issued under the Firearms Act 2024. If you have been contacted by the WA Police Force, you must take the following action **immediately**:

### If your Transitional Authority is nearing expiry

Complete the requirements of your transition to a new firearm authority under the Firearms Act 2024

OR

Deposit your firearm(s) with a licensed firearms dealer or at a police station.

### If your Transition Authority has expired

You are no longer authorised to possess your firearm(s). You must surrender your firearm(s) and ammunition at a police station.

Please note, dealers are prohibited from receiving firearms that are no longer licenced.



Call [1300 894 494](tel:1300894494) or email [firearmsproject@police.wa.gov.au](mailto:firearmsproject@police.wa.gov.au)

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Sun - **Closed**

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- ◆ **Mon to Thurs - we take bookings for evening meals - please phone**
- ◆ **Catering - please phone us to discuss your catering needs for any special occasion**

Phone Orders -  
**0460 784 902**



## Cranbrook Community Men's Shed Inc.

Sometimes the best laid plans go out the door as was the case with the Cranbrook Show being cancelled due to weather. Congratulations must go to the organisers who had planned an amazing event for the community. You made the right call by cancelling as the weather on the day was just not good.

Here at the Men's Shed we had for the first time in a number of years enjoyed some quality time in the workshop making some items to sell. The camaraderie during the leadup was fantastic with some of the members having a few laughs and enjoyment watching design concepts fail, or malfunction. When you get a group of old blokes together, anything is possible. But at the end of the day, we were well prepared and ready to go. We intended selling some Toasty Tongs \$1, Oven Push/Pull sticks \$2 and Mouse Bait Stations for \$5. So if you would like any of these items pop into the Shed on any Thursday or Saturday morning between 9am and 12 midday to buy one.

The Cranbrook Community Men's Shed would like to sincerely thank the Shire of Cranbrook for the generous grant received. The equipment purchased with this grant is already making a difference with both the woodwork and metalwork sections in operation creating some great projects.

Members from the shed will be cooking some amazing bacon and egg sandwiches on Saturday at the Anzac Day gunfire breakfast. We look forward to seeing you all there.

Now is an excellent time to consider joining the Men's Shed with winter coming on, our wood fire will be working overtime as the Lads sit around with a hot cuppa enjoying some good company and lively conversation. You don't need a trade and you don't need to pick up a tool or do heavy work. It's all about having a couple of hours with like minded men for the company and support. Why not pop in and see for yourself.

Our shed is open every Thursday and Saturday mornings 9.00 to 12.00. We welcome new members. Contacts

Mal – 0410 568 519

Dobby – 0400 612 196



## SWIM FOR JIM

*10th Anniversary!*

Our Motor Neurone Disease fundraising year is well under way, now into our 11<sup>th</sup> year.

Dave Wright got the year off to a great start, taking a load of old vehicle batteries to Perth and raising \$3475. So please continue to drop off your batteries to Mt Barker Service Centre and we will put them towards a great cause.

Daniel and Kirri from Ripple Farm Honey have been donating 25% of their sales of honey to our fundraising. You will find them at the coffee van La Brew Ha at Middleton Beach most mornings. So far this year they have donated \$539. Kirri's brother is currently living with MND, so they are closely affected by this beast of a disease.

Rhonda has been continuing to raise money for us through her pop up second hand book stalls, having another successful stall over the Easter weekend, with \$340 raised, taking her fundraising total to \$606.

Thank you to Anne Price for the donation of over 70 new jam jars last year which came in very handy for a jam order I had to fulfill in November.

Our MND Dinner fundraiser date has been set for the 27<sup>th</sup> June at Henderson and Hwang, Kendenup. This is our 5<sup>th</sup> year and we hope you can join us again if you have come previously, or come along for the first time. The night will include a delicious multi course dinner, a jam packed auction with a variety of different things up for grabs, and live music to have a dance to. Get a group of friends together and come along. Tickets will be on sale next month.

## NUNIJUP PATCHWORK & CRAFT GROUP

We begin our days at 10am  
and finish at 3pm.



### Dates for 2026

- ◆ May 7th & 21st
- ◆ June 4th & 18th
- ◆ July 2nd, 16th & 30th
- ◆ August 6th & 20th
- ◆ September 3rd & 17th
- ◆ October 1st, 15th & 29th
- ◆ November 5th & 19th
- ◆ December 3rd & 17th

## Living with Wildlife

by Mount Barker Wildlife Hospital



### When “Rescuing” a Joey Becomes Harm

We love our wildlife in the Great Southern. That’s why this needs saying — clearly, and without sugar-coating:

#### Raising a joey at home is not rescuing.

Even when it’s done with love.

At MBWH, we don’t see the cute photos, the bottle feeds, or the “look what I saved” story. We see what happens when that joey is handed over later — because a holiday is booked, a rental changes, the joey grows, or the animal stops being “easy.”

And the moment it arrives in care can be brutal.

A carer sits up in the dark listening to a joey scream. The joey hisses when anyone comes near. It bites. It scratches. It trembles. The carer wants to hold it tight and reassure it — but the joey doesn’t understand reassurance. To a wild animal, a human is a predator. A stranger. A threat.

Here’s the confronting part: this level of distress is often **worse** than what we see in joeys that have lost their mothers naturally through trauma.

Why? Because a wild joey still knows what it is. It is a kangaroo. It recognises kangaroo smells, rhythms, and behaviour. Even in shock and grief, it has a framework to return to.

A joey raised in a home often doesn’t.

It may never have seen another kangaroo. Never learned normal boundaries or social cues. Never developed the instincts it needs to survive. It learns humans. It learns couches and kitchens. It learns handling. It becomes a “pet” without anyone wanting to admit it.

Then one day the “cute stage” ends. The joey grows. Strength appears. Wildness pushes through. It starts biting and kicking. The kids get scared. The family gets overwhelmed.

That’s when the calls come: “We’re going away — can you take it?” “It’s getting aggressive.” “We can’t manage it anymore.”

Imagine raising a child but never letting them meet other children — no daycare, no school, no playground — then dropping them at the school gate one day and saying, “Bye, you’ll be fine.” It sounds ridiculous, but behaviourally it’s close. The joey is expected to suddenly become the animal it was never allowed to learn how to be.

Then the burden shifts onto volunteers and wildlife services. Carers take these animals in, often without sleep, without support, and at personal cost. They do it because it’s about the animal — not the carer — but it is not sustainable to keep absorbing the consequences of poor decisions.

So here is the rule that matters:

#### If you find a joey, do the right thing immediately.

Not tomorrow. Not next week. Not “just until it’s stronger.” **Now.**

Call a licensed wildlife carer or wildlife hospital straight away. The longer a joey is kept, the higher the risk of imprinting and trauma — and the harder it becomes to give that joey a real chance at a wild life.

Living with wildlife means respecting what wildlife is. The kindest rescue is the one that gives a joey the best chance to grow up as a kangaroo — not as a human story.

### Loving Our Magpies the Right Way

We all love our magpies. Their striking black-and-white feathers. Their confident strut across lawns. Their complex songs that change with the seasons. And in spring, the sound of hungry babies calling from the nest — a noise that tells us life is moving along just as it should.

Magpies are one of Australia’s most iconic native birds, and they deserve our admiration and respect. **But magpies are not pets.**

Recently, wildlife carers have noticed a growing and worrying trend: people “adopting” magpies and raising them at home as companions. While it’s usually well-intentioned, the outcome is often devastating for the bird.

Magpies **imprint very quickly**. Once a young magpie starts to see humans as its parents, it loses the instinct to forage properly, interact with its own species, and understand natural boundaries. A hand-raised magpie may appear tame and affectionate, but it is no longer learning how to survive as a magpie.

Worse still, magpies are **highly territorial birds**. A magpie raised by humans and released into a backyard may wander into the territory of another magpie pair — and the result can be fatal. The bird you lovingly raised can be chased, injured, or killed simply for being in the wrong place at the wrong time.

Keeping a magpie with a dog as a “companion” is also **not okay**. Even the calmest dog can stress or accidentally injure a bird, and the presence of a predator figure interferes with the magpie’s normal development and behaviour.

Another common mistake happens when people find a fledgling on the ground. **This is usually normal**. Fledgling magpies spend time on the ground while learning to fly. Their parents are nearby, feeding and protecting them while they learn essential “magpie skills.”

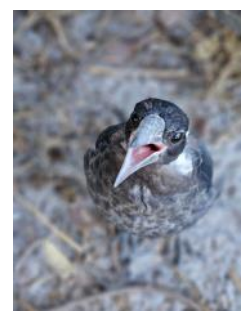
If you see a young magpie hopping on the ground, don’t rush to scoop it up. Observe first. If you’re worried about predators like cats or dogs, a simple solution is to create a makeshift nest — a basket or shallow box with drainage — and place it as high as you safely can in a nearby tree. The parents will continue feeding it.

What you should **never** do is let children take a magpie to school “for show and tell.” Magpies stress extremely easily. Capture, handling, noise, and transport can cause **capture myopathy** — a condition brought on by stress that can lead to rapid organ failure and death, sometimes within hours.

If a magpie is injured, attacked by a cat or dog, lethargic, or truly abandoned, do the right thing. Contact a wildlife carer or bring the bird straight to a wildlife hospital. Early intervention saves lives.

Loving wildlife doesn’t mean keeping it. Living with wildlife means respecting what it is — and sometimes, that means stepping back and letting nature do what it does best.

Our magpies don’t need to be pets to be special. They just need space, respect, and a community willing to help them the right way.





Plantagenet  
Medical

## Cranbrook Clinic Dates

**5<sup>th</sup> May**  
Dr Amanda Villis

**19<sup>th</sup> May**  
Dr Amanda Villis

**Please call 9892 1000  
to make your next  
appointment  
in Cranbrook**

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## St Oswald's Anglican Church, Cranbrook

### Service Dates and Times



#### MAY

3rd	10am	Holy Communion
10th	10am	Morning Prayer
17th	10am	Holy Communion
24th	10am	Morning Prayer
31st	10am	<b>Combined Parish Service at St. Werburgh's Chapel, Mt Barker</b>

*Please feel welcome to join us on a Sunday and stay for a cuppa following the Service*

#### Contacts:

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



## CRANBROOK COMMUNITY SENIORS' LUNCH

Are you aged 60 or more? Please come join our lunches every Friday. Enjoy lovely meals and friendship!

**Fridays**

**12pm**

**The Cranbrook Hub  
3 Dunn Street Cranbrook**

**Cost \$6**



For further information contact Bernie 0407 261 123 or Pam 0417 962 805

A huge thank you to the lunch volunteers for April: Kylie, Janeece, Sandy, Sandy and the Tenterden Hall committee (wow what a lovely lot of sweets we had at Tenterden).



<b>Roster</b>	May 1	Mary	Tina
	8	Red Cross	
	15	Bus trip	
	22	School P & C	
	29	Robyn	Colleen
	Jun 5	Gail	Amber

The lunch group would welcome any new members of our community to join us for lunch.



## Cranbrook Baptist Church

**Sunday Service  
10.00 am**

**Growth Groups run throughout the week**

Contact: **Michelle Preston 0448 660 606**



**AnglicareWA**

### FINANCIAL COUNSELLING SERVICES

Please phone Justine 9851 2611  
Tuesdays and Fridays  
(or leave a message through the week).

Financial Counsellor Accreditation Number 00159.  
Financial Counselling is a FREE SERVICE  
run by Anglicare WA a not for profit organisation.

If you would like a copy of the Newsletter emailed to you please contact us:  
[cranbrooknewsletter@gillamii.org.au](mailto:cranbrooknewsletter@gillamii.org.au)



*Please note that HWY Hair Studio will be open Monday to Friday by appointment. (but closed Wednesdays)*  
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*Thank you, Danelle*

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## CRANBROOK RED CROSS

Members attended the Dawn Anzac Service and the morning march and served morning tea.

Members will provide the seniors lunch on 8th May. This day is remembered by Red Cross members as it is the birthday of the founder Henry Dunant. The Red Cross movement started in 1863 after Dunant witnessed the suffering of thousands of men on both sides at the Battle of Solferino in 1859 .



Have you thought about donating blood? The demand for blood is always high so please ring Lifeblood and book your appointment.

In Albany, the Clinic is open at the Albany Health Campus (131 495) on:

Tuesday /Wednesday 11am to 7pm  
Thursday 7am until 3.30pm

If you knit or crochet Red Cross would welcome baby clothes, Trauma Teddies or blankets to give to those in need. They can be dropped off at Bess O'Neill home or contact Bernie on 0407 261 123.



Thank you to a visitor to town who donated teddies and our member Joan.

### Recipe: Bubble and Squeak

1 kg potatoes  
½ savoy cabbage thinly sliced  
400g carrots peeled and sliced  
50g butter  
Salt, pepper  
1 tbsp oil  
50g cheese

Boil the potatoes for 10 minutes, add carrot and cabbage cook further 5 minutes.

Drain well and return to pot, heat for 1 minute.

Mash everything well with butter, salt and pepper.

Grease grill proof dish with oil, pile in the mash, sprinkle with cheese and put under the grill until golden brown ( 3 – 5 minutes).

You can use left over vegies for this recipe.

Eat on its own or add meat dishes, beans or eggs. Enjoy.



### Extraordinary Election Cranbrook Shire - 26th March 2026

**Tony smith**

My heartfelt congratulations to Peter and Harvey for their successful appointment to Council.

I wish to also thank everyone who voted during the recent Elections with special thanks to those who voted for me. We did well with approximately 25% of the votes. That's not a bad result for a first time. My interest in being involved as a Shire Counsellor is still strong. There will be a next time.

Thank you again. Tony Smith.

### Congratulations Frankland Rural

Six Great Southern projects will share \$1.02 million in funding under Round 8 of the Great Southern Development Commissions Regional Economic Development (RED) Grants program, supporting economic diversification and long-term business resilience.

Fankland Rural has been awarded \$180,000 for the construction of a purpose-built agribusiness hub in the Frankland River town centre. The new hub will increase the capacity for local agronomy, soil testing and advisory services in the middle and upper Great Southern, boosting local expenditure and service availability.

For more details on Frankland Rural's project please check out The Franklander Vol 29 No 8 available online via the Shir of Cranbook or Frankland River CRC websites.

Check out the other successful projects by visiting <https://gsdc.wa.gov.au/more-than-1-million-for-the-great-southern-in-reds-round-8>

## CRANBROOK MUSEUM

**Roster**      May      Bernie  
                    June      Ronnie

Please call 0407 261 123 if you would like to visit the Museum.





## Free, confidential mental health & wellbeing support for farmers & their families

HOW CAN WE HELP YOU?

With the addition of three new counsellors from January 2026, Rural Aid is now offering more support to farmers, their families and their communities than ever before in Western Australia.

Jo Ashworth, Chris Gibbs and Louise O'Neill join experienced Rural Aid Counsellor and Community Representative, Roger Hitchcock, to provide counselling and wellbeing support, community engagement and increased awareness of Rural Aid's services, which include financial assistance, fodder, domestic water deliveries, educational funding, and connection of farmers to paid or volunteer workers through the Farm Army initiative.

Jo Ashworth, a farmer and experienced counsellor in her own right, brings Rural Aid services to the Midwest and Northern Wheatbelt regions. Jo understands the unique pressures that come with farming and rural life and takes a practical, down-to-earth approach, meeting people where they're at. She recognizes that people know their own lives best and aims to work alongside them with whatever they bring to the table.

Jo is based in Kalannie.

Based in York, Chris Gibbs brings support to the Central Wheatbelt region with a background in men's health advocacy, local government, and music education, including a storied career in the music industry. Chris brings a calm, compassionate approach to his work with Rural Aid. He is committed to walking alongside farmers, families and rural communities, offering empathy, understanding and a sense of hope during adversity.

In the southern region, Louise O'Neill, also from a farming family and her own counselling service, provides support with a background in sports physiotherapy. Louise believes in the power of movement to support mental health. Her own experiences with running and swimming during challenging times continue to inform her approach. Louise feels privileged to hear people's stories, and considers it an honour to support rural communities with compassion, respect and genuine care.

Each of the four Rural WA team members are actively approaching regional organizations, businesses, volunteer groups and schools with a view to reaching more community members in regional WA who could benefit from the various supports that can be accessed through Rural Aid, including the popular Mustering Growth program, a five-session incursion focusing on wellness in school-aged children.

Jo, Chris and Louise were added to the Rural Aid team with the assistance of the federal government's Community Wellbeing Program, a \$1.5 million initiative under the \$140 million Sheep Industry Transition Assistance Package.

More information on the WA Rural Aid Counsellors and the MHWB team can be found on the official Rural Aid website at [www.ruralaid.org.au](http://www.ruralaid.org.au) ([www.ruralaid.org.au/mental-health-wellbeing/](http://www.ruralaid.org.au/mental-health-wellbeing/)).

**Rural Aid Australia - Roger Hitchcock**

**Counsellor & Community Representative West Australia based in Narrogin  
(Wagin and Surrounding Region)**

**M:** 0460 310 661 | **P:** 07 3153 4656 | **E:** [roger.hitchcock@ruralaid.org.au](mailto:roger.hitchcock@ruralaid.org.au)

**Head Office : 1300 327 624 / Mental Health and Counselling Line 1300 175 594**

[ruralaid.org.au](http://ruralaid.org.au)

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## Cranbrook Football Club

Further to our article in the April edition of the *Cranbrook Newsletter*, from records provided, the following photograph was sent to us by Robb Lilford. The 'T' Lilford would have been F. (Frank) Lilford.

Kevin McGill coached Cranbrook in 1963/64 and Syd Dufall 1965/66.



## The Push-Up Challenge is Australia's largest mental health and fitness event.

Every year, Australians participate to improve their physical and mental fitness, have fun and raise funds to make a difference to mental health in Australia.

### Options for all fitness levels

Not everyone's a push-up pro - just aim for half the target or substitute push-ups with alternatives, like sit-ups, squats - anything goes.

### Exercises

The full target is 3,307 push-ups in 24 days. This number represents the number of lives lost to suicide in Australia in 2024 (the most recent available data).



**JUNE 3-26.  
REGISTER  
NOW.**

**PUSH FOR BETTER FOUNDATION** **Lifeline** **headspace**

[www.thepushupchallenge.com.au](http://www.thepushupchallenge.com.au)

### Participation Options

Fundraise for one of three mental health organisations or don't fundraise. Sign up solo or create a Team with your [mates/family](#), [school](#), [gym](#), [club](#) or [workplace](#). It's your choice.

There's an app to help you stay on track, daily facts and targets and some great resources to help out.

Amanda Smith has created a [Cranbrook and Communities WA](#) team for anyone who wants to participate but doesn't want to do it solo and doesn't want to create their own team. There's no pressure and no fundraising target. Any team funds raised will go to Headspace Albany. Any funds raised personally will go to your nominated group eg Amanda's personal page is raising funds for the Push For Better Foundation to support this event going forward.

Please take time to check out [The Pushup Challenge](#) website for full details and resources





# OUR SINCERE THANKS TO THE SHIRE OF CRANBROOK

FOR SUPPORTING JUNIOR HOTSHOTS AT TENTERDEN IN SEASON 2025-26 — THROUGH THE SHIRE COMMUNITY GRANT PROGRAM.

Our HotShots program has been appreciated and enjoyed by our members and the community — THANK YOU!



## Cranbrook Newsletter



SEASON 2025-26



## Super Saturday

**“ Super Saturday would not have been possible without the ongoing grant program available through Tennis West, supported by Healthway and Fuel To Go & Play.”**

SUPERb Super Saturday, Super sunshine, Super hotshots crew and SUPER fun!

30 players including 11 super cute little Blue stage hotshots stars plus extra younger siblings, dads helping out, babies—we love it x



Super big thank you to all our amazing hotshots families for supporting our program this season. 19 players for the junior round robin singles tournament. We're super proud of our juniors; conquering singles at a young age within a supportive fun format is great for confidence—only way is up now for for these superstar tennis players—absolute champions!

Huge thanks to our volunteers who helped throughout the season and with umpiring for Super Saturday.

Special thanks to our fabulous coaching team— René, Courtney, Michelle, Mel and also to the dads that helped out when needed.



Congratulations to our 2026 Junior Singles Champions:

Girls Champion: Billie Beech

RU: Isabelle Tomlinson

Boys Champion: Charlie Lehmann

RU: Oliver De Giambattista

Orange Winner: Frederick Oelofse

RU: Andreas Oelofse

Red Winner: Joa Oelofse

RU: Marnie Watterson, Dawson Preston, Harley Wilson, Hugo Beech, Will Adams and Georgia Preston each received a pair of socks as they couldn't be separated on a count back!!!

Sportsmanship: Ebony Clode and George De Giambattista



## 2026 Singles Champs Saturday 11th April

Congratulations to everyone who played in this season's club singles championships— you're all legends! We were thrilled with the turn out— 25 players in total! Thank you to sponsors: Elders Cranbrook and Community Bank Tambelleup Cranbrook. Fabulous day played under a beautiful sunny blue sky.

**Congratulations to our 2026 Club Champions—**

*Ladies Champion: René Oelofse*

*RU : Alex Riggall*

*Mens Champion : Sam Graham*

*RU : Chris Wise*

**B Grade:**

*Ladies winner : Sue White*

*RU : Courtney Wilson*

*Mens winner : Chris Tomlinson*

*RU : Elijah Graham*



Supporting Your Community  
Community Bank  
Tambelleup Cranbrook

## CRANBROOK SPORTING CLUB

Open on Thursdays from 5pm with meals on sale from 6 - 8pm

Everyone is welcome to the Club where you can enjoy a chat, drink and a meal, a game of pool or darts or a roll of bowls (weather permitting).

The Club is available for hire for functions like birthdays, weddings, funerals, meetings etc. Contact Gail, Club Secretary 0472 517 220.



Thank you to **Louise O'Neill** from **Rural Aid** for her presentation at the club. You can contact her on 0475 558 706 for a chat or to arrange a meeting.

Thank you to **Chelsea** for arranging the **footy afternoon**. We watched the game, enjoyed kids games and the best dressed competition and a yummy hamburger.  
Thanks for attending.

### PENNANTS & LEAGUE BOWLS SEASON END

The bowls season is about to come to an end.

#### Closing day

Sunday 3rd May

1pm

All welcome



The new green will be officially opened, bowls will be played and followed by a casserole tea and presentation of trophies.



The ladies and men have played in the League Triples, Pairs and singles during April and this completes the league events for this season.

### SOCIAL & SCROUNGERS BOWLS

**Social bowls** can still be played on **Thursdays** depending on the weather. **Scroungers bowls** will commence shortly.



Our new green and shades look fantastic and the club thanks the **Shire of Cranbrook, CBH Group, Mt Barker Co-op, members** and the **Tambellup Cranbrook Community Bank** for their assistance with this project.

Thank you to all the club **sponsors** during the season. Without your support the club would not be able to hold these events.



Winners of the Opening Day on ANZAC Day, sponsored by Dot Kleemann, were Sean and Ryan with runners-up Harley and Keith.

#### The fixtures for May are:

3rd May (Sunday):	Par
9th May	Stableford
17th May (Sunday)	<b>1st Round C/ships</b>
23rd May	Stableford sponsored by Bendigo Bank
30th May	Par sponsored by Tim's Tyres


Names in at 12.15 for a 12.30 start  
**ALL WELCOME**

**President:** Joe Horrocks - 0488 329 367  
**Captain:** Jack Wilson - 0439 893 778





# MAY 2026 CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
April 26	27 Recycling	28 Vet Clinic	29	30 Mens Shed Nunijup P/work Cbk Knit & Stitch	May 1 Playgroup Nurse your Nervous System	2
3 Bowls Closing Day	4	5 <u>Drs Visit</u> Vet Clinic	6 Meet NDIA	7 Mens Shed Cbk Knit & Stitch GS Netball Carnival	8 Seniors Lunch Story Time	9
10 Mothers Day 	11 Recycling	12 Vet Clinic	13	14 Mens Shed Nunijup P/work Cbk Knit & Stitch School Photos	15 Seniors Lunch Child Health Clinic Playgroup	16
17	18	19 <u>Drs Visit</u> Vet Clinic	20 Shire Council Meeting	21 Biggest Morning Tea  Mens Shed Cbk Knit & Stitch	22 Seniors Lunch Story Time Meet NDIA DAIP Submissions Close	23
24	25 Recycling JUNE Newsletter 	26 Vet Clinic	27 Play in the Park	28 Cbk Knit & Stitch	29 Seniors Lunch Community Grants Close Playgroup	30 & Sun 31

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Cranbrook Shire emergency	0418 759 598
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Hospital Mt Barker	9892 1222
Hospital Albany	9892 2222
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LifeLine	13 11 14
Beyond Blue	1300 22 4636
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## ST JOHN AMBULANCE



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**Chairperson:** Anne Parsons - 0429 904 652  
**Secretary:** Anne Humble - 0438 930 229  
**Treasurer:** Tracy Wilson - 0427 325 907

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