



# PCN

Pemberton  
Community  
News

ISSUE 249

May 2025

\$2

Thank you to **Jeremy Van Hazendonk**  
for this month's cover photo.



## MAY AT A GLANCE

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Back issues: available on request.

Contact the Pemberton CRC 08 9776 1745

or [pcn@pembertoncrc.org.au](mailto:pcn@pembertoncrc.org.au)

**NB: Deadline 26th of the Month**

### Looking for Contributions

Do you have an interest, article, advert or information on an event, sporting or community group? Send all contributions in to

[pcn@pembertoncrc.org.au](mailto:pcn@pembertoncrc.org.au)

## EDITORIAL

Well it is now officially the Merry Month of May.

So many interesting days of significance this month, from Mother's day to World Password Day, National walk to School Day, Star Wars day, Volunteer week, National Sorry Day and Reconciliation Week, amongst other things.

It is also the beginning of spring, admittedly, on the other side of the World!

Although here, we will be heading into the darker months of Winter. Does it not give us a reason still to celebrate? Enjoy the cold and snuggle in front of the fire? Watch the dams and puddles fill up with wonderful rain and all the benefits this brings.

It got me thinking about gratitude. Cultivating a gratitude practice, recognising all the things we have to be grateful for and taking the time to really think about those things.

Being grateful doesn't need to be a grand production. No fanfare, no oversized bouquet to hand to your most stoic friend (though they probably deserve it). Often, it's much simpler — a genuine thank you, a shared smile, a quiet moment where you realise: "Actually, life's not bad. Pretty good, really."

Of course, we all have our off days. In fact, last month's editorial was all about disappointment — the heavy kind, the kind that lingers longer than we'd like. It happens. Life is full of ups and downs, and pretending otherwise doesn't really work. But sometimes, I wonder — how often do we really stop and focus on the good stuff? At all?

I recently read a book called The Art of Being Brilliant by Andy Cope and Andy Whittaker. They offered a brilliant little analogy that's stayed with me: they suggested that ignoring life's good bits is like panning for gold and only seeing the gravel. Isn't that such a clear image? Who in their right mind would toss aside nuggets of gold because they were too busy grumbling about the dirt?

It reminded me that gratitude isn't about ignoring what's hard — it's about choosing not to miss what's beautiful. A catch-up with a friend. A sky full of stars. A dog wagging its tail like you're the best thing that happened to it all day. A hot cuppa, a warm bed.

Maybe this month, we all try to notice the nuggets of gold, as tiny as they may be. Say thank you when it's due. Share a smile with someone who looks like they need one. Or simply pause and think, "Yep, I've got it pretty good."

No parade necessary.

Gaye





# All-Sorts Exercise Group

## Extra sessions



Tuesday 20th May 2025

&

Tuesday 17th June 2025

9am - 10am

### Falls prevention classes

with Exercise Physiologist  
Alyson Pennycook

Session 1: Focussing on strength and balance.

Session 2: focus on health strength, fitness, and mobility



#### Location

Karri & Jarrah Room,  
Pemberton Community Sports Club

#### Any enquiries contact

Email: [office@pembertoncrc.com.au](mailto:office@pembertoncrc.com.au)

## Vale: Don Box

With a great deal of sadness, news filtered around our town of the sudden death of Don Box.

As a community, we offer our sincere condolences to his family.

Don was a quiet man who had so much to offer our small town.

I got to know Don about thirty years ago and remember going out to his farm to see a rammed earth building being built. I didn't want to be nosey, but Don welcomed us onto his land and showed us around the building and how it was constructed.

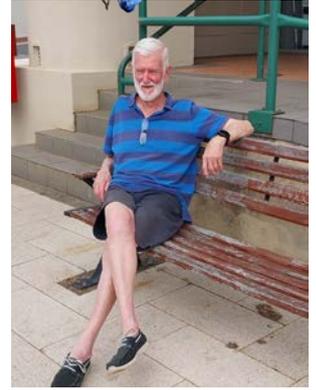
I have been very lucky from that time on to have Don and his wife Joanna in our lives.

Don was a stalwart in the community, sitting on several committees, and was a wealth of knowledge on the intricacies of "constitutions" where he helped the Visitor Centre, Resource Centre, the Arts Group and others navigate the changes that were being made. Without his gifted guidance it would have been a nightmare for the rest of us.

Nothing was too much for Don, just a simple word asking for his help was all it took.

I value his friendship and support and enjoyed our catch ups at his home in East Fremantle. All communities need a person like Don. It's our turn now to say a fond farewell to such a valuable and loved friend and member of our community. Don will be greatly missed.

Paul Nolan



Thanks to our sponsors



## ALL-SORTS EXERCISE

# MOBILITY AND STRENGTH TRAINING

WITH TRISTAN MILLS

12<sup>th</sup> May  
9-10am

@ Pemberton  
Community  
Sports Club

## \$5 Entry

Thanks to our Sponsors



## Accessing Government Info

For STATE government access, there is a free Government Information Access Portal at the CRC (a dedicated PC and printer access).

For Federal Department of Human Services government access, such as Centrelink and Medicare and My Gov.

There is a dedicated PC (next to the Centrelink fax machine).

So if you have government-related business to do or information to find, you can do it at the Pemberton Community Resource Centre for free.





**SOUTHERN FORESTS & VALLEYS**  
*Heritage Festival*

**2025 HERITAGE FESTIVAL**

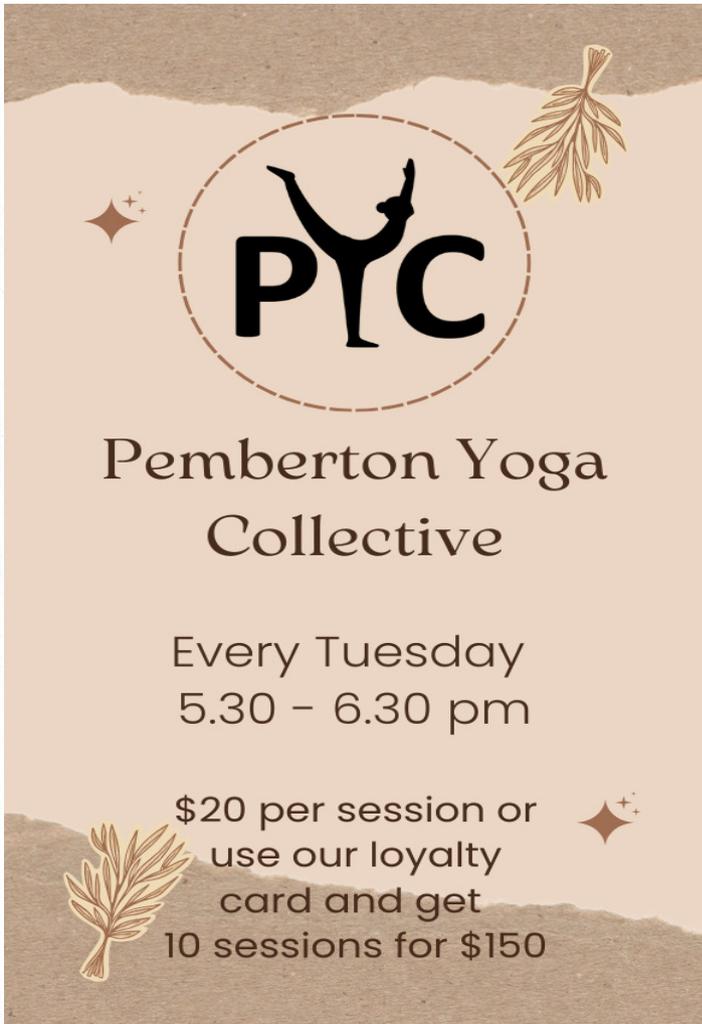
Discover the nature, culture, and heritage that has shaped our region through engaging historic tours, family-friendly activities, workshops, heritage walks, demonstrations, and much more.

**Saturday, 19th April - Sunday 4th May 2025**

Events and activities will span across all our charming towns: Balingup, Walpole, Nannup, Boyup Brook, Bridgetown, Pemberton, Greenbushes, Manjimup, Donnybrook and Northcliffe.

FOR MORE DETAILS, VISIT [WWW.SOUTHERNFORESTSANDVALLEYS.COM](http://WWW.SOUTHERNFORESTSANDVALLEYS.COM)

SCAN ME! 

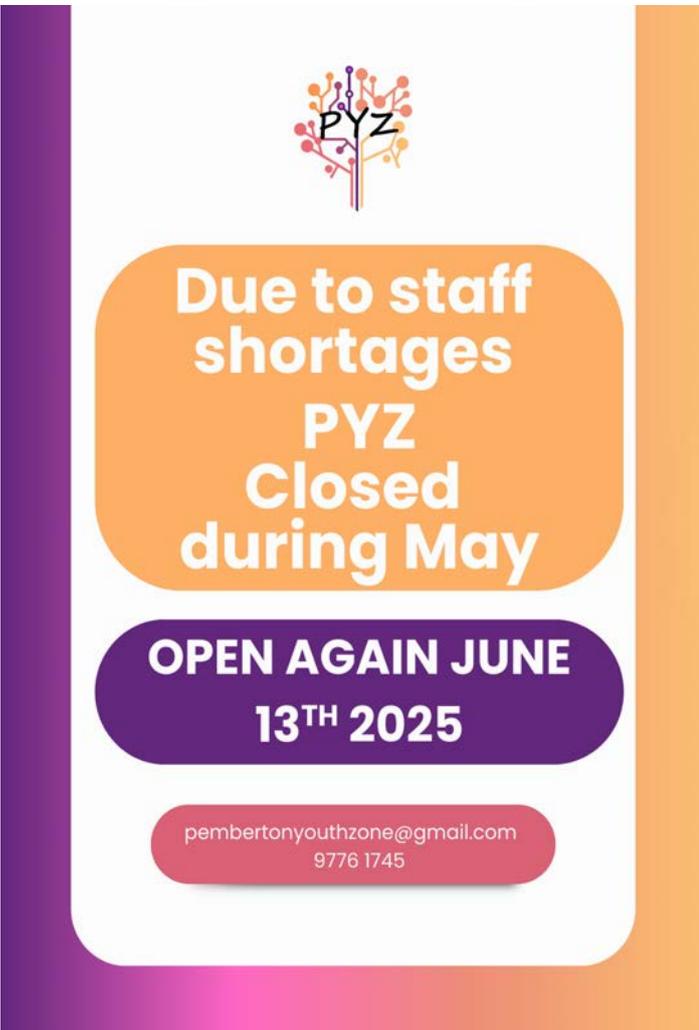


**PYC**

**Pemberton Yoga Collective**

Every Tuesday  
5.30 – 6.30 pm

\$20 per session or use our loyalty card and get 10 sessions for \$150



**PYZ**

**Due to staff shortages**

**PYZ Closed during May**

**OPEN AGAIN JUNE 13<sup>TH</sup> 2025**

[pembertonyouthzone@gmail.com](mailto:pembertonyouthzone@gmail.com)  
9776 1745



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## HONOURING OUR GROUP SETTLERS

ARTICLE BY ROSALIND PIPER

Photos by Renata Suckling

Our Group Settlement weekend event was very well attended by many family descendants of all or our Pemberton Group Settlers. More than 150 attended over the weekend.

Friday evening registration was surrounded by interesting displays at the museum and workshop put together by our museum team led by Renata. Individual and extensive folders were collated by Alan using endless research and reconnecting with names.

Gathering visitors rejoined at the RSL rooms to enjoy endless "catch-ups" and refreshments supplied and served by museum volunteers.

Saturday had a busy programme of bus tours (courtesy of Pemberton School Bus team) out to Group Settlement areas.

Each trip was conducted and entertained by local input.

To the West; Souths, Dunnets, Frenchs and enjoyed by Shoobridges, Wozencrofts, Hawkes and many more.

To the East; Alan Phillips co-ordinated with assistance from Omodei and Wellburns, enjoyed by Moores, Hunters, Foxes, Withnalls, Lawrence, Shuards and many more.

Proceedings for the weekend were kept on track by ringing of the Springfield school bell by caretaker Warren South. Thanks to Bev for manning the tea and coffee all day with famous fruit cake for all.

The evening led into the monthly Pemberton Old Time dance. Our stately jarrah floor was revisited and enjoyed by many young and old visitors and many regulars to music by Gulio. Dance funds go towards fund raising for the Mill Hall maintenance.

Sunday at the hall was another chance for families to reunite, remember, reconnect and laugh together. Bottomless Devonshire tea by the Phillips family started the conversations.

An original Group Settlement tin bath housed the raffle which contained; local produce, wines, local history books and a picture frame made from old Hall floor boards.

Lunch from the Mill Hall caterers, Group photos, folders and stories from ancestors continues up till Tony Ryan's showing of one of his father's home made films on Pemberton. Another Pemberton gem of his days of 1940s to 1980s.

Some visitors still remained in town to take time to look through the museum displays and folders, to



revisit their old settlement farms and visit passed family members at the cemetery. Each grave a story in itself.

We hope we did them all justice in "Honouring

our Group Settlers"

Ros, president of Pemberton Heritage and History Group Inc. made

up of a dedicated museum team and members. Email: [pembertonhistory@gmail.com](mailto:pembertonhistory@gmail.com)

Our PH&HGroup wish to specially thank our museum team, Tony Ryan, Pemberton Bus team, The Mill Hall team and the many sewers in town that made the very appr

opriate hessian bags that contained local produce to symbolise the tough early days of Pemberton

Some thank you quotes.....

"...I just want to both congratulate and thank you so much for the weekend of activities to honour the Group Settlers. You and the team of volunteers from Pemberton History and Heritage Group did an amazing job of bringing together people with shared interests to celebrate, through talk, photos and film, the life of the Pemberton Group Settlers.

Above all it was so special to be able to spend the weekend with my Dad and witness the joy and delight on his face as he chatted with friends and acquaintances.....some lovely new memories were made on the weekend that I will cherish forever."

...

"Congratulations on such a well organised and wonderful weekend that you all provided for us old Pembyites. ! Such a lot of organising went into this weekend for us. Well done to you all....."

We met cousins, second cousins, school friends, neighbouring farm families and made new friends as well. We have not seen a lot of these people for many years and it was so enjoyable with lots of reminiscing, laughter and catch-up talking. I also found out that we have forgotten how to dance!!

I contacted a farmer that I went to school with, if I could bring my cousin out to his farm, as my Grandfather had owned that farm many years ago and my cousin had never seen or stepped onto the farm that her mother was brought up on for twenty years. She was overjoyed and as her mother is still alive today at 97, she was able to take photos back and talk it over with her Mum. Such a wonderful day, and we had a real county style afternoon tea with scones, jam and cream and made to feel so welcome."

...

"Thank you to all those involved in the wonderful presentation to the Group settlers of Pemberton.

Our family who attended thoroughly enjoyed the convivial atmosphere. To all the volunteers thank you. "



May 2025

## The Huntsman and the Wolf

### Terrifying or Terrific?

There are hundreds of species of Wolf spiders (Lycosidae) and Huntsman spiders (Sparassidae) in Australia, and they are two of our most feared spiders - inside or outside of the home. But they really don't deserve a bad reputation or our fear and loathing.

Huntsman spiders conjure up images of big hairy Tarantulas terrifying people when they scuttle out from behind curtains or crawl along the ceiling, and Wolf spiders seem to be everywhere – roaming in the garden or running along the floor, disappearing under the lounge.

The fact is these spiders, although sometimes frightening, are completely harmless, and if found in the house it is either by accident or they are only there to help you control insects like moths, crickets and flies, or even other spiders.

### Huntsman spiders

These long-legged spiders, measuring up to 100mm or more across the legs, are grey to brown, sometimes with leg banding. They are nocturnal and are known for having keen eyesight making them excellent hunters – hence their name. Huntsman spiders are very sure footed and quick, often running down or leaping onto prey. They are known for their flattened bodies and laterigrade (forward pointing) legs and appear wider than long. They are found Australia wide, huddled in family groups, or solitarily in wood piles, under the bark of trees, on rock walls, under leaf litter and logs – and occasionally inside the house. Huntsman spiders have eight eyes in two rows of four - all the better to see you with!



### Wolf spiders

These spiders measure between 10-80mm across, they are smaller and stouter than Huntsman spiders, with shorter legs. Unlike Huntsman spiders, their legs extend straight out from the body rather than being angled and positioned sideways. Their bodies appear longer than they are wide. They live on the ground and are usually dull brown with white, black or grey variegated markings or radiating bands. Wolf spiders are found Australia-wide in all habitats and are vagrant hunters making temporary retreats in vegetation, although some build burrows, either open or with a trapdoor. Wolf

spiders have eight eyes in three rows of 4, 2, and 2. The 4 rear eyes are greatly enlarged and form a square making them very recognisable. They have excellent eyesight and chase down their prey, much like a wolf - and this is where they get their common name.



Remarkably, both these spiders also show some endearingly human traits. For example, Huntsman spider breeding pairs have lengthy courtships involving mutual caressing and dancing. Wolf spiders demonstrate incredible maternal care for their young. You may have seen the little spiderlings being carried on the mothers back whilst she teaches them how to hunt and protects them from danger, often for up to six months. Wolf spiderlings are aerial dispersal specialists, where they spin a silken thread to catch the wind and fly away in an act of dispersal called ballooning. Although they do spin silk, neither Huntsman nor Wolf spiders create a web for catching prey but will spin silk for their egg sacs.

We hope you've gained an appreciation for these remarkable creatures, understanding the differences between them and the differing roles they play in our ecosystem.



### Report your observations

Pest and Disease Information Service (08) 9368 3080 | [padis@dpird.wa.gov.au](mailto:padis@dpird.wa.gov.au)  
MyPestGuide® Reporter via app or online [mypestguide.agric.wa.gov.au](http://mypestguide.agric.wa.gov.au)

## FRAMED

ARTICLE BY ANNE TIQUITY

Image from pixabay

Being a child of the early 40's we little tackers were sent out of the city to assorted safe places down south, and so it was that my formative years were spent with my Belfast family in a midget town in the Lower Southwest, while Mum and Dad were in the services.

My large, deaf and very loud Grandad greeted his own home and each one he visited by roaring "God bless everyone in this house", which pretty well set the tone. Despite being a dairy farm with all the associated sources of problems which called for 'dairy language' we never heard any of that, but recognised that the lumbering, ancient and unreliable family truck named Churchill – and berated as such – was not an affectionate pet name.

So when we returned to the family fold, we continued to learn, my Mum with a bar of Lifebuoy Soap at the ready for any infringements. My dad, on the other hand, sat us down on occasion and gave us a graphic understanding of any four-letter word we might be exposed to. This information, giving the etymology and exact meaning, we soon learnt that such words were entirely inappropriate on any occasion we might have heard, or even considered, using them. Lesson learnt.

In this day of the perpetually offended there is no doubt the following ditty will not meet the criteria of those with tiny narrow minds, but while mine is still functioning, it is my duty to prove my point, and so I introduce a poem of the 40's full of wit and clever descriptions, an the best punchline ever. I trust you will love the rhythm and rhyme and smile a little, life certainly needs a few smiles.

*This is the tale of Sonia Snell  
To whom an accident befell;  
An accident to which was lent  
Confusion and embarrassment.  
It happened, as it does to many,  
That Sonia went to spend a penny,  
And entered in with modest grace  
The properly appointed place  
Provided at the railway station,  
And there she sat in meditation,*

*But with this knowledge unacquainted  
The woodwork had been newly painted.  
Soon Sonia came to realize  
Her inability to rise,  
And though she struggled, pulled and yelled,  
She found that she was firmly held.  
And so she raised a mournful shout  
"Please someone come and let me out!"  
Her cries for help quite quickly brought  
A crowd of every size and sort,  
Who stood around and feebly sniggered  
And all they said was "I'll be jiggered!"  
The Stationmaster and his staff*

*Were more polite, and did not laugh.  
"Cor Blimey!" croaked an ancient porter  
"We'll 'ave to soak it off with water!  
They tugged at Sonia's hands and feet  
But could not get her off the seat.  
A carpenter arrived at last  
And finding Sonia still stuck fast  
Remarked "I know what I can do"  
And promptly sawed the seat right through.  
Sonia arose, only to find  
A wooden halo on behind.*

*An ambulance came down the street  
And bore her off, complete with seat,  
Taking the wooden-bustled gal  
Off quickly to the hospiTAL.  
They hurried Sonia off inside  
After her short but painful ride  
And seizing her by heels and head,  
Laid her face downward on the bed.  
Male students all came on parade  
To render her immediate aid,  
With prodding fingers, probing thumb,  
They each examined Sonia's bum.  
Then, to ensure there was no pain,  
They all examined it again.  
"How are you feeling?" "Fine," said she,  
"It's how YOU feel that bothers me."*

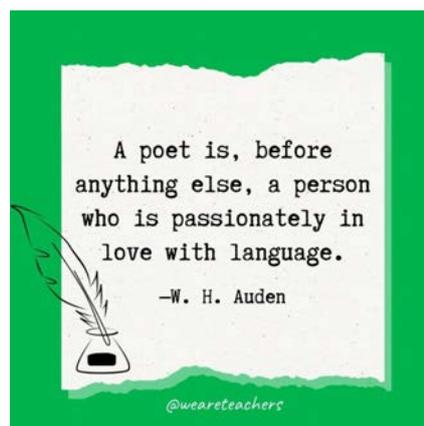
*The surgeon came and cast his  
eyes  
Upon the scene with some  
surprise.  
"Well, well " he said "Upon my  
word",  
"Could anything be more absurd?  
Have any of you, I implore,  
Seen anything like this before?"  
"Yes," said an intern, unashamed,  
"Frequently, - but never framed."*



This poem is attributed to a Mr. Doug Ginger, written at an Army Barracks for a skit night. Naturally, it was instantly appropriated by some famous comedian who took all the credit.

However, some wit added a few lines at a later date reading:

*"Ever since these sad events,  
She does it standing at in the gents".*



**REGIONAL COLUMN**

ACTING SENIOR REGIONAL OFFICER  
FOR SOUTH WEST,  
Annetta Bellingeri



**Stay compliant: is your association at risk of being shut down?**

If you're involved in running an incorporated association, it's really important you're aware of the reporting responsibilities. Understanding these responsibilities reduces the risk of the association being cancelled. Given the role associations often play in communities, this could be a devastating loss due to a simple oversight.

An incorporated association can be something like a sport club, a citizens or rate-payers group, a car club, an animal rescue volunteer group, a school P&C ... or maybe an environmental group. There's lots of reasons people want to form an association.

The key point is the group is not-for-profit and any money it does make goes back into the association.

Incorporated not-for-profit groups in Western Australia are administered by Consumer Protection and are required to submit an annual information statement (AIS) every year. This simple online form asks a few questions about the association's activities, the annual general meeting (AGM) and basic financial information.

Information statements must be submitted within six months after the end of an association's financial year. Associations and clubs can choose their own financial year, so the due date for submitting will differ between groups.

When an association does not submit its AIS, Consumer Protection may believe it is no longer operating and take action to cancel its incorporation.

Around 2,000 associations are currently at risk of being cancelled after not submitting their AIS. Consumer Protection has attempted to contact them over a number of years, but often the mail is returned meaning the contact information is not up-to-date. The Department has made attempts to find contact details for these clubs, which have been unsuccessful. This is one reason it's crucial associations keep these details current.

Consumer Protection will never cancel an association without plenty of warnings and attempts to contact committee members, but it's important this contact is not ignored.

The quickest way to complete the AIS and submit forms on behalf of an incorporated association is via AssociationsOnline. If you are responsible for an incorporated association you can register for access to AssociationsOnline to manage its registration and other obligations at – [www.demirs.wa.gov.au/associationsonline](http://www.demirs.wa.gov.au/associationsonline).

The Consumer Protection website has a tonne of information to help people start and run an efficient association. It's also worth subscribing to the Associations Newsletter for the latest updates on laws, events, news and reminders.

Consumer Protection has published a list of associations that are at immediate risk of being cancelled. Check if your association is listed by visiting - [consumerprotection.wa.gov.au/AIS](http://consumerprotection.wa.gov.au/AIS)

Please contact our team on 1300 30 40 74 or email [associations.branch@demirs.wa.gov.au](mailto:associations.branch@demirs.wa.gov.au) for any further information and advice.



**MILL HALL UPDATE**

The Mill Hall members worked tirelessly for fundraising activities in the past month:-

- Sausage Sizzle and Hamburgers at the Karri Valley Triathlon
- Catering for the Group Settlement Luncheon
- Mill Hall Easter Markets

These events were a roaring success and help greatly in keeping the funds happening for the maintenance and running of this wonderful venue which continues to serve the community.

The Raffle Winners at the Markets were:

- 1st Prize ROBIN JOHNSTON
- 2nd Prize JENNIFER
- 3rd Prize ANNA NOLAN

There are many inquiries from near and far for hiring the Mill Hall, even at a National level!

- THURSDAYS 5PM BOOTSCOOTING
- SAT 10TH 7PM OLD TIME DANCE

This hall was built for the community and stands strong as testament to the wonderful

hard-working community members who have in the past and continue to maintain this building. You are always welcome to contribute to keep this iconic venue in top condition.

We would love you to become a member for \$16.50.

Mill Hall banking details:

WESTPAC                      BSB: 036126  
ACC: 237796

We have an account with Containers for Change. This is for the collection of the 10c cans and bottles. The account is C10562118. You can drop them off or we can pick them up for you. You are also welcome to leave them at the tip in a woven plastic bag (feed bag) and label them with the number C10562118.

President

Deanne Ventris

## CWA



The Country Women's Association is ticking along nicely. We are in the process of getting blinds made for around the verandah. Main reason being to protect the stall holders in winter as it gets pretty bleak out there.

We have some new members who are getting to know the ropes regarding the running of the op shop. A lot of work is involved so it is not for the faint hearted. Other aspects of CWA tend to fall by the wayside sometimes.

We are losing one of our valuable members to Bunbury. That's how it is.

We were run off our feet on Easter Saturday and did very well indeed. Many holiday makers with children and dogs all looking for a good find.

We are now getting ready for Anzac Day, hope the weather is nice. Well today is Anzac Day. Heaps of people at both the Dawn Service and the eleven o'clock service. We didn't have quite enough food, though what is enough? Not good for our reputation though, but really we had heaps.

Sausage rolls and mini pies the most popular, followed by mock chicken sandwiches!!!

*All for now*



## MONTHLY PRAYER

Father God

How blessed we are to live in such a beautiful, majestic part of the world? Help us appreciate our stunning surrounds and natural scenery. May we stop and take a moment from our busy lives to look around and be grateful. Grateful for the little things that surprise us and the daily blessings we might be taking for granted. Grateful for your love, that we can live in safety and with the freedom to be ourselves, so we may practise our beliefs without persecution.



Thank you for loving us so much that you gave us your son Jesus so that we can know you. Bless Pemberton and our community Lord,

Amen

## SOUTHERN FORESTS FOOD COUNCIL

### SOIL, NUTRITION, CARBON & MORE

As part of the Farmer Resilience Networking Series, we asked our members what topics you were interested in and we have now pulled together some workshops and events, with more to come! We encourage you to come along to these free or low cost events to learn, share, and connect.

For more detail visit [southernforestsfood.com/resilience](https://southernforestsfood.com/resilience)

### DIY FERTILISER & SOIL HEALTH WITH JAKE RYAN - MAY

Local farming champion Jake Ryan will share his knowledge and tips on how to improve soil and plant health and reduce input costs by leveraging small volumes to create larger volumes of fertiliser on-farm.

Jake will also be joined by Regional Soil Coordinator Bridget Watkins from SoilsWest.

To register your interest contact Donnette on [donnette@southernforestsfood.com](mailto:donnette@southernforestsfood.com) or 0499 724 243.

### NUTRITION FARMING WORKSHOP - 22 & 23 SEP

Dan Kittredge, US founder of [The Bionutrient Food Association](https://www.thebionutrientfood.com/) and internationally renowned for his expertise in nutrient density and regenerative agriculture, will be in WA in Sep.

We have tempted him to join us in the Southern Forests to share his knowledge and passion around transforming our food systems by enhancing soil health, improving ecosystem function, and ensuring food security whilst supporting human health.

Booking details to be confirmed shortly, but to register your early interest contact [laura@southernforestsfood.com](mailto:laura@southernforestsfood.com).

### CALCULATE YOUR CARBON FOOTPRINT

Register your interest to participate in an industry and region specific carbon calculator pilot project.

#### Why Participate?

By joining this pilot, producers will:

- Calculate and gain insights into your GHG emissions and carbon footprint.
- Contribute to the development of region-wide carbon management tools.
- Identify areas of high emissions for individual producers and the region.
- Share knowledge about innovative farming practices while building resilience to climate challenges.

To register your interest visit [southernforestsfood.com/carbon](https://southernforestsfood.com/carbon) or [laura@southernforestsfood.com](mailto:laura@southernforestsfood.com).



**SOUTHERN FORESTS FOOD COUNCIL INC.**

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# Sculptural Illuminations

ONE DAY CLAY SCULPTURE WORKSHOP

with

**Anna Czerkasow and Louise Tasker**

Create your own sculptural lamp using textured clay and gloss glazes. Explore various methods of folding, weaving and wrapping clay, slumping it over various supports to produce voluminous caverns capable of reflecting light. Carve windows, puncture lace patterns – create openings for light to define your sculpture. After bisque firing, apply gloss glazes to cast light back into the shadows and bring it to life.



**When:** Sunday, 25 May

**Times:** 9.30am – 4.30 pm

**Venue:** Pemberton Community Centre Arts, Hepple St, Pemberton

**Cost:** \$170 (PAG Members \$150).

**Includes:** All materials: clay, glazes and two firings (bisque firing and glaze firing), lights.

Morning tea is also provided.

**What to bring:**

- Pencil and sketchbook.
- Closed footwear, apron, and appropriate clothing.
- Basic clay tools if you have them (remember to mark with your name so as not to confuse with PAG's).
- If you have a lazy Susan or turntable that is helpful but optional.
- Bring your own packed lunch or buy at the nearby shops/cafes.

Early expressions of interest are essential as numbers are limited.

To book or enquire contact

Anna M: 0439 369 702 E: [annaczerkasow31@gmail.com](mailto:annaczerkasow31@gmail.com) or Louise 0434 290 980 E: [lulutasker@hotmail.com](mailto:lulutasker@hotmail.com)



PEMBERTON ARTS GROUP INC.



[www.pembertonartsgroup.org.au](http://www.pembertonartsgroup.org.au)

[pembertonartsgroup.facebook.com](https://pembertonartsgroup.facebook.com)

**PAG NEWS:** Contact Cate: [pembertonartsgroup@gmail.com](mailto:pembertonartsgroup@gmail.com)

**WOW!!** What an exhibition. The 2025 Pemberton Art Prize opened on Friday 11<sup>th</sup> April with a warm and well-attended evening that welcomed over 150 guests to celebrate this year’s theme – *Perspective*. The event brought together artists, community members and supporters, with opening remarks by Colin Wallbank of Harcourts Southern Forests. Judge James Walker commended the exhibition for fostering artistic growth and community connection and awarded a range of prizes, recognising both emerging and established talent.

Barbara Maumill received the \$1 000 Ketelsen Award for her evocative painting titled *Sunshine*, while Christine Blowfield took out the Open Acquisitive Award with her luminous work *View Over Dardanup*.

The night also honoured long-standing contributors Anna Czerkasow and Paul Nolan with lifetime memberships, rounding out a vibrant and inspiring celebration of regional creativity.



**Clay Sculptural Illuminations Workshop –**  
**9.30am – 4.30pm Sunday, May 25<sup>th</sup>**  
 Member \$150 Non-member \$170  
 Includes 2 firings, all materials, glaze and battery lights.  
 Morning tea also provided.  
 Booking essential: Anna: 0439 369 702 [annaczerkasow31@gmail.com](mailto:annaczerkasow31@gmail.com)  
 Louise: 0434 290 980 [lulutasker@hotmail.com](mailto:lulutasker@hotmail.com)

**Art Sessions:**

We are an inclusive group. Come and join us on a Tuesday or Wednesday morning from 9:30am. Gold coin donation appreciated. We have some lovely morning tea too.

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

# MY HEALTH PARTNERSHIPS

## Community Workshop

### Menopause

Date 23rd May 2025  
Time 10am - 12:30pm  
Venue Pemberton CRC  
(live streamed)

**Oseca's Manjimup Health Hub - Unit 6, 32 Rose St Manjimup.**

### Details

Oseca's My Health Partnerships program invite community members to an education workshop to learn more about perimenopause and menopause, and how it impacts the bodies and lives of those experiencing this important stage of life. We are delighted to have Dr Purity Carr, of Dr Purity Menopause Clinic based in Harvey, to facilitate the event. Q&A from 11.30am.

RSVP by 19<sup>th</sup> May for catering purposes. Morning tea provided



1300 680 431



[manjimup@oseca.com.au](mailto:manjimup@oseca.com.au)

Detailed Program  
to follow - scan  
QR for tickets



early bird tickets  
available from  
1st-31st May 25  
**limited numbers**

For more information  
call the  
Pemberton CRC  
on 9776 1745

or email

[office@pembertoncrc.org.au](mailto:office@pembertoncrc.org.au)



**Venues include**

- Pemberton Camp School
- Pemberton Mill Hall
- Pemberton Arts Workshop
- Pemberton Community Hub

# WOW

## PEMBERTON 2025

**Weekend of Workshops**

**4th-6th July 2025**

★ School holiday - Kids/Youth Workshops

**Claudia Boehm** ★

Making Treasure Boxes  
& Advent Calendar



★ **Gabriel Evans**

Creating Illustrations



**Faye Llewellyn**

Fabulous Felting



**Linda Stokes**

Fabric Painting



**Kendel Lynam**

Turkish Mosaic lamp  
& Basket Weaving



**Tony Windberg**

Painting Techniques



**Kenny Roberts**



**Damien Rogan**



**Thida Baldock**

Thai Cooking



Mexi-Ken Workshop

Chutney, Rubs,  
Spices & Salts

A big weekend of events including School holiday activities at the  
Pemberton Camp School and all day footy at the PCSC.

With thanks to our Sponsors:



Department of  
Primary Industries and  
Regional Development





# May 2025

Thank you to Tristan Mills for this months photo

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>5</p> <p>All-sorts Fitness Session            Monday 12th May            9am - 10am            With Tristan Mills            \$5 entry per person            Thanks to our sponsors:            PCCS Community Cym, All-Sorts Fitness, and others.</p>	<p>6</p> <p>Pemberton ladies darts fun night, 7.30pm @ PCSC            Aged care info session @HACC Manjimup from 9.30-11am</p>	<p>7</p> <p><b>WOW PEMBERTON 2025</b>  <b>Weekend of Workshops</b>            4th-6th July 2025</p> <p>Workshops include:            Treasure box making            Advent calendar creating            Feltling            Illustration making            Thai cooking            and more!</p>	<p>1</p> <p>1 Stitched &amp; bounds art exhibition, 1st - 10th May            Fontanini Farm Manjimup. Pick your own fruit 1st-18th May            Heritage Fest, 1st-4th May</p>	<p>2</p> <p>Open Mic/Jam Session @ Northcliffe Workers Club 7-10PM            Knives R Us @Pembly Hotel Parking Lot 2nd-4th Ben Mullen @ Pembly Hotel 6-9pm</p>	<p>3</p> <p>2025 Federal Election, 8am - 6pm @ PCSC            Pemberton Picnic @ Pemberton Memorial park, BYO everything, 12pm - 5pm</p>	<p>4</p> <p>Northcliffe running club @ Northcliffe oval, 5pm</p>
<b>Pinot Picnic</b>						
<p>12</p> <p>All-sorts exercise class with Tristan \$5 @ PCSC 9-10am            see page 3</p>	<p>13</p>	<p>14</p>	<p>8</p>	<p>9</p> <p>Rob V @ Pembly Hotel 6-9pm</p>	<p>10</p>	<p>11</p>
<p>19</p>	<p>20</p>	<p>21</p>	<p>15</p>	<p>16</p> <p>Chris Hawker @ Pembly Hotel 6-9pm</p>	<p>17</p>	<p>18</p> <p>Beth Chia @ Pembly Hotel 6-9pm</p>
<p>26</p>	<p>27</p>	<p>28</p>	<p>22</p>	<p>23</p>	<p>24</p>	<p>25</p>

 Annual vergeside waste collection starts in Pemberton & Browns rd	 All-sorts exercise falls prevention class 9am @PCSC \$5	 Autism abundance 3 day food and art tour. 27th - 29th May	 NDIS Access and Appeals Information Session @Manjimup CRC	 Menopause community workshop @ Pemberton CRC (live streamed) 10am-12:30pm call 1300 680 431 to book	 Karaoke @ Pemby Hotel 8pm till late	 Clay Workshop @ PAG Workshop 9.30am-4.30pm
 26 Anglican Church Service 1st Sun 11.30am St Hilda's Church, Ellis St, Pemberton Michelle 9776 0371	 27 Craft Group 1st Tues \$5 St Hilda's church Pat 9776 0388	 28 Mill Hall Dance 2nd Sat 7:30pm BYO, Share Supper Pemberton Mill Hall Terrie 0439 840 784	 29 PCA - Womens Ride Second Sunday of the month @9am Meeting @ Pemberton Visitor Centre	 30 Fire and Rescue 1st Sat 2.00pm Pemberton Fire Station Craig 0419 045 362	 31 Southern Forests Photography Club Last Wed 6.00pm Pemberton Community Sports Club Rob 0428 275 665	 1st June Uniting Church Service 4th Sun 10.00am Pemberton Uniting Church Tom 9776 1472

## Coming Up in June

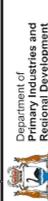
9th June Shire President @ Pemberton Library 9am-11am  
 13th June Pemberton Youth Zone Returns  
 14th-15th June WA Gravity Enduro

Got an event? Let us know - [pcn@pembertoncric.org.au](mailto:pcn@pembertoncric.org.au)

CRACK OPEN THE *Story* MAY 25<sup>TH</sup> 6<sup>PM</sup> BRIDGETOWN

Monthly Events			Regular Community Events																								
 <b>Anglican Church Service</b> 1st Sun 11.30am St Hilda's Church, Ellis St, Pemberton Michelle 9776 0371	 <b>Craft Group</b> 1st Tues \$5 St Hilda's church Pat 9776 0388	 <b>Mill Hall Dance</b> 2nd Sat 7:30pm BYO, Share Supper Pemberton Mill Hall Terrie 0439 840 784	 <b>PCA - Womens Ride</b> Second Sunday of the month @9am Meeting @ Pemberton Visitor Centre	 <b>Fire and Rescue</b> 1st Sat 2.00pm Pemberton Fire Station Craig 0419 045 362	 <b>Southern Forests Photography Club</b> Last Wed 6.00pm Pemberton Community Sports Club Rob 0428 275 665	 <b>Uniting Church Service</b> 4th Sun 10.00am Pemberton Uniting Church Tom 9776 1472	 <b>All-sorts exercise group</b> Mon 9am \$5 each Pemberton Community Sports Club CRC 9776 1745	 <b>Art Classes with Tony Windberg</b> Wed @ 7-9pm, Thurs @ 9:30am PAG Art Room - at the HUB Tony 0427 852 032	 <b>Badminton (Ladies)</b> Wed @ 9.00am - 11am Pemberton Sports Club Evelyn 9776 0332	 <b>Boot scooting</b> Thurs 5pm Pemberton Mill Hall Terrie 0439 340 237	 <b>CWA Op-Shop</b> Sat 9.00 am - 1.00pm Pemberton CWA Pat 0411 422 335	 <b>Karate</b> Sat @ 9am Pemberton Community Sports Club. Bernadette 0457 272 500	 <b>MTB Social Ride</b> Sat @ 8.00am Leaving from the Community Hub Mark 0429 384 800	 <b>Museum Workshop</b> Thursday @ 10.00 - 12pm Pemberton Heritage & History Ros 0439 214 393	 <b>PAG Arts-In-House</b> Tues & Wed 9.30am PAG Art Room @ the HUB Anna 0439 369 702	 <b>Pemberton Golf Club</b> Saturdays @ 12pm Golf links road Club 9776 1455	 <b>Pemberton Yoga Collective</b> Pemberton Sports Club - Jarrah room Tuesday 5.30pm - 7.00pm PCRC 9776 1745	 <b>Pemberton Youth Zone</b> 2nd Fri @ 5pm - 8pm Pemberton Sports Club CRC 9776 1745	 <b>Play Group</b> Tues, Thurs @ 9.00 Pemberton Sports Club creche Pippa 0401 654 902	 <b>Rhyme and Story Time</b> Pemberton Library Wednesday 10.30am Sherril 9776 1311	 <b>Road bike social ride</b> 1st 2nd 3rd Sun @ 7.30am Leaving from the Community Hub Christine 0407 774 128	 <b>Sacred Heart Catholic Church</b> Wed 10.00am, 1st 3rd, 5th Sun 8:30, 2nd 4th Sun 10:30am. Cnr Guppy St & Dean St Manjimup Parish 9771 2873	 <b>Social Badminton</b> Adults @6pm-7:30pm \$5ea. Pemberton Sports Club Emma 0400 518 185	 <b>Solitaire Club</b> Tues @ 1.00am Pemberton CRC CRC 9776 1745	 <b>Southerners Home Games</b> Times Vary Pemberton Sports Oval David 0427 441 628	 <b>Snooker Club</b> Wednesdays @ 6.30 pm Pemberton Community Sports Club John 0488 760 426	 <b>Netball</b> Tuesdays 3.30pm - 8pm Pemberton Community Sports Club Chloe Cybula 0438 503 521

The Community Calendar is Proudly supported by:





## PEMBERTON DISTRICT HIGH SCHOOL

Term One has seen PDHS's Year 9/10 students learning about mental health and how to support their friends and peers who might be struggling. Students completed the Teen Mental Health First Aid course which aims to equip secondary school students with the knowledge, skills and confidence to recognise, understand and respond to a friend or classmate experiencing a mental health problem. Many thanks to Mr Dewing and Ms Shackleton from the School Psychology Service for delivering this important program.

In late March our Year 9/10 students engaged in a variety of mental health workshops provided as part of the annual 'YARN about Wellbeing' event in Manjimup, collecting cool freebies and making new friends. Our thanks to Blackwood Youth Action for coordinating such a positive day.

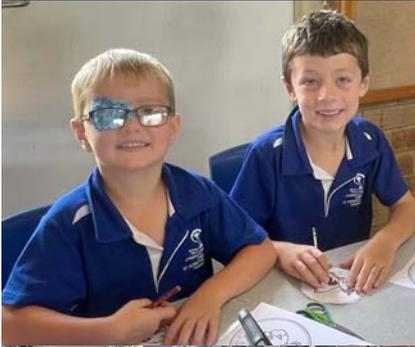
Term One saw PDHS welcoming the Hawaiian Ride for Youth riders back to our school for another year. Students were encouraged to wear their best Hawaiian shirt and/or brightest colours for a gold coin donation and also hosted a bake sale. It was a fantastic day and PDHS was delighted to raise over \$400 for Youth Focus.

Our annual Easter Parade was a celebration of colour and creativity, and it was wonderful to see so many students donning their brightest headwear. Many thanks to the staff and families who contributed eggs to the draw, and who also came along to join in the celebration.

Our P&C's annual Colour Run took place on the last day of term with a magnificent splash of colour, water and slime. Thanks to the hard work of Ms Cockram, and the generous donations from family and friends, this year's Colour Run raised over \$10,500 towards Stage 2 of our Playground Redevelopment Plan.



# ST JOSEPH'S PRIMARY SCHOOL



On Friday mornings, Year One and Twos have been having lots of fun with our Pre-primary friends, playing Maths games. We have fun and learn to be a good sport, while consolidating mathematical knowledge and developing fluency and mastery of numeracy skills. We love how this fosters great leadership skills in our role models as they help to nurture and grow the younger children as they play. The Kindy children that attend 'Little Joeys' also do the same and are great role models too, in helping the three year olds feel at home at St Joe's.



In Humanities and Social Sciences, we have been learning about the types of shelters used by the First Nations Peoples. We drew and designed our own shelters and then had a go making 'mini' shelters using materials the First Nations Peoples would have used, such as leaves, grass, moss, mud, bark and sticks. We had so much fun.



## Little Joeys

**Friday**  
9am - 10.30am

Parent/Guardian Attendance Required  
Early Childhood Room  
St Joseph's School

2 - 4 YEAR OLD PLAYGROUP





### In the Garden

We have had a very successful cauliflower crop which we have harvested a couple of times this term. We have chopped, roasted, boiled and baked. We all decided that it was yummy and much tastier when you cook and eat it at school. There are plans afoot to make cauliflower cheese with the next one! We also learned about the lifecycle of a cauliflower in Science.



### Reading Rewards!

There was a big celebration of readers in the staff room at the end of the term, as those children who have achieved their reading goals got to feast on a scrumptious, delicious luncheon together to celebrate their wonderful reading achievements.





Department of  
**Jobs, Tourism, Science  
and Innovation**

Apply now



## Applications are open for the Closure of Impacted Business grants program.

The non-competitive grant program aims to support businesses reliant on native timber to exit the industry.

Funding of up to \$50,000 is available for eligible businesses to support with expenses associated with closing their business.

Visit our website to find out more:

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

# THE ROSE CENTRE - COMFORT - CARE - COMPASSION

ARTICLE BY KATHY HILL

Photo by Kathy Hill

It had started with Angelique Bavich and Tricia Lee supplying Tender Touch Therapy, for the comfort of Moonya residents. Then they decided to extend their service to the community, and that was when the Rose Centre was established.

Their original location was at the Hospital, in what had been the nurses' quarters - this was demolished

when the new hospital was being built. The Centre was officially opened on December 10th 2013, providing complementary therapies to anyone suffering from a chronic life limiting illness, or undergoing treatment for cancer or similar.

Massages bringing comfort are offered free by volunteers, and their carers, but donations are always welcome to cover costs, and are a tax deduction.

The "community" does not just mean Manjimup, anyone in the Shire would be made very welcome.

The Centre is now located on the corner of Brockman and Bath Streets and is open on a Wednesday morning, 9 am to 12.30, and also, on a Wednesday, 1pm to 3pm, there's an opportunity to join a group chat and cuppa session, sharing the journey of living through cancer.

Telephone 0497 022 708, or pop in on a Wednesday.

What a wonderful service this is, sincere, grateful thanks to all who are involved.



**Planning and Development Act 2005  
Local Planning Scheme Amendment available for inspection  
Standard Amendment  
Shire of Manjimup Local Planning Scheme No. 4  
Amendment No 33**

Notice is hereby given that the local government of the Shire of Manjimup has prepared the above mentioned planning scheme amendment to update the scheme text to introduce new and revised land use classes and general definitions to facilitate State Government reforms for short term rental accommodation.

Plans and documents setting out and explaining the scheme amendment have been published in the following manner:

- a copy of the plans and documents are available on the Shire of Manjimup website at [www.manjimup.wa.gov.au](http://www.manjimup.wa.gov.au) (click on 'Our Shire' - 'Public Notices'); and
- deposited at the Shire of Manjimup Office, Rose Street, Manjimup and will be open for inspection during office hours.

Submissions on the planning scheme amendment may be lodged in writing and should include the amendment number, the name and address of the person making the submission, the property affected and details of the submission and lodged with the undersigned on or before **4 June 2025**.

**Benjamin (Ben) Rose, Chief Executive Officer**

## Introducing B·A·S·I·S Clinic

Balance Ability Strength Independence Support



### Take control of your life!

FREE STUDENT-LED CLINICS



Not able to do things that bring you joy?

Has something stopped you doing the things you want?

Are you anxious about being able to stay at home safely?

The BASIS Clinic offers home assessments and exercise programs to improve the lives of older adults in the Shire of Manjimup.

#### Send an Enquiry

Scan the QR code to get in touch with the Clinic or learn more



### Clinic Locations

**Northcliffe Family and Community Centre**  
58 Zamia St, Northcliffe WA 6262

**Manjimup Wellness and Respite Centre**  
1a Edwards St, Manjimup WA 6258

#### B·A·S·I·S Clinic Get in touch.

Balance Ability Strength Independence Support  
08 6304 3100  
BASIS.UDRHSW@ecu.edu.au  
UNIVERSITY DEPARTMENT OF RURAL HEALTH SOUTH WEST  
www.udrhw.ecu.edu.au



## Preparing for storms



**Dangerous storms are the most common natural hazard in Australia and on average, cause more damage and destruction than cyclones, earthquakes, floods and bushfires.**

#### Did you know?

Each year from May to October, storms, including, tornados, thunder, lightning, hail, flash flooding and gale force winds cause major destruction to the southern half of the State from Kalbarri to Israelite Bay.

As storms are unpredictable, felt locally and can happen at any time, their devastating impact is often underestimated.

#### Most storm damage to homes occurs from:

- Loose and broken roof materials.
- Fallen trees and branches.
- Flooding from blocked gutters.

#### Follow these tips to help you and your family stay safe:

- **Clear gutters** and downpipes of leaves and blockages.
- **Check the roof** for cracked ridge capping, loose tiles or loose nails.
- **Clear rubbish** from around the yard, balcony or patio.
- **Hire a contractor** to clear trees from power lines.
- **Trim branches** around the home or business to prevent them falling on roofs or cars.
- **Store or weigh down loose objects** like outdoor furniture, play equipment, trampolines and sheds.
- **Prepare an emergency kit** with a portable battery operated radio, torch, spare batteries and a first aid kit.

#### IF YOU NEED HELP

For life-threatening emergencies call **000**



If your home has been badly damaged and you need help, call the SES on **132 500**

For advice about what to do before, during and after a storm, visit [dfes.wa.gov.au](http://dfes.wa.gov.au)



DFESV2\_Jun23



# Pemberton Golf Club

184 Golf Links Rd, Pemberton, WA, 6260.

Invites you to attend our 'Sand Green' competition this June long weekend

## Saturday 31<sup>st</sup> May 2025

18 Hole open Teams Event – 4BBB Stableford

Sausage sizzle brunch. BBQ dinner. Raffles, Kalkutta & Great Prizes.

Cost of \$60 per player ... 9:30am onwards for 11:00am tee-off

(Playing field is restricted to the first 120 paying entries.)

(Also open to non-golfers without a GAH (Separate Prizes) Max handicap of 54 per team)

Additional meals for non players \$15



## Sunday 1<sup>st</sup> June 2025

# The King & Queen Karri Kup

Our Major Sponsors:



18 Hole Open - Individual Stableford

Morning tea & buffet dinner provided.

Cost of 60 per player ... 11:00am Shotgun Start. (Depending on attendance)

(Maximum Playing Handicap of 27 for Men. Women Playing Handicap open)

(Playing field is restricted to the first 100 paying entries.)

(Also open to non-golfers without a GAH. ((Separate Prizes))

Additional meals for non players \$45

Registrations can now be completed online through [www.mitournament.com](http://www.mitournament.com) (preferred method) or by contacting the club via email, phone or through our Facebook page with attached entry forms.  
For enquiries and assistance please use the contact details below.

Contacts:

Steve Fisher (Secretary): 0400 821 883.....	Stephen Mills (Captain): 0428 525 056
Guy Grant (President): 0418 500 369.....	Brian O'Shea (Vice Captain): 0410 069 059
David Martyn (Vice President): 0419 192 533.....	Brad DeCampo (Treasurer): 0488 565 909

Club Email: [info@pembertongolfclub.org.au](mailto:info@pembertongolfclub.org.au)

Club Post: P.O Box 221, Pemberton, WA, 6260



**FREE LOCAL BUS SERVICE BOTH NIGHTS**

### RV & CARAVAN FRIENDLY EVENT

Some local accommodation listings, many other venues available in the surrounds but it is encouraged that you book accommodation quickly as vacancies are taken quickly in the area.

Treenbrook Cottages. 12928 Vasse Hwy, Yeagarup, WA 6260 • (08) 9776 1638

Big Brook Retreat. 489 Stirling Rd, Channybearup, WA 6260 • (08) 9776 0279

The Pemberton / Best Western Hotel. 70-77 Brockman St, Pemberton, WA 6260 • (08) 9776 1017





**Julie Rose**

Regional Education Officer South West

**Cancer Council Western Australia**

[Julie.Rose@cancerwa.asn.au](mailto:Julie.Rose@cancerwa.asn.au)

[cancerwa.asn.au](http://cancerwa.asn.au)

## Know the symptoms: Bowel Cancer

**Your health matters  
to your loved ones.  
Know the symptoms  
of cancer.**

Did you know that bowel cancer, also known as colorectal cancer, is the third most common cancer in men and women in Western Australia. Cancer Council WA is encouraging adults in the South West to know the common symptoms of bowel cancer, with data revealing that 25 people a week are diagnosed with bowel cancer in WA.

Data shows people living in regional Australia are less likely to be alive five years after a cancer diagnosis, when compared to people living in our capital cities, so we urge anyone experiencing a bowel symptom to visit their doctor.

We might feel like we are doing all the right things to stay healthy, but sometimes, even when we think we have everything covered, small changes in our bodies can be missed. Ignoring symptoms or thinking they will just go away can lead

to bigger problems over time. We have a better chance of surviving cancer and being able to enjoy life for longer, if cancer is found early.

### The most common symptoms of bowel cancer include:

- Blood in your poo (even just one time)  
Or for more than four weeks –
- A new pain, lump or swelling in your tummy
- Feeling tired
- Looking pale
- Losing weight without trying
- Any change in your normal bowel habits including, runny poo, pooing more often, or finding it hard to poo.

## Bowel Screening Test Kits

Bowel cancer can occur with no symptoms, so for eligible Australians aged 45-74 years and NOT experiencing the symptoms above, it is important to take part in the National Bowel Cancer Screening Program, which sends home testing kits to eligible Australians every two years to their registered postal address with Medicare. Bowel screening kits are designed for people who are NOT experiencing symptoms. Waiting to participate in screening when you have symptoms could delay diagnosis and risk a worse health outcome. To request an at home bowel cancer screening kit, go to [www.ncsr.gov.au/boweltest](http://www.ncsr.gov.au/boweltest) or call the National Cancer Register Contact

Centre on **1800 627 701**. You can also ask your doctor about getting a kit.



**People aged 45-74 can do a free bowel cancer screening test.**

Speak with your GP today.

Get **2** it

[www.bowelcancer.org.au](http://www.bowelcancer.org.au)

### For more information about bowel cancer symptoms:

- Visit the Find Cancer Early program website: [www.findcancerearly.com.au](http://www.findcancerearly.com.au)
- Chat to your GP



Government of Western Australia  
North Metropolitan Health Service

**Call us on 13 11 20**  
[findcancerearly.com.au](http://findcancerearly.com.au)

# WARRIOR WELLBEING ARTICLE



## Finding Ourselves in Solitude

BY THE REGIONAL MEN'S HEALTH INITIATIVE  
May 2025

We live in a world where there seems to be an increasing need to be busy and connected all the time. We are trying to pack more and more into our lives, and it is no wonder many of us often find ourselves feeling over-extended with our work and personal commitments. In a rapidly changing society are we forgetting the benefits a bit of solitude can bring to our lives?

For many people, having quiet time alone is often not on the radar. In fact, these days it is almost developing a reputation as time that is in effect, wasted! It's realistic to imagine that a lot of people would find it difficult being alone with their thoughts for too long. The struggle not to think about deadlines and commitments or reaching for our mobile phone to get the latest newsfeed, email or Facebook update is persistent. Our constant focus on the need to stay connected to the outside world could be leading us to a disconnection with our true inner self and a sense of peace.



We often talk about the importance of looking out for our mates but first and foremost we need to start with ourselves. Taking quiet reflective time out *even to do nothing* can be good for our wellbeing.

It gives us the chance to reconnect with our innermost thoughts and enhance our self-awareness. This is by no means a new philosophy, many religions such as Buddhism have long practiced exercises like meditation and mindfulness to promote the virtues of being alone and still in the moment. As human beings, we are simply not designed to be going full tilt all the time, we need regular down time to help restore energy and give us the space to adjust to life's situations and demands. In his book *The Call of Solitude: Alone time In a World of Attachment*, Ester Schaler Buchholz sums this up beautifully with the simple statement *alone time is fuel for life*.

The social and spiritual aspect of our health is fundamental to our general wellbeing. The experience of solitude can allow us to really delve into our sense of self and purpose, enabling a broader understanding of our identity. It unlocks our curiosity about the world around us giving us space to explore our individual hopes and dreams. Importantly, it can also foster the development of a good relationship with our self which in turn helps us to connect with others in healthy and meaningful ways.

Building some alone time into our lives can be a challenge. How often do we hear the saying there is never enough hours in a day! There are also those periods of time when it's head down bum up as any farmer or small business operator will tell you. Nonetheless if we are to achieve a healthy balance in our lives and given the way everything seems to be speeding up, then now more than ever we need moments of solitude.

 @RMHI\_4blokes

 Working with Warriors Podcast

 regionalmenshealth.com.au



## Pemberton Cycling Update

Hi everyone,

The cold, crisp mornings are well and truly here (and tempting us with sleeping in) - and so is the season of hero dirt!

We've just wrapped up one of the biggest weekends on the local biking calendar – the WA Gravity Enduro (WAGE) event, which took place on April 12-13. The event brought a huge influx of riders and their families to town, creating a fantastic atmosphere around Pemberton. With over 500 competitors, the race village was buzzing. Despite a bit of drizzle during practice day, the weather held out beautifully for race day and the trails were in primo condition. All riders were able to complete their runs in all-time conditions, and the feedback has been nothing but positive!

A huge thank you to the PCA volunteers who stepped up to run the sausage sizzle on race day, feeding hungry riders and their supporters. Thanks to everyone's hard work—and the support of the WAGE crew—we raised over \$5000 to go straight back into maintaining and improving the mountain bike park. A solid effort all round, and a testament to the strength of our local community.

As the mornings get darker, a quick reminder that the Sunday road bike ride has shifted to a 7:30am departure time. Our Women's MTB Ride falls on Mother's Day this month - a good excuse to treat yourself to a ride if you're around!

Until next time, keep those wheels spinning and smiles grinning!

The PCA Team



[www.pembertoncycling.com.au](http://www.pembertoncycling.com.au)  
 pembertoncycling@gmail.com  
 @pembertoncycling

**MTB ride - Saturdays 8.00am**

**Women's MTB ride - Sunday  
 May 11, 9.00am**

**Road bike ride - Sundays 7.30am**

All rides meet at Pemberton  
 Visitor Centre



Above: Images from the WA Gravity Enduro, with some expert sausage cookers, delightful counter staff, and lots of adventurous riders.

Huge thanks go out to those who made the weekend possible, including the Pemberton Caravan Park - it was great to see so many people enjoying the trails and surrounding pool area.

# Pemberton Community Sports Club

## NEWSLETTER - May 2025



**What's on at PCSC**

<b>Monday</b>	6:00am Chico's Fitness Class 9:00am All Sorts Over 55s Exercise Group
<b>Tuesday</b>	9:00am Playgroup 5:30pm Southerners Seniors Training 5:30pm Yoga 7:45pm Ladies Darts
<b>Wednesday</b>	6:00am Chico's Fitness Class 9:00am Ladies Badminton 1:00pm Mens Bowls 3:30pm Netball 6:00pm Social Badminton 6:30pm Snooker and Men's Darts
<b>Thursday</b>	9:00am Playgroup 1:00pm Ladies Bowls 4:30pm Southerners Junior Training 5:30pm Southerners Seniors Training 6:00pm Corporate Bowls
<b>Friday</b>	Chase the Ace (Members only)
<b>Saturday</b>	8:00am Karate
<b>Sunday</b>	1:00pm Social Bowls



**All-Sorts Exercise Group**  
Extra sessions



**Tuesday 20th May 2025**  
&  
**Tuesday 17th June 2025**  
9am - 10am

**Falls prevention classes**  
with Exercise Physiologist  
**Alyson Pennycook**

Session 1: Focussing on strength and balance.  
Session 2: focus on health strength, fitness, and mobility

**Location**  
Karri & Jarrah Room,  
Pemberton Community Sports Club

**Any enquiries contact**  
Email: [office@pembertoncsc.com.au](mailto:office@pembertoncsc.com.au)

Thanks to our sponsors



Pemberton Sports Club Gym

**GROUP FITNESS CLASSES**

JOIN US EVERY MONDAY AND WEDNESDAY AT 6:00 AM

**TRY OUR FREE CLASS!**

- Resistance and Cardio Training
- Endurance Training
- HIIT Workout
- Contact also for Personal Training

BOOK NOW +61-450-958-321

MORE INFORMATION  
[chicojrm4@gmail.com](mailto:chicojrm4@gmail.com)  
CHICO TRAINING PEMBERTON

Yoga gift vouchers available for Mother's Day.

Pemberton Yoga Collective

**YOGA**

EVERY TUESDAY

In the Jarrah room at the Pemberton Sports club starts at 5.30pm  
Book on 9776 1745 or [office@pembertoncsc.org.au](mailto:office@pembertoncsc.org.au)

\$20 Per Class or 10 Visits for \$150

New loyalty cards

**Pemberton Ladies Darts FUN NIGHT**

**Tuesday 6th May 2025**  
**7.30pm PCSC**  
New players Welcome



**Social Badminton**  
School terms  
Wednesdays 6pm  
@ the Stadium  
Contact Emma 0400 518 185  
[pembybaddyclub@gmail.com](mailto:pembybaddyclub@gmail.com)

Enquires:  
Karen Fisher 0427760518  
Janet Kemp 0427686910

Unfortunately, Youth Zone won't be on in May.  
Next meet up is on 13 June.

**Pemberton YOUTH ZONE**

**ALL-SORTS EXERCISE**

**MOBILITY AND STRENGTH TRAINING**

12<sup>th</sup> May 9-10am  
@ Pemberton Community Sports Club

WITH TRISTAN MILLS

\$5 Entry

Thanks to our Sponsors

**Federal Election**  
Saturday 3<sup>rd</sup> May 2025  
Vote at the PCSC  
1 Club Road Pemberton  
8:00am to 6:00pm





# Waste Management

## Annual Vergeside Hard Waste Collection May 2025

The Shire of Manjimup provides a free annual hard waste collection service.

◆ **This service is only available to domestic properties which have an existing regular kerbside rubbish bin collection service.**

◆ The service will collect:

- old furniture
- mattresses
- carpet, lino
- other household hard waste
- air-conditioners and other whitegoods
- scrap metal of manageable size & weight

◆ **Refrigerators and freezers MUST have doors completely removed before being placed on the verge.**

◆ The service will NOT collect:

- general domestic waste (food scraps etc)
- asbestos
- e-waste (TVs, stereos, any electronics)
- any type of battery or light tube or globe
- gas cylinders, other hazardous materials
- green waste (lawn clippings or tree limbs)
- liquid waste (oils, paints, chemicals etc)
- building materials (cement, bricks, rubble and renovation discards)
- crates, pallets, shopping trolleys
- vehicle tyres or vehicle batteries

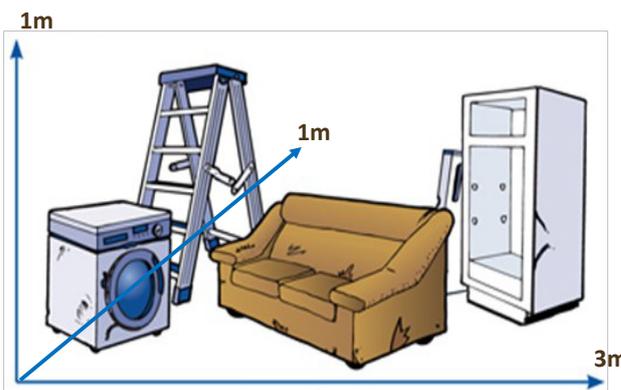
◆ Under the **Shire of Manjimup Waste Local Law 2022:**

- ◆ hard waste material must not be put on the verge outside of the dates, volumes, dimensions or position specified here;
- ◆ hard waste material placed on the verge must not be removed by a person for financial gain but may be removed by a private person for a private purpose; and
- ◆ no person may move, tamper with or disassemble any waste material placed on the verge in any way which may increase the risk of harm to any other person or affect the efficient removal of waste material by the Shire's contractor.

Hard waste collections start:

Manjimup	from <b>Monday 12/05/2025</b>
Deanmill	
Jardee	
Palgarup	
Northcliffe	from <b>Monday 19/05/2025</b>
Windy Harbour	
Pemberton	
Browns Road	
Quinninup	
Walpole	

- ◆ Put your items out on your verge **not more than one week** before your town's collection start date.
- ◆ Do not put items out on or after the Monday start date for collection in your town as it may not be collected.
- ◆ Ensure your hard waste does not obstruct the footpath for pedestrians or lines of sight for drivers.
- ◆ Each household's waste items must be placed only on their own section of verge; households shall not add their waste to another property's verge area.
- ◆ A maximum of 3 cubic metres (1m x 1m x 3m) may be collected per property. Properties with more than this amount will have to make private arrangements to have their waste removed. Items longer than 2m will not be collected.



**Questions?** Contact the Shire of Manjimup Waste Management Officer on **9771 7777**



**Public Notice**  
**Invitation to Quote**  
**Provision of Services**

**Street and Public Bins Servicer**  
**Pemberton**

The Shire of Manjimup invites written submissions from local providers with appropriate capabilities to service the **Pemberton street & public bins** according to a minimum service schedule throughout the year.

An information pack is available from the Administration Officer Technical Services by phoning 9771 7742 or emailing [info@manjimup.wa.gov.au](mailto:info@manjimup.wa.gov.au).

Enquirers must specify that they require information pack **RFQ TS-WM 003**.

Written submissions including a firm quote of price must be made using only the Submission and Quote Form provided, and should be directed to the Shire of Manjimup as per the information pack.

Submissions close at **4pm Wednesday 21 May 2025**.

**Benjamin (Ben) Rose, Chief Executive Officer**



**Public Notice**  
**Invitation to Quote**  
**Provision of Services**

**Waste Transfer Station Operator**  
**Northcliffe**

The Shire of Manjimup invites written submissions from local providers with appropriate capabilities to operate the **Northcliffe waste transfer station** according to a fixed schedule of operating days.

An information pack is available from the Administration Officer Technical Services by phoning 9771 7742 or emailing [info@manjimup.wa.gov.au](mailto:info@manjimup.wa.gov.au).

Enquirers must specify that they require information pack **RFQ TS-WM 002**.

Written submissions including a firm quote of price must be made using only the Submission and Quote Form provided, and should be directed to the Shire of Manjimup as per the information pack.

Submissions close at **4pm Wednesday 21 May 2025**.

**Benjamin (Ben) Rose, Chief Executive Officer**

**PEMBERTON HOTEL**

**HAPPY HOUR**  
**PUBLIC BAR WED 5-6, FRI 6-7PM**

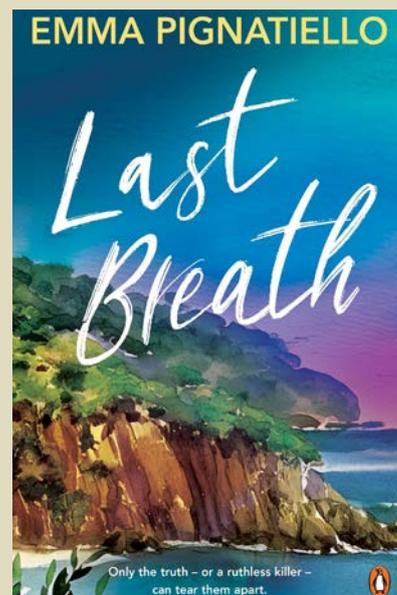
**UPCOMING EVENTS 2025**

- MAY 02 BEN MULLEN FRI 6-9PM**
- MAY 09 ROB V FRI 6-9PM**
- MAY 16 CHRIS HAWKER FRI 6-9PM**
- MAY 18 BETH CHIA SUN 5-8PM**
- MAY 23 KARAOKE FRI 8-LATE**
- MAY 30 MATTY COULL FRI 6-9 PM**

For more information visit our facebook page **Pemberton Hotel**  
 Pool Comp Mon 6pm! All welcome

**Pemberton Public Library**  
**Author Talk**

WA author Emma Pignatiello introduces her latest book "Last Breath". A captivating romantic suspense story brimming with witty banter, simmering tension and a vibrant larger-than-life family dynasty!



Saturday 24 May 2025 | 10:30am-11:30am  
 Pemberton Public Library | refreshments included

Please register your attendance for this free event at [pembilib@manjimup.wa.gov.au](mailto:pembilib@manjimup.wa.gov.au) by Wednesday 21 May 2025



For more information contact us on (08) 9776 1311  
 Or find us at 61 Brockman St, Pemberton



RESTAURANT - WINE - LOUNGE - CAFÉ

WITH THE LARGEST LOCAL WINE SELECTION  
SOURCED WITH LOCAL INGREDIENTS  
AND NATIVE SEASONINGS

### BOOKINGS ESSENTIAL

LUNCH: FRI - TUE 12.00 - 2.00PM

DINNER: 7 DAYS 5.00PM - 9.00PM

ALA CARTE  
INTERNATIONAL CUISINE / AUSTRALIAN FLAVOUR

BREAKFAST: 7 DAYS 8.30AM - 10.00AM

BIG BUFFET HOT & COLD

GROUP BOOKINGS FOR 15 OR MORE  
AVAILABLE 7 DAYS LUNCH & DINNER

13626 Vasse Hwy,  
Pemberton WA

Office: 08 9776 1113

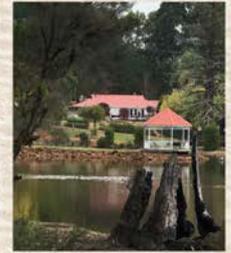
Office Mobile: 0411 192 098

[chefingos@forestlodgeresort.com.au](mailto:chefingos@forestlodgeresort.com.au)

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



5 years Hall of Fame  
#1 Choice Pemberton  
Travellers Choice Winner



## Hon. Louise KINGSTON MLC

Member of the Legislative Council  
for the South-West Region



*"Fighting  
to Protect  
Your  
Freedom's"*

Albany - Bunbury - Collie-Preston  
Dawesville - Mandurah  
Murray-Wellington - Vasse - Warren-Blackwood

Unit 5, The Link, St Emilee Way, Albany  
[louise.kingston@mp.wa.gov.au](mailto:louise.kingston@mp.wa.gov.au)  
(08) 9841 6384

Authorised by L Kingston, Unit 5, The Link, St Emilee Way Albany WA 6330

*Working hard  
for Pemberton*



## RICK WILSON MP

FEDERAL MEMBER FOR O'CONNOR

📍 101 Albany Hwy, Mount Melville WA 6330

✉ PO Box 5077, Albany WA 6330

☎ 9842 2777



RickWilsonMP



[rick.wilson.mp@aph.gov.au](mailto:rick.wilson.mp@aph.gov.au)



Authorised by Rick Wilson MP, Liberal Party, 101 Albany Highway Albany WA 6330

# Manjimup Shire Bulletin

May 2025



## SHIRE PRESIDENT'S MESSAGE

Within our communities there are those that just go about their day without a fuss or a lot of noise, the quiet achievers that bring so much value to our towns.

Five years ago, a group of people saw the possibility of giving back directly to the community by recycling donations of clothing and homewares with the proceeds being distributed back through not for profit groups. The Manjimup Community Op shop, located on Rose Street, has now given back nearly \$300,000 directly to community groups. An extraordinary achievement!

You might know Jenni Markotis as the highly efficient, chatty one from Markotis Bakery, but did you know Jenni has been the driving force behind the Christmas tree going up every year, coordinating volunteers and sourcing decorations. Jenni is a fundamental part of many community events and on hand to help whenever, wherever needed.

The Pemberton Mill Hall Committee is another great example of groups doing good. If there is an opportunity for a sausage sizzle or burger fundraiser, this group of dedicated people will be there.

I am certain in each town we have champions that just make things happen – for these people I am incredibly thankful and cannot sing their praises enough.

If you are new to town or just find yourself with a bit of spare time, get involved with your community groups – the mental, social and physical benefits cannot be underestimated.

Stay safe, chat soon.  
Donelle

## SHIRE NOTICES

### Restricted Burning Period Ends

The Restricted burning season ended on 23 April 2025, in Shire Zone 8. This means you will no longer need a permit to burn in any area of the Shire. Residents should take note of weather conditions and only light fires when it is safe to do so.

## Annual Vergeside Hard Waste Collection Service

The annual vergeside hard waste collection service will roll out across the Shire starting in Manjimup on Monday 12 May, and will conclude in Walpole by Friday 23 May.

The service is only for domestic properties which have an existing regular kerbside waste bin service. It extends to all towns and several settlements including Windy Harbour, Quininnup, Palgarup, Deanmill and Jardee.

Look out for further details appearing soon in local papers and on the Shire website.

Please do not put out any hard waste out until one week prior to your collection date. Make sure to follow closely with the requirements of the collection as they appear in the advertising.

## SHIRE NEWS

### Visit from Tonga's Acting High Commissioner

In early April, we were extremely fortunate to welcome the Acting High Commissioner of the Kingdom of Tonga, Curtis Leonard Tu'ihalangie, to the Shire of Manjimup.

Shire President Donelle Buegge and Chief Executive Officer Ben Rose met with the Acting High Commissioner and his delegates to discuss the ongoing success of the Pacific Australia Labour Mobility (PALM) seasonal worker scheme.

This program continues to deliver strong, mutually beneficial outcomes - supporting our local agricultural industries while providing valuable employment opportunities for Tongan workers.

We look forward to the continued strength of this important partnership!

### Emma Pignatiello Author Talk in Pemberton

Join WA author, Emma Pignatiello, as she introduces her latest book, Last Breath, at the Pemberton Public Library on Saturday 24 May 2025 from 10.30am to 11.30am. Refreshments will be available.

Please register your attendance for this free

event by Wednesday 21 May 2025.

## Art for Peace

Promoting harmony, hope and friendship, artist, Sri Chinmoy's work often featured bird motifs. He drew some 16 million 'soul birds' during his life because 'the bird knows no boundaries. It is a messenger of peace and freedom, born in the garden of the soul and taking flight in the heart.' This exhibition invites viewers to pause, reflect and find solace in the simple beauty that persists in the world, even amidst turmoil.

On display at the Manjimup Art Gallery from 24 May to 21 June 2025.

## New Offerings at the AquaCentre

The Manjimup Regional AquaCentre has recently undergone a visual refresh, signifying a renewed beginning for the facility and its patrons. Community members of all ages and fitness levels are encouraged to explore the Centre's enhanced programs, with the autumn timetable offering a diverse selection of land and water-based fitness classes to suit a variety of needs and interests – including the offering of 4 new evening options!

Swimming lessons are available for all age groups with the Centre's crèche service continuing to operate Monday to Friday from 9am to 12pm.

Evening crèche services are now also available on Tuesdays and Thursdays from 5pm to 7pm, supporting both fitness and leisure activities. \$3.40 per child, per 1 hour block!

New members are invited to take advantage of the 30 days for \$30 introductory offer for group fitness classes - a great opportunity to experience the inclusive, social, and health-focused environment the AquaCentre is known for.

Whether you're looking to stay active, connect with others, or support your mental and physical wellbeing, the Manjimup Regional AquaCentre is your local destination!

### Shire President

Donelle Buegge: 0409 114 681

### Rural Ward Councillors

Cr Wendy Eiby: 0434 811 474

Cr Murray Ventris: 0428 471 197

Cr Jennifer Willcox: 0400 504 095

Cr Cliff Winfield: 0427 717 944

### Pemberton Waste Transfer Station

104 Pemberton Northcliffe Rd, Yeagarup

Wednesday: 11am - 5pm

Saturday/Sunday: 12pm - 5pm

### Pemberton Library

61 Brockman Street - 9776 1311

Wednesday 9am - 1.30pm

Thursday 9.30am-12.30pm

Friday 1pm - 5pm, Saturday 9pm - 12pm

### SHIRE CALENDAR

#### Library Storytime

Manjimup - Friday 10.30am

Northcliffe - Monday 10.00am

Pemberton - Wednesday 10.30am

Walpole - Alternate Fridays 10.00am

#### Council Meetings

The next Council Meeting will commence at 5.30 pm

on 27 May in the Council Chambers, Brockman

Street, Manjimup.

### AquaCentre

Check out the extensive group fitness and swim school programs on the website.

### MHCC Activities

Boronia Club :10 am to 2 pm Monday and Thursday

Over 50 Exercise Group: 9 am to 10 am Tuesday and Thursday

Tai Chi: 10.30 am to 11.30 am Wednesday

Bingo: 1 pm to 3pm Thursday



www.manjimup.wa.gov.au

37-39 Rose Street, (PO Box 1)

Manjimup WA 6258

info@manjimup.wa.gov.au

Ph: (08) 9771 7777

A/H Emergencies: 6454 4600

The Shire of Manjimup respectfully acknowledges the Noongar people as the Traditional Custodians of the lands in which we work throughout the region and we pay our respects to their Elders, past and present.