



PCN

Pemberton Community News

ISSUE 222

November 2022

\$2



The Superkids Superheroes Say Farewell The Final GoodBye Tourz - 2022

see more page 13

Thanks to the Superhero team for giving us permission to use their Facebook photos



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contact the Pemberton CRC 08 9776 1745
or pcn@pembertoncrc.org.au

Looking for Contributions

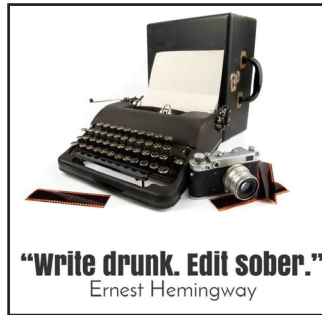
If you have an interest, article, advert
or information on an event, sporting or
community group please let us know.

Send all contributions in to
pcn@pembertoncrc.org.au

Editorial

I sit here once again staring at a blank page with the very last thing needed for a completed PCN being the editorial. What is my motivation this month? It seems to elude me.

A very wise Woman gave me two pieces of sound advise to assist.



It did however, start me thinking about mistakes and the vital importance of making them. Although spelling mistakes and grammatical errors are easily avoided, they still happen and it is not the end of the world when they do. Imagine how many, many hilarious texts may not have occurred without auto-correct.

I know myself that some of my greatest experiences have occurred through making mistakes. In these instances they go from mistakes to discoveries so I suppose it is all a matter of perspective. Greater knowledge, a wealth of experience and bushels of confidence, all gained from the humble mistake. How fantastic!

I suppose it is daunting sometimes to try new things. The fear of failure and of making mistakes, but perhaps that IS the mistake? Robert Schuller once asked, "What would you do if you knew you could not fail?" Interesting huh? One of my favourite quotes of all time. The answer? What wouldn't I do, Gee!

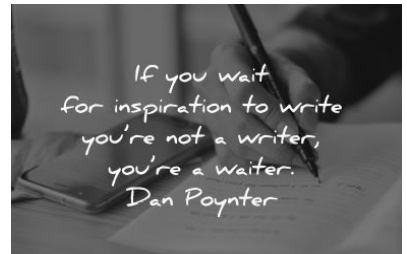
Then there is the famous quote from the even more famous Michael Jordan "Don't be afraid to fail. Be afraid not to try."

What a legend.

So yes, I got a bit lost down the rabbit hole of motivational quotes but it was entertaining enough and although completely left field of my current rant, this quote from Will Ferrell so completely made my day that I simply had to share it. I do believe that nearly everyone can relate.

Enjoy making mistakes people.

Gaye



1. Just start writing and see what happens
2. Look into some quotes on the internet for inspriation.

So here goes.

Anyone who actually reads the PCN will know that there are many, many mistakes! With such a small team, such a tight deadline, and such a poor speller doing the majority of the writing, it is very easily done.

You can't edit a blank page.

—Jodi Picoult



"Before you marry a person, you should first make them use a computer with slow Internet service to see who they really are."

WILL FERRELL



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Community News



CWA NEWS

How often do we hear the phrase “ how lucky we are to live where we live”?

Certainly applies to us here in Pemberton. First we have freedom and very fresh air, beautiful countryside, good places to eat out and, our Op Shop!

Where else on a Saturday morning for a browse over the bric-a-brac tables, second-hand books of all kinds, not forgetting all the clothes, party hats and children’s toys and clothes.

Also, don’t forget our Market Day, the last Saturday of every month. Non members is \$10 for a table and \$5 for members. We get a lot of people passing through so it is good to have a table.

Hand made items of any kind, food, plants, and you can have a second-hand table of your own if you want to make room in your home!

All welcome, we have lots of room on our verandah.

Kate Shaw (secretary)

PEMBERTON PLAYGROUP



Inviting Pregnant Families and Families with Babies

are invited to join us

At Pemberton playgroup

Every Thursday commencing 10th November

10.30am to 12

Pemberton Sports Club Creche, Club road

Everyone welcome, free morning tea first session

Join us and other pregnant and new families to socialise at a relaxed and friendly community playgroup, guest speakers can be organised as an optional extra

Good coin donation please

For more info contact either Anne or Catherine

Anne.mackay@playgroupwa.com.au 0490 094 994

Catherine.evans@playgroupwa.com.au 0473486357

With thanks, this event is sponsored by

Pemberton playgroup



The Pemberton Heritage and History Group are a fantastic group of people who are passionate about the history of Pemberton.

You are welcome to become a member of this wonderful group for \$15.

Banking details: BANKWEST

BSB: 306032

ACC:0146772

The renovations in the Old Infant Health Centre are progressing nicely in readiness for our ‘new’ Museum in the Co-location Hub alongside the RSL Building (The CRC building and Visitor Centre) and the Arts Group.

We have two new beautifully handcrafted display cabinets made by Kristoffersson Furniture ready to move into the Museum when the project is complete. Thanks to the Shire of Manjimup and Lotterywest for the funding for these cabinets.

We are eagerly waiting for the plaques to be placed on the bench seats around town. This will be happening soon and will be part of a Heritage Trail in the town.

Exciting times ahead!

Please contact Deanne Ventris on 97761757

Mob:0428 302782 Email:pembuser@westnet.com.au

PEMBERTON ARTS GROUP INC AGM

Tues Nov 2, 6pm

Bowls Room, Pemberton Sports Club

All Welcome!

PEMBERTON COMMUNITY RESOURCE CENTRE AGM

Thurs Nov 24, 5pm

@ Pemberton CRC

PEMBERTON AGED ACCOMODATION INC AGM

Tues Nov 29, 5pm

@ The Ambulance Hall

PEMBERTON MILL HALL INC AGM

Tues Nov 29, 10.30am

@ The Mill Hall

BRUCE SPRINGSTEEN AND THE E STREET BAND

PERFORMED BY

THE MIDNIGHT GANG



FT. SOUTHERNERS OWN KHAN ATKINSON
ONE NIGHT ONLY!

SATURDAY 3 DECEMBER
PEMBERTON SPORTS CLUB

TICKETS VIA TICKETEBO

Mill Hall Update



MILL HALL AGM
TUESDAY 29TH NOV 2022 10.30AM
AT THE MILL HALL

Would you like to become a member of this wonderful organisation?

Membership is \$16.50

Be part of a group who get the job done!

We are currently fundraising for an upgraded kitchen in the Mill Hall.

We have received some funding but need a top up! We would like to keep the status of a Commercial Kitchen and need to upgrade. The kitchen is used regularly for fundraising activities, catering etc. and is a wonderful asset to the Mill Hall and to the community.

- We have recently done a 3- day drive collecting old batteries and pallets from the farmers. We have had an overwhelming response! If you have any batteries or pallets that you would like to get rid of please contact Deanne 0428 302782.

- We also 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 at my place or we can pick them up for you. Feel free to contact Deanne 0428 302782. You are also welcome to leave them at the tip in a woven plastic bag (feed bag) and label them with the number C10562118.

- You are also welcome to make a donation! Banking details:

BANKWEST BSB: 306032 ACC:4182821

The Pemberton Library is now located in the Lesser Hall of the Mill Hall while the current library building is being renovated during the build of the new Co-location Precinct.

The Mill Hall is still available for bookings during this time. It is a beautiful nostalgic venue which caters for many different functions in the community.

The next dance is on 12th Nov 7.00pm.

Bootscooting is on every Thursday at 5.30pm

Simple Tastes

SIMPLY SIMPLE RECIPES

Scones & Strawberry Jam

Jam

907g fresh strawberries, hulled & roughly chopped
 200g granulated sugar
 30ml fresh lemon juice

1. stir together ingredients over medium heat. Cook until berries are bubbling & have begun to soften, 5-8mins.

2. Reduce heat & simmer until berries are soft. & the spoon leaves line of separation in the jam when scraping the bottom of the pan, 25-30 mins.

4. Pour jam into sterilized jars, cool completely, store 3 or 4 weeks in fridge or freeze for longer storage.

Scones

Spray or brush baking sheet with melted butter.
 300g Self - Raising flour, plus extra for dusting
 pinch of salt

69g unsalted butter, cubed & softened slightly
 2 Tablespoons castor sugar
 80mls milk

120ml light cream
 1 teaspoon vanilla

Preheat oven 220 C, with rack in middle of oven. Lightly coat baking sheet with melted butter & light dusting with flour.

Sift flour & salt together. Rub in the butter until it resembles fine breadcrumbs. Stir in the sugar, make well in center.

Combine milk, cream & vanilla, use a knife to form a dough. Knead lightly. Place on floured surface.

Use the palm of hand to flatten the dough, approx 6 inches a floured knife to cut into 9 portions.

Brush with a little extra cream, dust with a little extra flour.

Bake 13-15 mins.

Serve warm with jam & cream

Alice



It can't drive itself!
Become a St John Volunteer

pemberton.subcentre@stjohnwa.com.au



WARRIOR WELLBEING ARTICLE

Cardiovascular Awareness - How's Your Pump and Pipes?

BY THE REGIONAL MEN'S HEALTH INITIATIVE
November 2022

It's no surprise that when we combine disease associated with the *heart* (pump) and *blood vessels* (pipes) it's our biggest killer, largest health problem, and places a great burden on our economy and health system. This of course is without even considering the issues around grief, loss of function and care requirements that can also impact individuals and families.

Cardiovascular Disease (CVD) is a major cause of death in our country. It kills one Aussie every 12 minutes and is responsible for causing one in four (26%) of all deaths. Someone is hospitalised for CVD every minute and those living in regional and remote areas, generally have higher rates of death from CVD than other Australians (Heart Foundation Aust).

Why Pump and Pipes? If we think about a pump moving water through a series of pipes, over time sediment can slowly build up and slow the flow of water or even cause a blockage. Most blokes would understand this would result in the pump having to work harder which can cause it to eventually fail or blow a hose.

This is no different to coronary heart disease which occurs through the build-up of fatty deposits (plaque) in the arteries that feed the heart. Narrowing reduces the supply of blood and oxygen to our heart and if this becomes too narrow it can cause angina (pain/discomfort in chest) or if a blood clot causes a complete block, then this can cause a heart attack. This is similar to when a clot occurs in blood vessels to the brain causing a stroke.

Warning signs for a heart attack may include a single or a combination of symptoms such as pain, heaviness or tightness in one or more areas of the upper body, shortness of breath, dizziness or a cold sweat.

If you think someone's having a stroke the Stroke Foundation has come up with an easy to remember checklist referred to as **FAST**:

- **Face** – Has their mouth dropped?
- **Arm** – Can they lift both arms?
- **Speech** – Is it slurred, can they understand you?
- **Time** – Is critical, call 000 immediately.

Factors that contribute to CVD include family history (which we can't change) but some of the other risks we can manage by making healthy lifestyle choices are:

- don't smoke;
- maintain a healthy diet;
- do regular exercise;
- reduce our alcohol intake (take a couple of days off a week);
- monitor our body weight;
- moderate our salt, sugar & fat intake; and
- look after our mental health & wellbeing.

It's important we acknowledge that a lot of CVD is preventable, however it's essential that we understand our individual risk factors that may impact on us developing diseases associated with our heart and blood vessels. The onset of other health issues such as diabetes, obesity, even erectile dysfunction can be an indicator that our pump and pipes could be under pressure.

So, just remember like any good piece of machinery, there are some basic *Operating Tips* to keep things running at optimal performance!

*Gauge your guts - Regulate your risks - Move more -
Make a service visit... Talk with your GP*

- @RMHI_4blokes
- Working with Warriors Podcast
- regionalmenshealth.com.au





Pemberton Visitor Centre

ARTICLE BY: PETULA HOLLAND

So, what's on the agenda for the Pemberton Visitor Centre now that I am settling into my role. I have started to help & organising events in Pemberton with my lovely team who is very supportive while I run around like a headless chook. "What's coming up you may ask". Pemberton Trout Festival 2022 6th November. Please get behind this and head on down to Big Brook Dam, where families can release trout. With Australia day around the corner, make sure you keep the 26th January 2023 free. Watch this space as to what we have in store.

Most of you know the team behind the visitor Centre. For those who are new to Pemberton I would like to introduce the PVC Team



Left to right Leanne Van der Putten, Mel Arnold, , Petula Holland (Manager), Bek Lothian, Kelly Thomson

If you have never come down to the Visitor Centre before, don't be shy come on down and say hello, meet the team and check out our museum.

PUBLIC NOTICE - Council Meeting Dates 2023

At its Ordinary Council Meeting on 20 October 2022 the Manjimup Shire Council resolved to adopt the Council meeting date schedule for 2023. The dates are listed below and are also displayed on the Shire website www.manjimup.wa.gov.au



Dates 2023				Location			
Thurs	19	January	Manjimup	Thurs	6	July	Manjimup
Thurs	9	February	Walpole	Thurs	27	July	Manjimup
Thurs	2	March	Northcliffe	Thurs	17	August	Manjimup
Thurs	23	March	Pemberton	Thurs	7	September	Manjimup
Thurs	13	April	Manjimup	Thurs	28	September	Manjimup
Thurs	4	May	Manjimup	Thurs	26	October	Manjimup
Thurs	25	May	Manjimup	Thurs	16	November	Manjimup
Thurs	15	June	Manjimup	Thurs	7	December	Manjimup

Andrew Campbell, Chief Executive Officer

Monthly Prayer

Our Heavenly Father,

Sometimes we talk of praying for people but what do we expect when we do pray. It's difficult for us to fully appreciate what a privilege it is to approach You and talk with You which is what prayer is. From what the Bible reveals to us, You are the great Creator and a great, mighty, majestic, holy and righteous Person and we, the opposites. are so weak, proud, prone to fall into all sorts of evil and wrong-doing that we are poles apart. Indeed, we could not come to You at all if You had not made the way open for us.

All of our wrong-doing (our sin as You call it) is a barrier to coming to You but Jesus came to die in our place so that we could be made right and acceptable to You. And if we believe in Jesus as Our Lord and Saviour, we can come and You welcome us as children. But just as children come to their earthly parents and ask for things that are not good for them and therefore denied, so too we come with requests that may not be good for us either.

So very often we come to You for very selfish reasons. We want something to happen, or not to happen that will make life more comfortable for us when what we should be thinking is what do You want with our lives. The ultimate outcome is that we might give You the glory You deserve from the way we live for You.

Help us to find and accept Your will and purpose for our lives and to shape our prayers to suit Your purposes and not ours. We ask it in Your precious and holy Name

Amen.



The Pemberton Chamber of Commerce and industry met on Tuesday, 26 October for their AGM and sundowner.

With the return of Ardal Nigg as President, Jacqui Moltoni as Vice President, welcomes Libby Joiner as Secretary and John Suckling as treasurer as well as a board welcoming Debbie Mathieson, returning Deanne Ventris, Dinika Keeble, Toni Dearle (with Joanne Drake).

The sundowner gave members old and new a chance to mingle and discuss local topics and business opportunities.

The first meeting with the new board will be held on the 8th November.



Department of
Primary Industries and
Regional Development

Backyard Buddies

Your monthly guide to pests, weeds & diseases

November 2022

Bee swarms – creating a buzz



European honey bee swarms resting on tree branches. Photo credit: **left:** Karl Dewar, photos sent via MyPestGuide® (Report ID 395150) **Right:** John Botha (report via PaDIS).

Why do bees swarm?

Swarming is a natural process for European honey bees (*Apis mellifera*) and forms part of their reproductive life cycle. Honey bee colonies are stimulated to increase their numbers in response to increasing day length, warmer weather and increased availability of nectar and pollen. As a beehive becomes overcrowded, the queen bee and hundreds of worker bees will leave the hive and go in search of a new home. This bee ‘swarm’ will often remain in the area for a short period before moving some distance and resettling as a tight cluster of bees. Bees then scout for an appropriate nest site, which the swarm will move to and inhabit.

The parent colony will have prepared for this division and raised multiple queen cells from which one will mate and establish as the new queen for the colony.

What do I do if I come across a bee swarm?

Don’t panic! If the swarm is still flying, keep your distance. Once clustered, the swarm is usually placid and unlikely to show aggressive behaviour if left undisturbed. Avoid interfering with the swarm if

you’re not experienced in its collection or destruction.

Report swarms of bees found near marine ports, airports or domestic freight terminals to the Department of Primary Industries and Regional Development. These will be screened for biosecurity concerns such as new (exotic) bee species, pests, and diseases.

If a bee swarm settles at your property and doesn’t move on, you can arrange to have it removed by either contacting a swarm collector or licenced pest controller. The Western Australian Apiarists’ Society (WAAS) lists swarm collectors on their website (waas.org.au/swarms), whilst other contacts can be advertised online, in community directories or newspapers, noticeboards or advertised on social media community groups.

Bee swarms located on public or private lands, or establishing in above or below-ground infrastructure (e.g. Telstra pits), should be reported directly to the respective land or infrastructure manager.

To find more information on bees, please visit our website agric.wa.gov.au and search ‘bees’.

Report suspect pests



MyPestGuide™ Reporter
via app or online
mypestguide.agric.wa.gov.au



Pest and Disease Information Service
(08) 9368 3080
padis@dpird.wa.gov.au



Monday 14th November

The team at Tomorrow Woman are running a GATHER session for the women of Pemberton on Monday the 14th November at 6:00pm, at The Pemberton Sports Club, Club Road, Pemberton. Doors open from 5:30pm and light refreshments will be served on arrival.

Tomorrow Woman's Gather event brings together women of all ages to share stories, wisdom, and experiences. This FREE community event aims to unpack the history, expectations and facts of modern-day womanhood, challenging the status quo and asking the question, "Who is the woman I want to be tomorrow?"

Through engaging and immersive conversation, Tomorrow Woman creates a judgement-free space to take some timeout and practice rising above internal and external pressures and expectations. We'll have some laughs, maybe shed a tear, and talk about what's going on for all of us.

After two hours you'll leave a little lighter with some tools to help you check in, in real and honest ways with your friends, family and loved ones.

Grab your ladies and get your free tickets at: <https://gatherwithwomenofpemberton.eventbrite.com.au>



Tuesday 15th November

The team at Tomorrow Man are headed to Pemberton to run A Night with the Blokes on Tuesday 15th November from 6:00pm at Pemberton Sports Club, Club Road, Pemberton. Doors will open at 5:30pm with light refreshments provided.

Outdated stereotypes are leaving some of our mates, dads, sons, uncles, teammates, workmates or brothers stranded without the tools to live a healthy life. This free community event hosted by Pemberton Sports Club, and run by the team at Tomorrow Man, aims to get beyond the banter and explore what it means to be a man today and what it will mean tomorrow.

Come along, have some laughs, and engage in a no-holds barred conversation about the state of man. We'll discuss some stats affecting men and create a space to explore how we can look after ourselves, our mates and families better.

Grab your mates and register for free tickets at:

<https://www.tomorrowman.com.au/upcoming-events/a-night-with-the-blokes-of-pemberton>

These free events supporting Community Wellbeing are proudly sponsored by



All About Pemberton

ARTICLE BY ANN TIQUITY

Images from www.wikipedia.org & www.bookdepository.com

Pemberton is the centre of the universe to many who were born there or lived there and in many minds is totally unique. Well, maybe so, but out there in the big wide world Pemberton is and has been a pretty popular name for a lot of interesting, if useless bits of information, which could come up at a quiz night for all we know.

Our Pemberton is described by Uncle Google as " a town in the southwest corner of Western Australia. It's known for the tall karri trees of Gloucester National Park, including the Gloucester Tree with its lookout point. Also in the park are the Cascades waterfall and Lefroy Brook's rocky rapids. Just outside town are more giant karris at Warren National Park and vast dunes at Yeagarup Beach. The Pemberton Museum traces the area's sawmilling history" Maybe time for an update.

But, as Paul and Ros can tell you first-hand Pemberton is a village municipality in the Squamish-Lillooet region of southwestern British Columbia.

Not only but also Pemberton is a borough in Burlington County, New Jersey, (pronounced by local residents there as "Noo Joisy")

It looks like the original Pemberton appears to be in Wigan, historically part of Lancashire in the U.K noted for its excellent water quality* so you see dear readers, it is everywhere..

The name Pemberton derives from Penn-bere-tūn and appears to be a combination of the celtic penn, meaning hill , the Old English bere meaning barley and ton meaning a farm or settlement.

Now you know that our Pemberton could or perhaps should be a town on the top of a hill covered in barley, but we got the farm right so now having been on a short geographical trip for no apparent reason, we can now take a short history tour.

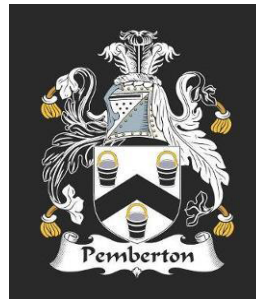


John Stith Pemberton was an American pharmacist and Confederate States Army veteran who is best known as the inventor of Coca-Cola. In May 1886, he developed an early version of a beverage that would later become Coca-Cola, but sold his rights to the drink shortly before his death. The original recipe was initially sold as a patent medicine in soda fountain stores with the claim that it would be a remedy for ailments including heartburn,

nausea, and headaches. JSPemberton, injured in the Civil War had become addict it is said, to morphine and cocaine and tried to devise a medicinal cure. One can see from the grim features on his photo (left) that it did not serve that purpose.

But wait, there's more.

Until the advent of Coca Cola, that great man, Santa Claus was usually depicted as rather tall, fierce, if not scary individual, and it was the depiction of SC himself in the '30's with a bottle of the good stuff that won the hearts and minds of American kids and quite likely a life-long addiction to the sugary delight.



As a final offering we have the Pemberton Coat of Arms. The symbols and colours (green, blue and black) symbolise constancy and sometimes grief. The Chevron (helmet) denotes protection often granted as a reward to one who has achieved some Notable Enterprise.

And the water buckets?* Well, to those who actually read the above can spot the clue.

In conclusion, now and again it does no harm to read an article which goes nowhere, says little, but might bring a smile or a thought to the reader, and this, of course, is the intention of the writer.

Movie Review

CHEF
2014 Rated M -
1h 54m



To find an appropriate movie to review I searched online for the most underrated movies of all time (<https://www.marieclaire.com/culture/news/a14009/most-underrated-films-of-all-time>).

Unfortunately, this list only provided me with 15 options, however, Chef, 10th on the list, immediately caught my attention, as an American comedy-drama film , starring Jon Favreau. I was very surprised to see the cast of awesome actors and was amazed that I had never come across this movie before as I am quite the fan of a decent comedy.

Jon Favreau, who plays the central character in the film, must have managed to also write, co-produced and direct this film, between the many Marvel franchise movies he starred in as 'Happy Hogan', all around the same time. The mind boggles!

The movie co-stars Sofia Vergara, John Leguizamo, Oliver Platt, Bobby Cannavale, with Scarlett Johansson, Dustin Hoffman, and Robert Downey Jr. in little some classic cameo roles.

The story line was very enjoyable and the likable characters created a very light hearted, fun-filled flick. The story revolves around the central figure, a chef who, after a public altercation with a food critic, quits his job at a popular Los Angeles restaurant to operate a food truck with his young son.

This film proved to be suitable for the whole family with its colourful and lively story and great soundtrack. The overall scenario, emphasising the importance of following your passion, taking chances and embracing the support of family and friends. A very heart-warming tale about how things tend to work out when you are doing what you really love to do.

Although a bit cheesy (pardon the pun) with some unfortunate language in places, it is totally worth watching, though as suggested by other critics, not on an empty stomach! I would recommend this movie as a great family film for those who like a bit of humour and spice in their life!



Pemberton Community organisation of the Year 2016.

www.pembertonartsgroup.org.au

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

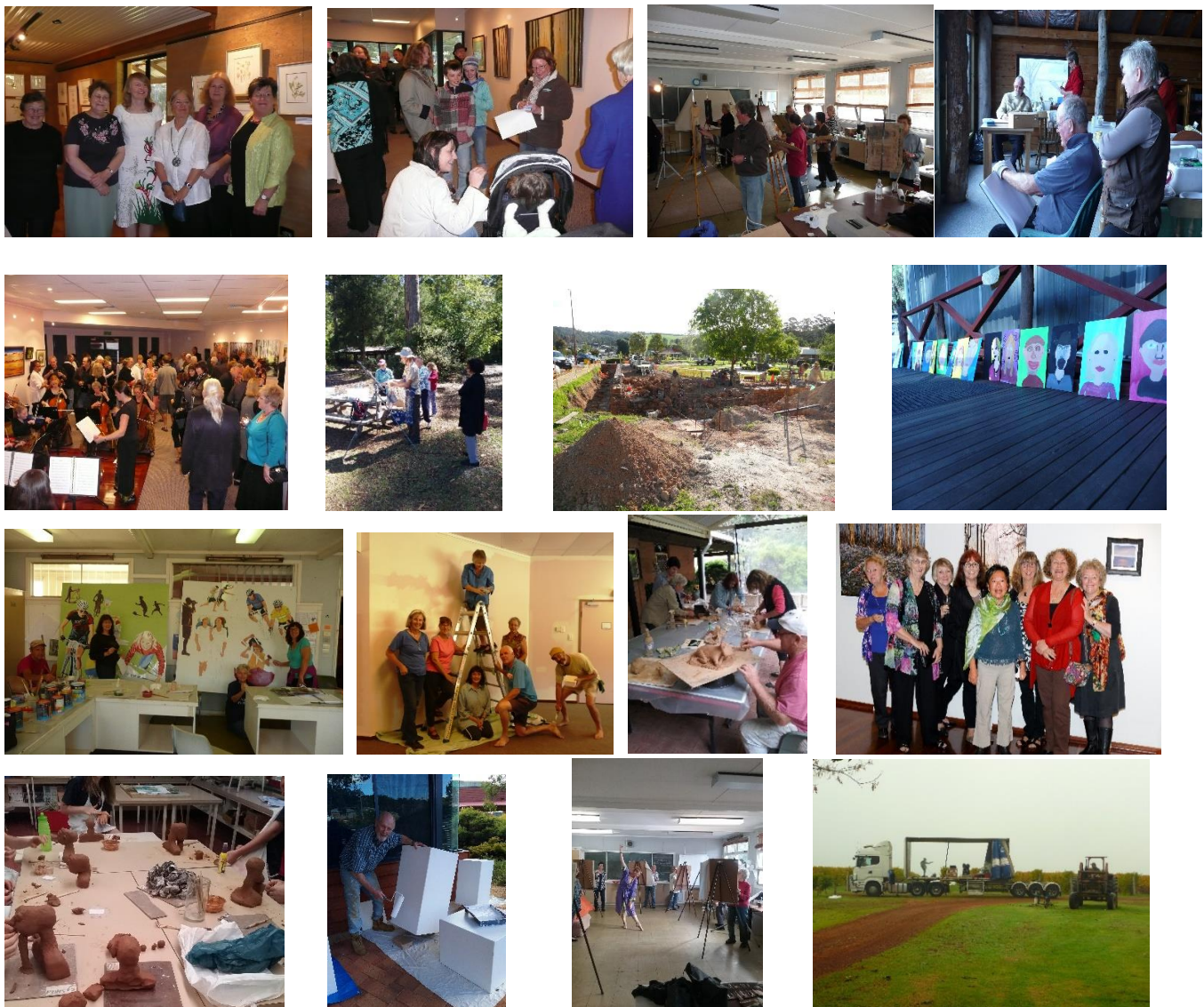
PAG NEWS:

Contact Anna: czerkasow@antmail.com.au

0439 369 702

Please contact PAG if you wish to donate, sponsor a prize in our exhibitions or become a member. Check our website for entry forms to our exhibitions, info about events and links to video footage – Rob Baker’s Photography Exhibition, Paul Fontanini’s video & Spring Exh 2022.

Looking Back – 2009 - 2019: (Photos – A Czerkasow)



Art sessions: Wednesdays now 10.00 – 1.00, at rear of CRC during school terms. Come along with your own project or try something new. Try some Gelli printing, marbling, adding gold leaf or just get into some sketching or pastel drawing. Lots of exquisite art books to give inspiration too!

THANKYOU to all of our sponsors, supporters, artists and super volunteers!!

CHRISTMAS CAROLS



PEMBERTON MILL HALL

SUNDAY 18TH DECEMBER 2022

6.30 PM

BRING AND SHARE SUPPER



CRC Communique

ARTICLE BY GAYE VAN HAZENDONK
Photographs by Gaye Van Hazendonk



NOVEMBER 2022
Pemberton
Community Resource Centre
Your local connection

A GREAT DAY IN THE GARDEN

Saturday 1st October saw a group of busy bees putting in some massive effort to clean and tidy up the Vic Conte Community Garden.

It was all hands on deck from gam and what a lot of hands there were. Thanks to the legendary team who attended, the garden was transformed in no time.



We had some new people to town also show up and help out and it was great to meet such great people.

A huge thank you to Wespine for their generous grant funding that not only provided the archway sign, but provided us with shelving for the shed, a full 8.5kg gas bottle and a brand new BBQ.

The garden shed is much more user-friendly now and although I could provide before and after photos, they are a tad frightening!



Everyone who attended had such a great time that it has inspired us here at the CRC to get more people into the garden.

We are holding a series of Workshops - *Learn in the Garden*, every 2nd Sunday from 2pm-4pm followed by the produce swap.

\$10 per person includes all materials and proceeds go towards purchases for the garden.

Something new each month.

Next Workshop is *Herbal Basics* on 13th November. Come along, learn some new skills, take home some produce and support the Community Garden.

The Vic Conte Community Garden
Pemberton

LEARN IN THE GARDEN
Monthly workshop series
2nd Sunday of each month
13th November
2.00PM - 4.00PM

HERBAL BASICS
Presented by Gaye O'Donnell

Learn how to use your kitchen herbs to make simple products for skin and health care. Go home with a hand made product.
\$10.00 PER PERSON
All materials included.

SUPERFUN AT THE SUPERKIDS BREAKFAST

There are not many incentives to get up and moving and cooking by 7am in the morning, but this great group of people is definitely one of them.

For their last official ride and visit to Pemberton, the Superkids, Supheros team were treated with another fantastic breakfast, this year at the fabulous camp kitchen facilities at the Pemberton Caravan Park.



Voted the "best breakfast on the ride" for two years running we were really proud and grateful for our team of volunteers who showed up with a smile and cooked and served breakfast for over 50 people. Thank you all so much.



A huge thanks also to the generosity of sponsors below who provided produce and funding for the breakfast and dinner for the riders and their crew.

- Pemberton Arts Group
- Shire of Manjimup
- Yield
- RAC Karri Valley
- Pemberton IGA
- Christine and Andrew Trappit

All our efforts were greatly appreciated by the Superheroes team and it was a great feeling to be able to support such a genuinely lovely group of people, fundraising for such a worthy cause.

Over the past 7 years this group of real life Superheroes have raised over \$400,000 towards Childhood cancer research.

For those still wishing to donate to the cause and for anyone wanting to know more about how to support this amazing group of people, check out there website.

<http://www.superkidssuperheroes.com.au>




















From us here at the Pemberton CRC we wish you all the very best in your future endeavours.





Thank you **Catrin Iversen** for the November Calendar photo

November 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>7</p>  <p>Blues at Biggertown 11th-13th 7pm - 10.30pm</p>	<p>1</p> 	<p>2</p>  <p>Suicide Prevention Workshop, MJP Family Centre, 9-4pm AGM PAG @Pemberton Sports Club 6pm Bowls Room</p>	<p>3</p> 	<p>4</p>  <p>Market stalls, NDHS, 4-6 pm</p>	<p>5</p>  <p>Iyrepower Manjimup Speedway from 12pm Eagles - Hotel California tribute, Manjimup Heritage Park, 6pm</p>	<p>6</p>  <p>Pemberton Trout Festival, 10-1pm, Big Brook Dam</p>
<p>14</p> <p>Gather for women, Pemberton Sports Club, from 6pm</p>	<p>15</p>  <p>Blokes night, Pemberton Sports Club, from 6pm Youth Mental Health First Aid Course, Manjimup Family Centre</p>	<p>16</p>  <p>Youth Mental Health First Aid Course</p>	<p>17</p> 	<p>18</p>  <p>Interschool Carnival, PDHS, 9-3pm</p>	<p>19</p>  <p>Manjimup Farmers market 8.30-12.30pm</p>	<p>20</p>  <p>Annual Yeagarup beach clean See page 26</p>
<p>7</p>	<p>8</p> 	<p>9</p>  <p>Naughty Noodle Bar, Northcliffe, revamped courtyard opening, 7 pm</p>	<p>10</p>  <p>Financial Counselling Tim Mearns @PCRC 10am-1pm</p>	<p>11</p>  <p>Bloom sings Te Steve, Linda & Carol Songbook, Gatsbys Skyline, Manjimup, from 7pm</p>	<p>12</p>  <p>Waipole community markets Pioneer Park, 8-1 pm Manjimup Farmers market 8.30-12.30pm</p>	<p>13</p>  <p>Workshops learn in the garden 2pm-4pm @ The Vic Community Garden Annual Yeagarup beach clean See page 26</p>

<p>21 St. John Ambulance @Subcentre, 7pm, Pauline 0430011061</p> 	<p>22 AGM PAAI 5pm @Ambulance Hall AGM Pemberton Mill Hall 10.30am @The Mill Hall</p> 	<p>23 AGM PCRC 5pm @Pemberton Community Resource Centre</p> 	<p>24 Mamma Mia @MJP Repertory Club 11th - 20th November tickets through www.trybooking</p> 	<p>25 Twilight Christmas Markets 4pm-7pm @Pemberton Mill hall</p> 	<p>26 AGM PCRC 5pm @Pemberton Community Resource Centre</p> 	<p>27 AGM PCRC 5pm @Pemberton Community Resource Centre</p> 
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28
AGM PAAI 5pm @Ambulance Hall AGM Pemberton Mill Hall 10.30am @The Mill Hall

29
AGM PAAI 5pm @Ambulance Hall AGM Pemberton Mill Hall 10.30am @The Mill Hall

30
AGM PCRC 5pm @Pemberton Community Resource Centre

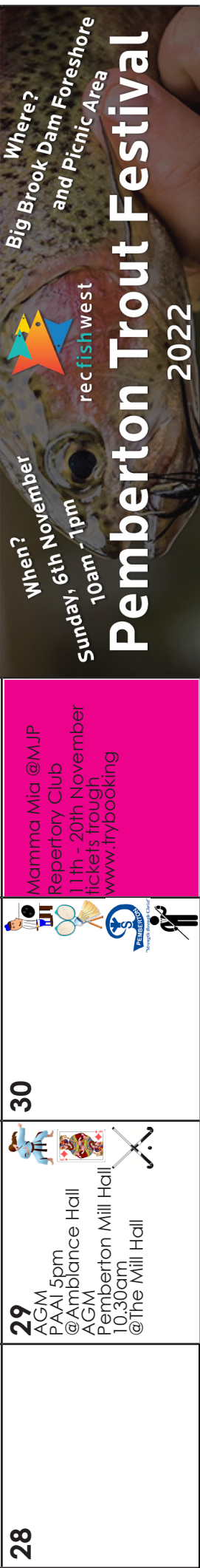
31
AGM PCRC 5pm @Pemberton Community Resource Centre

When?
Sunday, 6th November
10am - 1pm

Where?
Big Brook Dam Foreshore and Picnic Area

rec fish west

Pemberton Trout Festival 2022



The Community Calendar is Proudly supported by:



Department of Primary Industries Regional Development

LEARN IN THE GARDEN

Monthly workshop series
2nd Sunday of each month
13th November
2.00PM - 4.00PM

HERBAL BASICS






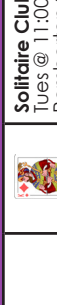


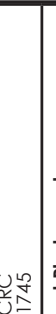
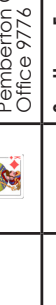














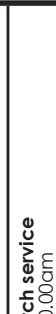





Department of Primary Industries Regional Development

Coming up in December

Wed 3rd Bruce Springsteen and the E Street Band, @PSC 8pm
Sun 4th Open Borders, Northcliffe Visitor Centre
Sat 10th-11th Manjimup Cherry Festival
Sat 31st New Years Fireworks@Pemberton Sports Club

Regular Community Events

	Anglican Church Service 1st Sun @ 11.30am St Hilad's Church, Ellis St, Pemberton Molly 9776 0989		Food Gardeners Club 3rd Sunday @ 2.00pm Various Locations Charles 0466 633 275		PCA - Trail maintenance 3rd Sat @ 8.00am Meet at Pemberton Pool Xander 0435 515 147		Solitaire Club Tues @ 11.00am Pemberton CRC Office 9776 1745
	Art Classes with Tony Windberg Thurs @ 9.30am PVC Art Room Tony 0427 852 032		Lawn Bowls Sun @ 6.00pm Pemberton Sports Club. John 9776 1214		Play Group Thurs @ 9.00 - 11.30am Pemberton Sports Club crèche Pippa 0461 654 902		Southern Forest Photography 3rd Tues @ 6.00pm Charles room, Pemberton Hotel Rob 0428 275 665
	Boot scooting Thurs @ 6.00pm Pemberton Mill Hall Terrie 0439 340 237		Karate Tues @ 6pm, Sat @ 9.30am Pemberton Sports Club. Klaus 0427 711 005		Produce Swap 2nd Sun @ 4.00pm Vic Conte Community Garden		Snooker Club Wednesdays @ 6.30 pm Pemberton Sports Club Bob 0467709064
	Basketball Thurs @ 6.00pm Pemberton Sports Club Kylie 0428 761 263		Ladies Badminton Wed @ 9.00am - 11am Pemberton Sports Club Evelyn 9776 0332		Pemberton Library Rhyme and Story Time at the Library Fridays 11am - 12noon during school term Contact Sherril 9776 1311		Uniting Church service 4th Sun @ 10.00am Pemberton Uniting church Tom 9776 1472
	Craff Group 1st Tues \$5 St Hilad's church Rose 9776 6309		Mill Hall Dance 2nd Sat @ 7.30pm BYO. Share Supper Pemberton Mill Hall Ros 0467 479 317		Road bike social ride 1st 2nd 3rd Sun @ 7.00am Leaving from Pemberton bakery Christine 0407 774 128		Youth Zone Fri @ 3.30-7pm Pemberton Sports Club Maegan 0488 940 202
	CWA Op-Shop Sat 9.00 am - 1.00pm Pemberton CWA Pat 0411 422 335		MTB Social Ride Sat @ 8.00am Leaving from Pemberton Pool Mark 0429 384 800		Sacred Heart Mass Wed 10.00am, 1st 3rd, 5th Sun 8:30, 2nd 4th Sun 10:30am, St Josephs Church Admin 9776 1180		Cricket Training Thursdays @ 4.30 pm Games Saturdays @ 12.30 pm, Dave Meehan 0427441628
	Fire and Rescue 1st Sat @ 2.00pm Pemberton Fire Station Craig 9776 0091		PAG Arts Session Wed @ 10.00am PVC Art Room Anna 0439 369 702		Social Tennis Sun @ 3:00pm PVC tennis courts Bev 9776 0647 or Ducile 9776 0063		Hockey Tuesdays @ 5.00pm - 7.00pm Jolene info@terraperma.com.au

SAINT JOSEPH'S SCHOOL NEWS



At the beginning of Term 2, we welcomed a new group of two and three year old's to our Little Joeys Sessions held every Friday. We have been so thrilled to spend our sessions with such adventurous and inquisitive young children.



Each session, we invite the children and their parents into our Early Childhood Classroom to spend some time together. We spend our time exploring our mini learning centres, playing with one another, listening to stories, singing songs, and having a play outside.



When we are indoors, we participate in a large range of activities with play centres that spark our interests and imaginations. From rescuing animals stuck in giant dinosaur eggs, we have



There is also always a chance to get very messy with our sensory centre. We challenge the children to explore using their senses and experience different textures through these play centres. The children's imagination and interests were also ignited with different small worlds and play mats. When outdoors, we spent our time making new friends while digging in the sandpit, riding the bikes, tackling the obstacle course and exploring the nature play areas especially the water pump and creek bed.



large blocks of ice to cracking open had a blast exploring each centre.

We have had so much fun this year with our Little Joeys play-group! Our Little Joeys will continue after the holidays on Friday the 14th of October. All two and three year old children are welcome to join us!



We have had so much fun this year with our Little Joeys play-group! Our Little Joeys will continue after the holidays on Friday the 14th of October. All two and three year old children are welcome to join us!

OCTOBER AT PDHS



AGRICULTURE DAY



PEMBERTON DISTRICT HIGH SCHOOL

PDHS students hit the ground running as they returned from holidays and started their final term for 2022.



AMAZING RACE

In Week 1 our Year 7-10 students attended Agricultural Awareness Day in Nannup. Our students learnt about the cultivation of micro-greens, research into the use of blow-flies as pollinators, sustainable practices for farming of marron and trout, and observed a sheepdog demonstration. They also developed soil profiles and conducted acidity analysis on samples and taste-tested local produce, including providing feedback on a delicious new variety of apple that has not yet been released into the market.

Also in Week 1, our Primary students participated in an 'Amazing Race' reward experience, taking part in a variety of fun challenges in teams throughout our school. Activities included mime-challenges, quizzes, card and domino stacking and identifying the baby photos of school staff. Students had a fantastic time and demonstrated our school values beautifully throughout the games. A big thank you to the parent and carer volunteers who gave up their time to support this event.



NUMERO COMPETITION

In Week 2, two teams of Primary students travelled to Australind to compete in the South West Heat of the Numero Competition. Every PDHS student demonstrated our school values while competing and represented PDHS with pride. Out of the 18 teams competing, PDHS achieved exceptional results with 3rd and 4th place overall. Congratulations to Luke, Jayce, Noah, Manu, Nathan, Ethan, Kasinda and Zac.



CELEBRATING COMMUNITY

FUTURE WATER SECURITY

Everywhere I go, the Southern Forest Irrigation Scheme has been a topic of conversation. I've spent a lot of time listening to the concerns of the community regarding water security and equitable access.

We have now announced we will not be proceeding with the Southern Forest Irrigation Scheme. Funding remains committed to water security projects and a reference group is being formed to advise on future options for the Manjimup-Pemberton region. I look forward to working with our horticulture industry to find viable water solutions backed by science.



JACK'S MUNDA BIDDI JOURNEY

It was awesome to catch up with keen cyclist Jack in Pemberton recently as he rode over 500kms on the Munda Biddi to raise money for Ocean Heroes and show himself and others that autism can be a strength. It was lovely to see so much local support for Jack, including from Pemberton Cycling Association and the local primary school.



QUINNINUP FAMILY FAIR DAY

What an amazing community! It was great to join the Quinninup Family Fair Day recently to catch up with locals and talk more about their passion for the local environment. It has been great to work alongside and advocate for the community. I'm proud of the outcomes we've achieved in relation to a local mining exploration license.

It was also fabulous to see the new roof on the all-weather shelter, one of my election commitments, being put to full use.

HAVE YOUR SAY

- You can have your say on the Stage 2 of our single-use plastic bans
- Consultation sessions will be held online until 18 November.
- Register or complete the survey, at www.wa.gov.au/planforplastics by 18 November.



Jane Kelsbie MLA

MEMBER FOR WARREN-BLACKWOOD

 5/78 Strickland St, Denmark

 9848 3171

 Follow me on Facebook and Instagram for more community updates

Authorised by J Kelsbie, 5/78 Strickland St, Denmark WA 6333.

Southern Forests Photography Club Awards

The Southern Forests Photography Club had their awards night of their annual Photography exhibition/competition at the Painted Tree Gallery in Northcliffe on Friday 30. September. The following awards were presented by Club president Chris Knight and Shire president Paul Omodei:

Category 1(Open)

Shire of Manjimup Prize 1st \$300—Graeme Dearl—Still Life

LJ Hooker Prize 2nd \$200—Wendy Eiby—Water Lily

Southern Forests Chocolate Company 3rd Prize \$150—Catrin Iversen—Flybrook Fire

10 Chains Prize Highly Commended \$100 each—Terry Dunham—Orchid Intimacy,
Wendy Eiby—Dryandra Woodland, Terry Dunham—Big Brook Raindrops

LJ Hooker Selected Prize \$200—Brad Hanrahan—Road to Pemberton

Category 2 (Youth)

First Prize \$150—Menique Naylor—Open Mind Open Book

Second Prize \$125—Georgia Clifford—Tracks

Third Prize \$100—Amber Castlehow—Paterson’s Curse

Highly Commended x 3 \$50—Georgia Clifford—Spikes, Harrsion Barry—
Cheeky Dexter, Georgia Clifford—Flying High

Congratulations to ALL winners!

Caption from top to bottom: Paul Omodei with Brad Hanrahan, Brad Hanrahan and Catrin Iversen, crowd in gallery



SOUTHERN FORESTS FRESHWATER ANGLING CLUB



Troutfest Waroona

Once again club members attended the Waroona Troutfest held at Drakes Brook dam on Saturday the 15th of September. The event is run by the Shire of Waroona and Recfishwest and congratulations to both for another very successful day. Perfect weather greeted a large crowd who had flocked to see the annual Trout stocking of the dam. A celebration of everything Trout in our southwest, and a fun day for the kids who get to participate in the release. Our club attends as an ambassador for our region. Our display boards promote freshwater angling and Pemberton’s historical significance with Trout acclimatisation efforts. Thankyou to everyone who attended.



Blackberry Control Event

The Southern Forests Community Landcare held their second Blackberry Control Event on the Upper Warren project site on Saturday the 22nd of October. The success of the initial control measures was observed and discussed, as well as follow up strategies. Guest speakers from DPIRD and the Shire of Manjimup also attended and we reviewed important mapping techniques and the use of vital recording apps. Our club’s interest is in forming strategies to eradicate this pest and

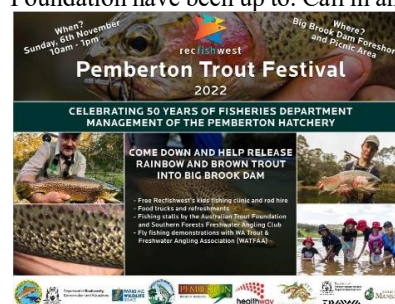
opening valuable river access to anglers. This is the basis behind our Lefroy Trout Trails concept. An invaluable day of networking and the community sharing knowledge in a common course. If you require some advice in your own blackberry control projects, I highly encourage contacting the Southern Forests Community Landcare.



Pemberton Trout Festival 2022

Don’t forget to join us at Big Brook dam on the morning of Sunday the 6th of November. A fantastic family free event kicking off at 10am. Be certain not to miss the Trout release at 10.15 and be prepared as you can also get in the water and release trout. There will be free rod hire and tuition from Recfishwest. Have a go at fly casting with tuition from Western Australian Trout and Freshwater Angling association. Get all the latest information from the Department of fisheries stall. Check out all the cool projects the Australian Trout Foundation have been up to. Call in and say gday to your local

club, at the Southern forests freshwater Angling Club stall. See what we’ve been up to; you may even consider joining. Can’t wait to See you there!





Community Energy Groups – Sharing our Knowledge and Experience

Last month I described the Community Energy Forum, which is planned to be a two day event, held in the Shire, which

gives local residents the opportunity to hear of the success stories all around us of using renewable energy in agribusinesses and in local homes. This is to be held in March 2023.

Another exciting event, which is being planned by Clever Clogs, is a whole lot sooner. On 24th November, seven regional community energy groups meet in Bridgetown to talk renewable energy.

You may remember from our September article, that in August members of Clever Clogs took a roadtrip to Katanning. There we were joined by representatives of other towns running community energy projects. The outcome from the day was that six groups from across the lower South West agreed to form a network, called CREATE, which is an alliance of the community groups, in order that we can effectively advocate for the sector.

CREATE is now on its way, with the six original members (Pemberton, Bridgetown, Katanning, Denmark, Margaret River and Geraldton) now joined by the White Gum Valley Ecovillage, from Fremantle. Our aim is to advocate to government for support and a streamlined pathway to help regional communities develop energy projects more quickly and easily.

While New South Wales has 41 projects listed with the national Community Power Agency, and Victoria has 63, Western Australia has just 8. Of these, one each is in the Goldfields, the Kimberley and the Metro area. The other 5 are in the Greater South West. Of these, 3 are operational.

It is clear that communities across Australia are interested to take a more active role in supplying their own energy needs. Certainly in Pemberton, many small businesses and residents have noted the inconvenience of the frequent outages in the town. – One of the major drawbacks of generating our own energy in the district is the lessened likelihood of problems with the lines in from the major feeding stations near Manjimup and Quinninup. But without a strong voice in the ear of government, the community energy sector will take a whole lot longer to blossom. The reasons are complex.

The state has begun the transition to a more decentralized power grid (or set of grids which can be connected or 'islanded'). However, the system is hamstrung by legislation and regulation which never envisaged renewable sources of energy. Neither did they envisage that the infrastructure – the transmission and distribution lines and spurs, and the energy infrastructure they connect – needs to allow power to move in *both* directions along the lines. That is, the system needs to be suitable to accept power being fed back into the grid, not just away from the centralized generating hubs. Consequently, the old infrastructure is not fit for purpose in a renewable world.



Another complicating factor is the Australian Energy Market as it is set up. Of course, Western Australia is too remote from the eastern states, and had to have its own Wholesale Energy Market (WEM). But the WEM is highly protectionist, and is bound up in regulatory issues which are designed to protect Western Australian energy consumers. In this new scenario, however, it is hampering communities' choice to set up their own renewable generation and distribution frameworks and systems, to power local needs.

The workshop to be held in Bridgetown is an exciting day of firsts. It will be the first time all CREATE Community Energy groups will be represented in person at a single event. It will also mark the beginning of a stronger voice for regional communities with regard to our power.

The data collected at the workshop will form the basis of a position statement on community energy in Western Australia from the point of view of the groups who are running those projects. It will result in a report document, which can be shared through meetings with senior politicians and Ministers, right down to our local members.

Out of the day, we will formulate a strategic plan for the organization, CREATE, so that we have a firm footing from which to voice our needs, and gain traction with government. We no longer want an energy system which is set up for us. We want to have greater choice to create our own power, and gain the benefits of becoming involved in the power market on our own behalf. After all, the money we spend each quarter on our electricity bills could be staying in the Shire, and the town. For this reason, I have seen it as important that, in our mission to create our own energy project, Clever Clogs joins with others. If the CREATE strategy works, we will have an easier, and more streamlined pathway to developing Clever Clogs' vision of a town powered by renewables.

Thanks for reading!

Rose
0437 485 237 / cleverclogscommunity@gmail.com



TECHNOLOGY

ROZZI IN OZ

The noun "technology" is defined as the application of scientific knowledge for practical purposes, especially in industry. (Oxford Dictionary) In this short article I will discuss the topic as I have experienced it.

What is the object we call a ball-point pen? (biro in Oz). How is it associated with technology? This writing tool is manufactured from oil and other raw materials and chemicals. Through various processes it becomes an inner cylinder which holds the ink and an outer, firmer cylinder of similar length. A tiny silver ball is set in a cone-like structure of the inner cylinder and spreads the ink evenly across the paper. This gives the writer a satisfying feeling as the ink is applied to form letters into words or just scribbles or drawings. The writer or holder of the humble pen is in control of the movements but it requires technology for its manufacturing.



Let us look at paper which was made since Ancient times. Technology then could be described as "primitive" as reeds were pulped using stones, flattening the mixture and drying it into papyrus. Today the manufacturing processes require sophisticated technology in multi-billion dollar companies throughout the world. Reams and rolls of paper from wrapping to specially embossed paper are being turned out. Think about the number of people employed to use various machines in these industries; at the same time about all those who are using paper, or shredding or destroying used paper.

Now we shift focus onto writing tools which have outdone the humble pen and paper once used as the only way of communication. Today, in my immediate environment - a mobile phone is at hand. A ringing sound may alert me to an incoming call or a "ping" that a message has been sent for my attention. I am of course using a laptop to type this article. On the desk close by, I see my grandson's computer monitor, hard drive tower with flashing lights, a mousepad and keyboard, a headset and a microphone. All this technology was unknown to me when I was a teenager!

Necessity to communicate with family overseas prompted me to invest in a desk top 13 years ago, followed by a mobile phone, a smarter one two years ago and of course a laptop which is very convenient, more so when traveling. It's probably unnecessary to elaborate on how to use these techno-gadgets. Even my 2 and a half year old great grandson uses computerised toys as he listens to his favourite nursery rhymes and alphabet songs. These and other learning tools have abilities which enable students at all levels to access programmes relevant to their studies as well as giving them feedback about their performance. Therefore we appreciate the incalculable pieces of technological equipment that have revolutionised every aspect of life on planet Earth.

Economic industries as well as the fascinating cosmic space exploration rely on computer technology which makes it possible for the latter to be brought into our living rooms as we watch it on our television screens. We now tend to use our smartphones to the maximum. We can read the Bible, find the weather forecast, make online purchases, check bank balances, communicate with family

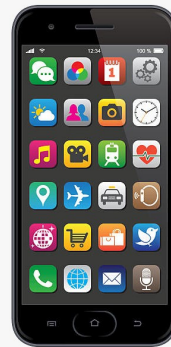
and friends, attend meetings by zoom and you, dear readers, are probably adding to the list of tasks you are able to do in the comfort of your home. Please be reminded, however, that getting outdoors should not be neglected so that fresh air, sunshine and exercise is still of vital importance to our wellness. There are times when we have to give technological gadgets a rest!

At first technology may sound intricate as it undoubtedly is, depending on what we are faced with. My viewpoint is that the underlying principles remain the same. Just like the use of the ballpoint pen. A young child masters cycling as he discovers how his tricycle moves. Logical thinking - the pedals are pumped with the feet, setting a cog in motion which moves a well greased chain connected to the front wheel making a turn. The faster he pedals, the faster the tricycle moves forward! More simply, a toddler is able to open a jar by turning the lid in a clockwise direction in order to remove it. Held at an angle, by tipping the jar at an angle to upturn it, the contents spill out.

Next, practical knowledge. That which is gained to produce an action, like an artist using brush strokes to create a scene by using different media and brushes of various sizes. Also, understanding the importance of linking theory to practice. Another common experience is when one is securing a piece of meat with a fork and cutting it with a sawing motion using a knife.

Therefore, in whichever order you place them, Understanding, practical knowledge and logical thinking are all intertwined to help in the mastering of technology from the simplest to the most complex and is possible at any age in every culture.

Now think back to the time you were introduced to the mobile phone. Daunting at first for me. There was no operator at an exchange (many years ago) or a machine to connect your call. It was just you and your first experience to make a connection with another person. Different prompts programmed into the phone give you directives. Find the contact list and scroll through an alphabetical list of names, find the icon which indicates either a phone for a call, or a speech bubble to send a mes-



sage after finding a small keyboard and type your message (like myself, if you had never typed before, you were compelled to learn) Finally, you were in the modern world of technology and the common tendency is not to look back. There are, however exceptional cases.



In conclusion, and importantly, technology is growing rapidly to enhance man's progress. May we all consider carefully the path that advances our progress. Testing and harvesting insecticide free and healthy crops would be a good example. Let us avoid using technology negatively and destructively, which could result in eradicating all forms of life on this beautiful Earth.

We trust that mankind's role for developing this application of scientific knowledge for practical purposes will be to create a better world for all of creation.

Keeping up with the cost of living

REGIONAL COLUMN

Article by Annetta Bellingeri, Senior Regional Officer

Times are tough for many Western Australians right now, so lots of households will be looking at ways to manage their rising living costs and keep on top of bills.

To help consumers manage their living expenses, the Australian Securities and Investment Commission's (ASIC) Moneysmart service has developed a cost of living 'hub' on its website.

The hub contains information to help consumers make a plan, including how to prepare a budget to track where money is spent, prioritise what matters most and identify any expenses that can be reduced.

With interest rates on the rise, some consumers may be concerned about meeting their mortgage repayments. Taking action straight away can stop a small problem from becoming a big one, so these consumers are urged to talk to their lender as soon as possible. The hub talks through the steps to apply for a financial hardship variation, which may involve changing the loan's terms, or temporarily pausing or reducing repayments.

Financial hardship assistance may also be available for those struggling to pay their rent, utility bills, credit cards, loans and insurance premiums, so these consumers are also advised to contact their providers sooner rather than later to discuss possible options.

Further advice is provided on how consumers can save for an emergency fund to cover urgent or unexpected costs for things like car repairs, unexpected travel or an urgent medical bill.

For those living on a low income, the hub provides guidance on what financial support is available, as well as exploring practical ways to manage costs, such as automating regular bill payments and paying large bills in smaller instalments.

Consumers needing help to get debt under control and their finances back on track can talk to a financial counsellor, who can help prioritise bills and repayments. The National Debt Helpline provides a free, confidential financial counselling service on 1800 007 007.

There is also advice on where to turn in a crisis for help with food, housing, bills and emergency support, plus a reminder that help is available via Beyond Blue on 1300 22 46 36 if financial stress is impacting on mental health.

To explore Moneysmart's cost of living hub, head to moneysmart.gov.au/manage-the-cost-of-living



Government of Western Australia
Department of Mines, Industry Regulation and Safety

Timberwolves Basketball

ARTICLE BY KIRBY BENDOTTI

Photo by Sarah Craig

Our local Manjimup districts under 14 girls' development team travelled to Eaton over the weekend to compete in the Southwest Basketball Championships.

The Timberwolves went through all 5 games undefeated although they had to work hard as a team to get the wins on the board. The level of sportsmanship the girls showed during their games was amazing to watch. They were extremely tired after more than 10 hours on the run but played hard and fair and came out smiling. Our girls were lead and supported by coach Meisha Kristofferson, assistant coach Kristin Eames and team manager Jo Luzny. Top scorers Lola Gandy 49 points, Layla Grainger 48 points.

Bunbury Vs Manjimup 10-12



Manjimup vs Margaret River 34-5
Manjimup vs Busselton 26-6
Eaton vs Manjimup 5-24
Manjimup vs Harvey 18-7
Grand Final Manjimup vs Bunbury 24-14

Photo in order left to right:

Back Row Lola Gandy, Maya Kristofferson, Ava Craig, Lilly Jacob, Olivia Luzny, Tyla Guimelli,

Front row Milly Eames, Layla Grainger, Shelby Bendotti

ED: Well done to our very own Pemberton representative, Shelby Bendotti for being part of the winning team!

Tim's Tips

ARTICLE BY TIM
Anglicare WA



Tim's Mearns the Financial Counsellors Tips for this month are:

Cancel Subscriptions: Look through your bank statements and cancel any subscriptions and memberships you don't use.

Shop generic: Hands down, one of the easiest ways to save money is to give name brands the boot. In most cases, the only thing that's better about brand-name products is the marketing.

Utilize extra finds wisely: If you have debt, you'll be better off using those funds to pay off your student loans or the balance on your credit card instead of stashing that money away.

Unsubscribe from emails: If you have trouble refraining from online shopping unsubscribe from those stores that are trying to tempt you into spending your money.

Pack your lunch: Instead of buying your lunch bring it with you, you'd be surprised at how much it will save over the course of a year.

Tim visits Pemberton so give him a call on 9777 1945

Next visit to Pemberton CRC

Thursday 10th November

10am - 1pm



Anglicare WA

Hi everyone,

We hope you're all well and enjoying the spring weather! With the days becoming clearer and warmer, it's been perfect to get out and about on the trails.

We've had another productive month with riding and trail building, with Dave from Woodland Trails finishing up his work in the MTB Park. The new climb trail is proving to be very popular among users and has been officially named "Bandit's Rise," in honour of our late mate, Bandit. Although the weather delayed things, the newly refurbished Relentless Blue DH is also open and ready for action! The trail now offers a smooth, fast and playful descent right down to the bottom and is worth checking out.



Above: Finding new ride lines and pushing the limits on Bloody Mary during the coaching session.



Left: Tim teaching cornering techniques (with pretend bikes!).

Earlier in October, some of our committee members were fortunate to participate in coaching with Tim Neve from Mountain Bike Coaching WA. With some valuable tips and a healthy dose of determination, everyone was able to progress their riding and take it to the next level. It was fantastic to see some very proud smiles! The coaching was made possible thanks to the Department of Sport and Recreation and we have more sessions planned for the future - so watch this space!



Maintenance is also in full swing, with our efforts focused on trying to keep on top of the 'spring flush' and make any trail repairs before the soil becomes too dry.



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

The PCA Team



Clockwise from top right: Michele, Patrick, Peter, Mark, Sean and Dale showing us how it's done after mastering new techniques in cornering, pumping, jumping and 'whipping'.



www.pembertoncycling.com.au
 pembertoncycling@gmail.com
 @pembertoncycling



MTB ride - Saturday 8.00am
 Pemberton Pool carpark
Road bike ride - Sunday 7.30am
 Crossings Bakery



Southerner Strikers Soccer Club Kicking Goals since 2001

The local Pemberton Soccer Club have commenced the 2022 Summer LSWSL season with fun and enthusiasm. A new committee with Paul Beck as President is encouraging everyone to get behind our Pemberton children in our 21st year as a soccer club.

The Southerner Strikers Soccer Club was formed in 2001. Last year was our 20th year and although we had plans to celebrate this milestone, unfortunately due to COVID this was not the case. So 2022, is the year of celebrations.

SAVE THE DATE of SATURDAY 26 NOVEMBER 2022 for a fun afternoon of Soccer themed activities for all ages at the Pemberton Sports Club. Start time will be at 3pm with Novelty games, including Scratch Matches for adults and children.

This season has seen the SSSC field teams in all 6 grades with 2 teams in the Under 13 and Under 15 age groups. Unfortunately some of the LSWSL clubs (which includes Northcliffe, Bridgetown and Manjimup) are struggling to field full teams in their premier-ship grades. The league have accommodated this with reduced pitch sizes and fewer players on the pitch.

Our teams have commenced with training for the junior grades (U7's, U9's & U11's) on Thursday at 4pm and the premiership grades (U13's, U15's & U18's) training on Wednesdays at 4:30pm. A big thankyou to all our coaches and parents for their commitment to this season.



Photo: U/18's Greenbushes
22 October 2022

One of the U/13 teams have joined with our neighbours from Northcliffe (SS Blue) and although they didn't win their game last weekend against Bridgetown, with their determination we are looking forward to a win soon.



Photo: U/13's Premiers 2021

Match Results—October 2022

U/7, U/9 & U/11's—having fun, no scores recorded.

U/13—White

15/10 Bridgetown d SS 7-1

22/10 SS d Manjimup 3-0

U/15—Blue

15/10 Manjimup d SS 4-3

22/10 SS d Bridgetown 10-2

U/15—White

15/10 SS d Bridgetown 12-4

22/10 SS d Manjimup 8-2

U/18

15/10 Bridgetown d SS 12-7

22/10 Manjimup d SS 8-5

Please spread the word to previous players and committee members of Southern Strikers that the invite is out to attend our Club Celebrations in November.

Please watch our Southern

Strikers Soccer Club Facebook page for more updates. If you have any photos particularly of previous years premiership teams we would like to get these copied and displayed on the night.

Please send photos to

callcupfarm@westnet.com.au



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Yeagarup Beach Clean-up

SUNDAY 13TH NOVEMBER
Depart crossings bakery at 9am

Our annual Yeagarup beach clean up will be held here in Pemberton over the 12th-13th November.

Departing from the Crossings Bakery at 9am on **Sunday 13th November** and have seats onboard and tag along options - a great way to test out your own 4WD. You can book online here <https://pembertondiscoverytours.rezdy.com/516113/tangarooa-blue-yeagarup-beach-cleanup-with-trackcarewa>

Come along for and assist a great team of volunteers to keep our beaches pristine!



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

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**TWILIGHT
CHRISTMAS MARKETS**



SATURDAY



NOVEMBER 26 2022



4PM – 7PM



COLOURING-IN COMPETITION

NICK NACKS & ASSORTED STALLS

RAFFLE



SAUSAGE SIZZLE & CHIPS

CONTACT DEANNE VENTRIS 0428 302782

Manjimup Shire Bulletin

November 2022



PRESIDENT'S MESSAGE

Seniors Week is a special time of celebration for seniors in Western Australia. I encourage all our seniors to come and enjoy a day out with friends at the Wellness Centre on Monday 7 November 2022. It's a great opportunity for seniors to be acknowledged and valued for their influence and hard work toward making the Shire of Manjimup what it is today.

I recently opened the Grand Piano for Manjimup Celebratory Concert. What an honour this was, I am truly astounded by the talent we have in our region and I congratulate the Julia Sykes School of Music on a great event, a great initiative and an outcome that will be music to the ears for years to come. I commend the students who have spent many hours busking to raise funds and thank those community members who purchased keys.

Regards Paul

COUNCIL HIGHLIGHTS

Council recently adopted the Shire of Manjimup Waste Local Law 2022. The Law has now been submitted for gazettal. New policy 1.2.13 Flying of Flags on Council Property was endorsed by Council and the following policies reviewed:
4.1.6 Collection of Outstanding Debts.
6.1.19 Managing the Natural Environment.

SHIRE NOTICES

Regulated burning times come into effect in November.

The restricted burning period for Zone 8 Manjimup/Pemberton/Quinninup commences on 9 Nov 2022, and for Zone 6 Northcliffe/Walpole on 18 Nov 2022.

Permits are required during the restricted dates.

The Firebreak and Fuel Hazard Reduction Notice is on its way. Requirements of the notice must be in place by 11 December in Zone 8 and 18 December in Zone 6.

Penalty for non-compliance with the notice is \$5000 and Rangers will be inspecting properties after these dates.

Pet Registrations

Annual pet registrations were due at the end of October. Renewals have been sent. If you have not received your renewal please contact us.

It is important to keep your pet's registration details up to date, should you need to change your details an animal maintenance form is available on the Shire website.

Draft Forest Management Plan 2024-2033

The Draft Forest Management Plan 2024-2033 has been prepared by the DBCA on behalf of the Conservation & Parks Commission.

The Plan will be open for public comment until 11:59pm Sunday 18 December 2022.

The draft plan and an online submission are available at www.dbca.wa.gov.au/forest-management-plan

Youth Mental Health First Aid

The Youth Mental Health First Aid course is for adults working or living with young people between 12 and 18 years.

This training is a 2 day course and both days must be fully completed to receive a certificate.

Manjimup Family Centre
Tue 15/11/2022, 9:00 am –
Wed 16/11/2022, 4:30 pm

Employment Opportunities

- Lifeguard

Rates due dates

2nd Instalment - 23 Nov 2022
3rd Instalment - 1 Feb 2023
4th Instalment - 12 Apr 2023

SHIRE NEWS

Libraries

Super Reader Program

It's the start of Term 4 and that means there is still a whole school term for Year One students to get involved in our Super Reader program!

Super Ted loves visits from Year One students and has a fabulous selection of prizes to give away.

The Year One Super Readers program is a great way to encourage your kids to enjoy reading and bonus it's FREE. All year one students in the Shire of Manjimup are invited to participate - just pop into one of our Shire libraries for more information or to get started!

After Hours Book Club

Do you love reading, discussing books and meeting new people? Join to our After Hours Book Club!

We meet the second Wednesday of the month in

the Manjimup Library space, and we can promise plenty of laughs, thoughtful discussion and of course, book chat!

If you are interested in joining us, please contact the Manjimup Library.

Manjimup Home & Community Care WA Seniors Week runs from 6 to 13 November and recognises the important role that seniors play in our community and celebrates the contributions of older Western Australians. Join us at the Wellness Centre on Monday 7 November 2022 from 10am to 2pm for morning tea, light lunch and fun activities.

Art Gallery

The Manjimup Cherry Harmony Festival Art Award entries opened on 1 October 2022.

This year's theme is "What would you paint on your limb prosthesis?"

More information available at – www.cherryfestival.com.au/art-awards

AquaCentre

Did you know about the **Creche?**

The AquaCentre creche provides a fun and safe place for your children to play, leaving you with peace of mind to participate in your favourite activity at the AquaCentre. The creche caters for children from 8 weeks old to 11 years old and is open between the hours of 9am and 12pm Monday to Friday.

West Ward Councillors



Cr Murray Ventris
(08) 9776 1757

Cr Kenneth Lawrence
(08) 9776 2010



Pemberton Waste Transfer Station

104 Pemberton Northcliffe Rd Yeagarup

Wednesday: 11 am - 5 pm

Saturday/Sunday: 12 pm - 5 pm

Pemberton Library

Pemberton Lesser Hall - 9776 1311

Wednesday and Thursday: 9 am - 1.30 pm

Friday 9.30 am to 5 pm

SHIRE CALENDAR

Library Storytime

Manjimup - Friday 11.00 am

Northcliffe - Monday 10.30 am

Pemberton - Friday 11.00 am

Walpole - Alternate Fridays 10.00 am

MHCC Activities

Boronia Club - 10 am to 2 pm Monday & Friday

Over 50 Exercise Group - 9 am to 10 am Tuesday & Thursday

Tai Chi 10.30 am to 11.30 am Wednesday

Bingo - 1 pm to 3pm Thursday

Council Meetings

The November Council meeting will commence at 5.30 pm in the Council Chambers on 17 November 2022.

AquaCentre

Check out the extensive group fitness program on the website.



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, present and emerging.