



## **30 Years Of The Speech, Drama And Art Festival**

School buses and cars lined many streets in Dumbleyung as students from nine schools participated in the 30th Speech, Drama and Art Festival on Friday 21st June. Held at the Dumbleyung Town Hall, there were seven categories that students could take part in over the day and three art categories which were judged prior to Friday's event. The many spectators and competitors were also asked to vote for their favourite piece of artwork and the popular choice award went to Spencer Browne from Nyabing Primary School. A final award was presented to the highest scoring school over the day - this prestigious award was tied, both on 11 points, between Dumbleyung Primary School and Nyabing Primary School. Congratulations to both schools!

The theme of the art contributions focused on the thirty years of Speech and Drama. Highly commended art awards went to Quinn and Bill Davidson from Kukerin and Emmy Jefferis, Lara Clavey, Eloise Bartram and Mia Francisco from Dumbleyung PS. The winner for drawing was Lara Clavey. Kukerin PS children Matthew Gooding and Taj Mott received highly commended awards for the 'Humorous Poetry' category and Dusty Tooke from Dumbleyung took out the Australian Poetry category for Year 3/4. The Years 3-6 Choral Speaking section was won by Cooper Davidson, Brandon Gooding, Oliver Hall, Eva Gooding, Taj Mott and Alister Treloar, from Kukerin PS.

Dumbleyung Primary School would like to sincerely thank the adjudicator, Mrs Yvette Wall for all the hard work she did over the day. A big thankyou to Mrs Jenny Williams and Mrs Pip Gooding for scribing the adjudicators comments and thanks also to the Art Judge, Mrs Patricia Holmes. Sincere thanks to the parents, staff and teachers from the various schools who helped to prepare the performers for the day, the Dumbleyung P&C for the great morning tea and lunches and the Dumbleyung Shire for all their contributions leading up to the day. Finally, thank you to all the competitors. We look forward to seeing everyone again in 2025. Finally, congratulations to all of the schools for their commitment to Speech and Drama over the last 30 years!

## Shire of Lake Grace All Abilities Playground

The Shire of Lake Grace opened the Lake Grace All Abilities Playground at an opening event held on Friday 21 June 2024. The Playground features an all abilities swing, header and silo playground sets, flying fox, trampolines, nature play area, climbing wall and so much more. There are some minor works yet to be completed such as shade sails, additional seating and signage, however the playground is now available for use.

The Shire of Lake Grace advise, while they are waiting for signage, please be remember the following rules to ensure the playground remains safe for everyone:

- No smoking or vaping
- No glass
- Dogs must be on leads, and you are required to clean up any mess.

If you are looking for something to do this School holidays, why not head over to the Lake Grace All Abilities Playground?



## Dumbleyung Volunteer Fire Brigade Life Members

Congratulations to Raymond (Lee) Forward and Dave Stephens for being awarded Life Members of the Dumbleyung Volunteer Fire & Rescue Services. With over 25 years of service between you both, your dedication to the brigade and the community is commendable.

*Submitted by Krissy Pearce*



**FOOTNOTE to last Quack Chat's article 'SOLID AS A ROCK'** - As the coincidences stacked up – there is more – it was remiss to omit that Owen Dare was in fact a student of Muresk back in the day. He was the proud recipient of the Countryman Scholarship that supported his studies and time at Muresk where he made many lifelong friends, and cemented his passion for agriculture and the bush.



## Power Bill Relief For Households And Businesses

WA households and business owners can look forward to more cost of living relief thanks to measures from the State Budget which will commence from this July. Households will receive **\$700** in total worth of energy 'credits' over the course of the next financial year and small businesses will receive **\$725** throughout the year. The first credit of \$350 on your power bill will appear in this coming July-August billing cycle. For businesses, they will receive \$325 initially. The second instalment will appear on power bills in the December-January bills.

According to the State Government, it is designed to correspond with the coldest and hottest months of the year, when we tend to use more power. The electricity credit is jointly funded by both the State and Federal Govts and will be the fourth electricity credit delivered by the WA Labour Government. Initially, the WA Government's May Budget had included a \$400 credit for households and small businesses - both welcome news. The Federal Govt has since 'topped' that up with an additional \$300 and \$325 respectively.

In a statement on Sunday 23rd June, the State government clarified that only small businesses with an annual electricity consumption lower than 50 MWh will be eligible for the relief package. Please note that if you are a pensioner, a veteran or those with Health Care Cards, you may be eligible for even more support through the 'Energy Assistant Payment'. Please visit: <https://concessions.communities.wa.gov.au> or come into the CRC and we may be able to assist you in navigating this website!

Source: [www.horizonpower.com.au](http://www.horizonpower.com.au)  
[www.perthnow.com.au/news/wa](http://www.perthnow.com.au/news/wa)



## Lake Grace Shearers Concerned For Their Jobs

On the 20th June, many individuals from Lake Grace appeared in a very powerful TV report compiled by Jon Daly, news reporter for the ABC news. They voiced their honest concerns over the impact that the closure of the live sheep export trade would have on the shearing industry and their jobs. The report accurately described how 'towns in WA's Wheatbelt region have long been in decline because of a shrinking agricultural workforce and that the communities fear the impending ban on live sheep exports by sea may deal a fatal blow.' The reporter added that 'shearing is one of the last major sources of employment in the region.'

The wool industry is forecasting that that state's flock could shrink by millions because merino sheep—prized for their wool and favoured for the live sheep trade, will be swapped for breeds better suited for domestic meat processing. Not only that, all businesses in town will be significantly affected by the downturn in sheep numbers.



WA Shearing Industry Association President Darren Spencer (pictured left) said the industry is predicting its workforce could be halved – losing up to 800 jobs. He added that "Some of these smaller towns that don't have the machinery dealers and hospitals and stuff like that, they're really going to suffer because the number of people in their town is going to go," Mr Spencer said.

Overall the ABC covered the issue very well and left you thinking about the wider implications of the ban on live exports. If you wish to see the report or read the entire article you are encouraged to google:

[WA sheep shearing towns fear ban on live exports will be hammer blow for communities - ABC News](#)

## Gardening In July

Winter has certainly moved in. I know it's probably going to get colder. I have already washed ice off my car window this year. I would suggest any of your plants that are sensitive to the cold maybe think about moving them inside so they will survive winter. I hope you have sowed your everlastings ready for spring otherwise sow them right now! They will look beautiful when they flower.

Even though it's cold, it is a good idea to keep on top of the weeding so that it does not become too much of a bother when spring comes around. It's a great time to plant camellias, hedges, trees and shrubs.

Pruning – now is a great time to prune wisteria and other climbing plants, as well as your hedges. Grapes should also have been pruned by now. Roses need to be pruned which is best achieved by pruning back by about a third of the entire rose bush and about an inch above the new shoots. You can also prune your established fuchsias.

Prune your hedges into shape, potatoes can be planted and spray your fruit trees with a winter oil to deter pests. Finally plant your winter veges which include asparagus, potatoes, rhubarb and broccoli. That's about it from me before I go on holidays, and I will catch you closer to Spring!! Happy gardening.

*Written by Jodi Thompson.*

## Dumbleyung Garden Club

Garden club for June was held at Barbera Plunkett's, very cold day but lovely and warm inside where a few tales were told and some of them were even true. If you're interested in gardening or just want to socialise, then contact our president Helen Bairstow on 0484 672 599.

We visit members gardens once a month for a meeting and a chat, sometimes it's about gardens and sometimes it's not. We also go on outings to various nurseries around the South West, and even the occasional bushwalk, particularly in Wildflower Season.

*Submitted by Johnny Lee.*



## WA Now And Then

Back in May, the CRC had a visit from Marc and Dorothy. Who are Marc and Dorothy, I hear you ask? Marc and Dorothy along with a few other people, have a tourist website WA Now and Then. This website has over 20,000 photographs of places in WA.

When Marc and Dorothy were here in Dumbleyung, they put together a narrated video on the history of Dumbleyung along with videography of their visit to town. The website is about being a “go to resource for anyone looking to explore all that this amazing State has to offer”. Some other locations on their website that might be of interest to you are Kukerin, Duggin Dam, Wagin, Katanning, Nyabing and Harrismith just to name a few. Visit: <http://www.wanowandthen.com>

Marc and Dorothy began this journey back in 1997 when they quit their jobs and went travelling in a 1962 Bedford Bus around Australia. Marc wrote about his travels on an internet site and later developed a book specifically for Western Australia. The book became too hard to update with all the new content so the Website WA Now & Then was born in 2009. Take a look!



## Kings Park Lightscape Event Continues in July

The Winter sensation `Lightscape' has returned to Kings Park and the Botanic Garden and will continue until the 28th July. But be quick, as it booked out quickly last year. There are some amazing new light installations which embrace this year's theme exploring `Roots'. There is also a magical tunnel of hearts. Despite the event being sponsored by the City of Perth, it is *not* a free event. Ticket prices start at \$36 for adults and \$28 for children. It is slightly more in school holidays. Children under three are free and some family discounts are available. Bookings are from 5:30pm. Interested people need to visit [www.ticketek.com.au](http://www.ticketek.com.au) for more information.





## Devastating Day for Regional WA as Live Export Ban Passes Parliament



The Nationals WA have labelled the passage of Labor's live sheep export ban through Federal Parliament this week a devastating decision for families, businesses and communities across regional WA.

Leader of The Nationals WA Shane Love called the decision "a gut punch to regional WA."

"Our livestock industry is the lifeblood of many regional communities, supporting thousands of jobs and injecting millions into our local economies. Many communities will struggle to survive without this industry," Mr Love said.

"Despite this, the Federal Labor Government has stubbornly refused to listen to the pleas of thousands of West Australians and has rammed through an ideological ban that will devastate farming families and communities."

This week, delegates from WA's livestock sector visited Canberra in a last-ditch attempt to convince Federal MPs to oppose Labor's ban.

"The Keep the Sheep campaign presented a petition with more than 63,000 signatures opposing the ban, yet the Labor Party turned their back on hardworking WA families in a political decision aimed at winning more votes in Melbourne and Sydney," Mr Love said.

"Every single Labor representative from WA should be ashamed of their actions in Parliament this week. You were elected to represent your electorate and WA, and you have sold us out."

Mr Love also slammed the Federal Labor Government for guillotining debate in the Senate last night.

"When you are making a decision that will impact the lives and livelihoods of thousands of people, the least you can do is listen to their concerns and respect Parliamentary process.

"Just like the WA Labor party has done with the Aboriginal Cultural Heritage Act and the Firearms Act, Federal Labor has shown they are drunk on power by gagging debate on this important issue."

Deputy Leader and Member for Roe Peter Rundle said the decision would be particularly damaging in his electorate, which represented the majority of WA's sheep industry.

"The impact of this ban will extend far beyond live export and have significant repercussions across our entire sheep industry," Mr Rundle said.

"To make this cruel decision when farmers are already experiencing collapsing prices and an incredibly dry season is heartless and shows Labor just doesn't care about regional WA."

Mr Rundle said it was "another nail in the coffin" for regional communities under Labor.

"While WA Labor is closing down our timber industry and running roughshod over our fishing sector with their contentious new marine parks, the Federal Government is waging war on our farmers.

"The only way to reverse this ban and support our farming communities is to get rid of Labor from State and Federal Parliament, and WA voters will have the chance to do that in 2025."

### Contact Peter Rundle

✉ [peter.rundle@mp.wa.gov.au](mailto:peter.rundle@mp.wa.gov.au)  
 f [facebook.com/PeterRundleRoe](https://facebook.com/PeterRundleRoe)  
 t [@PeterRundleMLA](https://twitter.com/PeterRundleMLA)



## Rural Aid Australia

These are very trying and challenging times for some of us as decisions being made by Governments, costs still rising and the year still an uncertainty as to what mother nature will do. The resulting stressors that occur will vary for each of us as we respond in our own way. So, I thought it would be good to suggest how we recognise and be aware when our adverse thoughts begin to take over our ability to reason effectively.

Our brains always look for solutions to problems. We sometimes come up with stories and quick fixes which may not be overly helpful. This sometimes results in negative thoughts. These negative thoughts begin taking us over, becoming our reality. The stories our minds come up with are called "cognitions". These cognitions can be beliefs, ideas, attitudes, assumptions, judgements of self and others and more. When these thoughts catch us, they can put us into a self-defeating pattern of behaviour. We are wired to look for negatives and must actively make a choice to see there are alternative positives. If we look for negatives, we will easily find them. If we look for positives, we will find them to.

Stories your mind may tell you can be about judgements, what you tell yourself about yourself and others. Such as "I can never do anything right". Giving reasons why I just can't or shouldn't do certain things. Looking to the future with dread and doubts as your mind reminds you of something such as a mistake or painful event that has happened in your past. We become fused with our thoughts. How do we diffuse ourselves from these thoughts?

Pushing our negatives away, down or ignoring them may be a quick fix but in the long term that is all. The thoughts will come back. We can 'press pause' on our thoughts. We can't switch off our thoughts forever but how can we respond in a more positive way? What is another more positive take on this thought.


Acknowledge why you are having this thought. Become curious why this thought is affecting you in this way. This thought and emotion is in the here and now but is the thought actually my reality? What I feel might happen hasn't yet happened. But why am I having this negative thought. For example, I'm having negative feelings and thoughts because of the uncertainty of this year so far. This Uncertainty results in some justifiable concerns. But I'm doing what I can and doing my best with what I can personally control. I can't control the weather or interest rate hikes. But I'm also aware of why I'm concerned.

We all have challenges, and we react in our own way. Our friend's family and others also have their own challenges. Recently the keep the sheep movement has shown how by doing what we can to support each other does raise spirits and does reinforce how supporting each other strengthens our ability to cope. The issue has not gone away but the ability to feel we are doing our best and what we can enhances our ability to cope.

Being true to who we know we really are is challenging and requires awareness of how our thoughts can influence our beliefs. Being able to pause and question our feelings is also hard, sometimes to hard. But acknowledging your body and mind telling you 'This is to hard right now' is also the time to ask for help, the expert on how you feel is yourself. So please reach out, seek help, phone someone or talk to someone. Remember you are valued by those who love you.



**LIVE COMEDY SHOW AND AUCTION**  
 Friday 5<sup>th</sup> July  
INCLUDES  
 Dinner, Show and Auction  
 Cash Bar Available



**DUMBLEYUNG GENERAL STORE**  
 A COMMUNITY INITIATIVE

## DUMBLEYUNG CO OP AUCTION ITEMS

*... more added as received*

**Please note absentee bids will be accepted**

*forms at Dumbleyung General Store or email*

[coop6350@gmail.com](mailto:coop6350@gmail.com)

**Book your Table at the Co Op \$30 per head**

*(tables of 8 or individual tickets)*



Reid & Todd Jory; Jan Smith; Jamie Davis; Clint Doores; Shayne & Claire Smith; Roy & Julie Justice; Tara Bell; Jenny Lutz; Mark Smith; Mick Smith; Bridie Bartram; Robbie McDougall & Leanne Frost; Jason Smith; Bartram Family; Bob Gray; Jan Ward; Beth Bartram & Robbie McDougall; An Olon Danom Team; Smith Family; Corrin & Damon Barstow; Dore Family; Meryn and Robert Tamby; Colin & Jaci Bell; Sharon Rafferty;



*Updated: 02-07-2024\**

### **DUMBLEYUNG CO OP AUCTION ITEMS ...**

Please note absentee bids will be accepted – forms at Dumbleyung General Store or email [coop6350@gmail.com](mailto:coop6350@gmail.com)

Book your Table at the Co Op \$30 per head (tables of 8 or individual tickets)

ITEM 1. Dynamic Cleaning Duo- Spruce up your house inside and out with four (4) quality packed hours of cleaning and handyman work: Reet and Tad Joy

ITEM 2. Garden Blitz – Four (4) hours gardening. As well as gardening Jane will bring some potted-up selections of different coloured Salvias, Pelargoniums and Agapanthus and plant them in your garden: Jane Smith

ITEM 3. Two (2) x West Coast Eagles Tickets 14/7 Vs Brisbane Lions

ITEM 4. Six (6) Dining Chairs Upholstered – Professionally upholstered, by our local whiz and professional upholster – you provide materials & chairs – an let the transformation begin: Clint Dixon

ITEM 5. Sheep Manure -Trailer load of quality sheep manure delivered & spread in your garden: Shayne and Claire Smith

ITEM 6. Grain Transport - Wishbone Transport - Three (3) loads grain transported from your farm to Dumbleyung CBH: Ray and Julie Justins

ITEM 7. Pantry Clean out - Pantry Queen- Tara will help you organize and tidy up your pantry space, big or small: Tara Ball

ITEM 8. Fully Framed landscape photograph of Lake Dumbleyung : Jonny Lee

ITEM 9. Three (3) x tickets Eagles Vs Brisbane - Sunday 14th July.

ITEM 10. Full Lamb - One (1) crossbred lamb cut up and packed: Mark Smith

ITEM 11. Four (4) Hours Grading - Komatsu 555 grader. Grade out contour banks, touch up catchments, grade roads – all types of grading: Mick Smith

ITEM 12. Three (3) x Tickets to Eagles Vs Gold Coast Suns - Friday 2nd August

ITEM 13. Horse Experience– One (1) hour horse experience with three beautiful horses including grooming, meeting the foal and a ride: Bridie Bartram

ITEM 14. Woks on Wheels - 3 course meal for 6 cooked on-site (within 35 kms Dyg). Set menu - Yabby entree /Chicken stir-fry with noodles/Sticky date pudding. We supply meal. You supply everything else: Rob McDougall & Leanne Frost.

ITEM 15. Trailer load of firewood – split, delivered & unloaded: Jason Smith

ITEM 16. ONE (1) night's accommodation in a Premier King room at the Crown Towers, Perth for two (2) adults including breakfast at the Epicurean valued at \$870. Must be redeemed before 30th March 2025: Delta Agribusiness

ITEM 17. Two (2) tickets to Corporate Suite at AFL match- Fremantle Vs Geelong – August 10<sup>th</sup> : Summit Fertilisers

ITEM 18. Twelve (12) hours of mechanic labour, can be split with first winning bidder nominating number of hours: Farmers Centre Dumbleyung

ITEM 19. Farm Experience- weekend on the farm – up to eight (8) people experiencing farm life and the Dumbleyung district, an fabulous item for your city relatives or friends or why not take some time out for your selves: Bartram Family.

ITEM 20. Two (2) x Westcoast Eagles Tickets 2/8 Vs Gold Coast Suns

ITEM 21. Two (2) Windwheels – locally crafted. You pick your design: Bob Bray

ITEM 22. One Full Day for Three (3)-person fishing charter out of Bremmer Bay – all bait and equipment provided – date negotiable depending on weather and fishing conditions. Plus, a fishing gear package from Aviso Insurance. Boat 7mt Cat, deep sea fishing boat: Jon Ward

ITEM 23: A fantastic fishing gear package – you'll be all set for your next fishing trip. Aviso Insurance.

ITEM 24: 'A1 Clean Dream Team'. Three (3) hours service - Dirty Walls, Dirty floors, dirty windows? Experiencing dread at how to fix it? Who do you call? Three (3) hours service with equipment supplied. Don't wait... put your absentee bid in or come along and bid on the night : The A1 Clean Dream Team

ITEM 25: BBQ Picnic for 2 families or up to 10 people at a picturesque location in the vicinity of Lake Dumbleyung. Food and drinks supplied. Date negotiable depending on the weather. Beth Bartram and Robbie McDougall.

ITEM 26: Body Smart Massage – Sixty (60) Minute Massage at Dumbleyung Pool room: Sharon

ITEM 27: to be advised

ITEM 28. Heavenly Horizons Dunsborough – Five (5) nights' accommodation, two story, family friendly, with large deck overlooking Geographe Bay. <https://luxurybreaks-sw.com.au/heavenly-horizons>: Maximum 8 people: Smith Family

ITEM 29. Fertiliser Transport - Flexitrans - Up to 80 tonnes of granular or liquid fertiliser to Wagin or Dumbleyung from PERTH: Carmen and Darran Bairstow

ITEM 30. Deck House West Busselton – Five (5) nights' accommodation beachside in West Busselton. 270° views across Geographe Bay from huge entertaining deck, private pool. Maximum 8 people.

<https://thedeckhousebusselton.com.au> : Dare Family



**Save the Date**  
**Thursday**  
**8th of August**  
**2pm**

# DUMBLEYUNG STAYING IN PLACE

Come and hear all about the Staying in Place program, helping deliver aged care services in our community.

Light refreshments provided and everyone welcome!

- ✓ **PERSONAL CARE ASSISTANCE**
- ✓ **HOME MAINTAINENCE SERVICES**
- ✓ **MEAL ASSISTANCE**
- ✓ **TRANSPORT SERVICES**



*AND MUCH MORE!*

**Contact Us**



Phone Number:  
**0459 932 616**



Email:  
**admin@dumbleyungcrc.com**

# MEMBERSHIP RENEWALS

## DUMBLEYUNG CRC

With the End of Financial Year fast approaching, membership fees for 2024/25 are due for renewal.

Invoices will be issued to all current members - if you do not wish to renew, please advised us prior to the 30th of June.

If you wish to register to be a member, please contact [admin@dumbleyungcrc.com](mailto:admin@dumbleyungcrc.com).

**GENERAL MEMBER—\$50 PER YEAR**  
**SENIOR/CONCESSION MEMBER —\$40 PER YEAR**  
**BUSINESS MEMBER—\$100 PER YEAR**



Service	Discount
Printing + Scanning	15%
Laminating + Binding	15%
Room Hire	15%
Computer and WIFI Hotspot	FREE
Equipment Hire	15%
Workshop Attendance	15%
Advertising	Two FREE advertisement per year in the Quack Chat

**COMMUNITY/NOT-FOR-PROFIT GROUP MEMBER—\$70**

Service	Discount
Printing + Scanning	20%
Laminating + Binding	20%
Room Hire	20%
Computer and WIFI Hotspot	FREE
Equipment Hire	20%
Workshop Attendance	20%
Advertising	Unlimited FREE advertisement per year in the Quack Chat





# SHIRE OF DUMBLEYUNG

## Spotlight

### Information from the Ordinary Meeting of Council held in Dumbleyung 20 June 2024

- Department of Communities – Housing Joint Venture Agreements Review and Renewal
- Grande Olde Dumbleyung Inn – Land Freeholding and Re-Vestment Request
- Application to Minister Seeking Change to the Method of Valuation Based on Predominant Use of Land
- Shire of Dumbleyung Strategic Community Plan Quarterly Implementation Update
- Dumbleyung Swimming pool Redevelopment Project – Final Design – Laying on Table From 16 May 2024
- Proposed Amended Council Policies

READ THE FULL COUNCIL MINUTES:

[Shire of Dumbleyung | COUNCIL MEETINGS 2024](#)



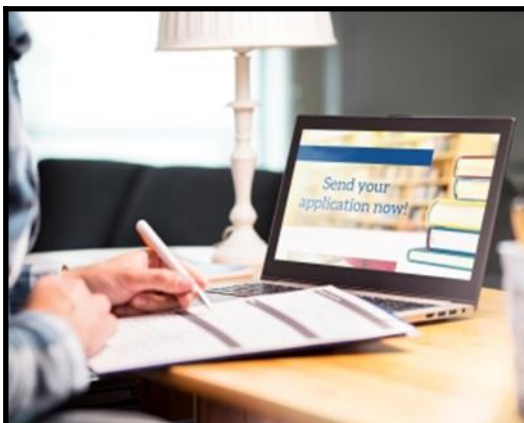
### 2024 Robert & Daphne McIntyre Citizenship Award

\*Applications close Monday 8th July\*

This award has come into existence because of the generosity of Robert and Daphne McIntyre. The award is to further develop the youth of Dumbleyung Shire so that they may contribute actively to both the future of the Shire and play an active role in the support of the Shire.

In August 2008 Robert McIntyre wrote to the Dumbleyung Shire Council with a proposal for an annual award in the form of a student scholarship donated every year by Robert and Daphne McIntyre. This year the award is \$3,500. The aim of the award is to assist the award recipient with education related expenses.

The creation of the award recognises the pioneering work done by Robert McIntyre's parents and grandparents who first arrived in the Dumbleyung district in 1908, and the contribution that they made to the community's early development. In October 2008 a committee was established to work with Robert and Daphne McIntyre and over the ensuing months the selection criteria and Memorandum of Understanding were developed. One year after Robert McIntyre first contacted the Council, the inaugural Robert and Daphne McIntyre Citizenship Award process was carried out. Since then, there have been fifteen successful recipients.



Applications for 2024 close on 8 July 2024.

Click on the link below for the 2024 Application Form and eligibility requirements.

<https://www.dumbleyung.wa.gov.au/robert-daphne-mcintyre...>



# SHIRE OF DUMBLEYUNG

## Spotlight

### Shire of Dumbleyung Swimming Pool Update

At last week's meeting, the Dumbleyung Shire Council endorsed the detailed design plans and tender documentation for the Dumbleyung Swimming Pool Redevelopment Project. This now places the proposed swimming pool redevelopment in full project readiness. A copy of the detailed design plans can be found at <https://www.dumbleyung.wa.gov.au/swimmingpoolupdates>

The detailed design plans indicate an elevated plant and pump room to be located on the northern area of the site. The elevation is required so that sunken balance tanks beneath the plant room can directly connect to the new pool at the same height. This also means that plant room service access points will need to be established both on the eastern and western sides of the building. The swimming pool Masterplan originally showed all future buildings (i.e. kiosk, toilet/change rooms, first aid room, pool entry, etc) to be located on the northern site. Should future capital funding become available to deliver the pool Masterplan, the actual location of these buildings will need to be adjusted to reflect the space available.

A swimming pool redevelopment project tender strategy still needs to be established (prior to going to tender) that will provide flexibility to the Shire to consider the best available construction delivery methodology together with the most cost effective options. In this context, consideration may be given to inviting non-conforming construction bids to complement design compliant proposals. This could take the form of construction proponent led Design and Construction bids.

Councillor consideration was also given to potential funding strategies to finance the \$5.775M pool redevelopment project. Already committed funds include:-

1. State Government Community Sporting & Recreation Facilities Fund (CSRFF) grant - \$1.6M
2. \*Federal Government Local Roads & Community Infrastructure (LRCI) Phase 4 grant - \$428K (*\*subject to Federal Government LRCI program approval*)
3. Shire of Dumbleyung Swimming Pool Reserve (cash) - \$350K

Initial Shire project modelling indicates a number of scenarios to potentially fund the shortfall, including combinations of borrowings and/or use of Dumbleyung Future Funds. Further project funding considerations will be given once a final contract tender price is known.

Shire Councillors also considered a draft engineered scope of works to seek contractor pricing for the partial removal of the main swimming pool basin as a means to monitor and facilitate removal of existing subsurface water located across the pool precinct. Initial contractor contact facilitated by Shire officers will be followed up to secure quotes for these important site preparation works to be completed.

The Shire also awaits further engineering advice on a detailed design for a broader Swimming Pool Precinct Drainage Solution. This important pre-swimming pool redevelopment site works aims to install a perimeter drainage system to capture and remove subsurface water to protect the new pool and existing Absolon St building infrastructure. The earmarked location of this drainage system is along the laneway north of the swimming pool. The drain will then connect to the existing Absolon St drainage system by another connecting north/south running line to be positioned west of the existing main street buildings. Shire Councillors will consider this design plan and project scope once it becomes available.

For further information, please contact Shire of Dumbleyung CEO Gavin Treasure on 0429 634 012 or by email at [ceo@dumbleyung.wa.gov.au](mailto:ceo@dumbleyung.wa.gov.au)

**SPORT NEWS**

## 2024 CBH Group Country Championships

The Women's 2024 CBH Group Country Championships were held in Perth on the 14-16<sup>th</sup> June and was well supported by 7 Lake Grace Kukerin Hockey Club members. Souths is part of the Roe Districts Hockey Association with Chloe Blight, Michelle Gooding and Jorja Kirby all part of the Division 3 Team, aptly Coached by Melissa Ogilvie and Managed by Tracy Taylor. Trish Leo (who has participated in far 47 Country Week Competitions) and Helen Kirby played in the Division 5 Team. Roe Divi 3 Team, had a stella tournament, played their hearts out and managed not to lose a game or get a goal scored against them the whole competition, narrowly missing a place in the Grand Final by drawing with a higher placing East Avon in their cross over match. They then won their last game to finish 3<sup>rd</sup> overall in their division. A fantastic effort by all the girls and a great Debut Coaching effort from Mel aided with much experience from Tracy Taylor. A formidable team for sure.

Division 5 Team was mostly a very young team that had plenty of power and speed, not to mention a lot of experience in the back line. Unfortunately, balls just didn't get into the net and goals were hard to come by. The scores not reflecting the calibre of hockey played. However, as they say winning isn't everything and new friendships were forged, and many laughs were had. This is the best part about all coming together to play Country Week after all, the fun and camaraderie.

Men's 2024 CBH Group Country Championships played the following weekend from the 21<sup>st</sup> -23<sup>rd</sup> June. Once again Souths showed up with 4 members all part of the Division Two Team for Roe Districts. Riaan Badger, Darcy Kirby, Fletcher Taylor and Cambell Chatfield participated in a high level of hockey throughout the competition while Helen Kirby helped with Managing and Assistant Coach. Despite being in a higher grade than previous years the lads dug deep and kept up with the pace, doing their association proud. Once again, end scores not showing how well the team gelled and the determination and effort expelled by everyone. With many talented young players in the team, Roe Districts Hockey has a great future ahead.

*Article by Helen Kirby*



Souths Representatives for Men's Country Week:

Pictured: Darcy Kirby, Cambell Chatfield, Helen Kirby, Fletcher Taylor and Riaan Badger



Souths Representatives for Women's Country Week:

Pictured: Tracy Taylor, Trish Leo, Chloe Blight, Michelle Gooding, Jorja Kirby, Helen Kirby, Melissa Ogilvie

## SPORT NEWS

### Lake Grace-Kukerin Hockey Club

The weekend just gone, we travelled to chilly Narembeen!

C grade started off the day and went down 3/0 in a very hard fought out game.

Award winners : Chloe Gooding and Lucy King.

Next up was B grade. With super coach Joel away, Mel filled in for the B Grade coaching role for the day. B grade came away with a 2/0 win. Goal scorers were Brandon Gooding and Bill Davidson. Award winners were our leaders Trish Leo (captain) and Tracy Taylor (vice captain).

A grade played out a tough game and came away with a 1 all draw. Goal to Michelle Gooding.

Award winners: Helen Kirby and Claire Pelham

Finally the men played and sealed a 2/0 win.

Goal scorer: Floyd Pryor X 2.

Award Winners: Floyd Pryor and Ben Hall

Thanks again to Pelham Enterprises for the gameday sponsorship.

*Submitted by Melissa Eynon.*



*Helen Kirby and Claire Pelham*



*Chloe Gooding and Lucy King*



*Tracy Taylor and Trish Leo*

### Dumbleyung Netball Club

Round Eight and Nine Wrap Up.

Round Eight we took to the court to play Broomehill in Katanning at 3pm. After playing them in Kojonup and going down by 20 we knew we were in for a tough and strong game. We gave it a good go but unfortunately Broomehill played exceptionally well and took home the win. Final score 22 to 60.

We're in the season of 3pm games as we took to the court at 3pm (again) on Saturday June 29 to play Cardinals Fever. The last time we met Cardinals was a midweek game and we had won by 6 so we knew it was going to be a close competitive hour! A close game we were a draw at halftime. We pushed hard in the third quarter to be up by 4 points which was super exciting! We kept up the pressure in the fourth quarter to come home with a win by only one point! Final score 29-30.

There is a general bye this weekend (Saturday July 6) and we'll return to the court in the last week of the school holidays on Saturday July 13 to play Olympians at 1.30pm. Come along and cheer us on!

*Submitted by Alison Gray.*



## SPORT NEWS

**UGSWGGA Championship Foursomes**

UGSWGGA Championship Foursomes held at Lake View Dumbleyung on Wednesday 26 June 2024 was a rip roaring success. This was due to all the wonderful competitors 14 pairs competing for the elite trophy. The course in great condition and thanks to the many members, making it a pleasure to play on. Though they don't seem to mow far enough into the bush at times!!! Can't wait for the wild flower season. The raising of the Flag was a bit different with a lovely yellow broom being used.

The food was a delight, such an array of cooking and donations by all. A big thank you to Clare Atkins the Guru of the Catering, with her contingent of helpers, Flower arrangements which everyone thought were absolutely brilliant, organising of the Raffle and taking over magnificently as the stand in Sponsor for her Mum Margie Ward- Margaret as she was referred to often. Margie was there in spirit and on the what's App making sure we were all doing the right thing, not really wanting to miss out on a thing. Thank you for the wonderful Sponsorship for this day the trophies were to die for - shame some of us just couldn't make the most of them - always next year. Thank you to Karen Ward for coming out once again and doing the cards, to Jamie Dare for all his many jobs he had to do and his staying power at the end. Was great to have our President Sumarie Gaudin there and gave a great wrap on all things golf and other!!! Also to have Megan Henry, Golfing Ambassador, coach for our Association and other Associations reiterating how great golf is.

Results of the day

Gross Winners: Sumarie Gaudin & Fiona McCarley 86 -Katanning  
 Gross Runners-up: Karan Murray and Tracey Lamont 89 Katanning  
 Nett Winners: Robyn O'Brien & Jill Cowcher 70 Boddington  
 Nett Runners-up: Carol Hardie & Sue Short 70 1/2 Narrogin  
 Next Years Winners: Alyssa French & Lynley Keley - Katanning





## RECIPE

# Slow Cooker Apricot Chicken

### Ingredients:

8 Chicken Thighs, excess fat trimmed  
 40g pkt French Onion Soup Mix  
 410g Canned Apricot Halves, drained  
 405ml Canned Apricot Nectar  
 1 tbsp Cornflour  
 Steamed Rice, , to serve  
 Steamed Broccolini, to serve  
 Fresh Thyme Sprigs, to serve (optional)



### Method:

Heat a large non-stick frying pan over medium-high heat. Add half the chicken, skin-side down, and cook for 3 minutes or until golden. Turn and cook for a further 3 minutes. Transfer to the bowl of a slow cooker. Repeat with the remaining chicken. Sprinkle the soup mix over the chicken. Add the apricot halves and pour over the apricot nectar. Cover and cook on Low for 6 hours. Use tongs to transfer the chicken to a warm oven tray and cover with foil to keep warm (alternatively, pop the tray into a preheated 180C/160 fan forced oven, without the foil, for 5-10 minutes). Increase the slow cooker heat to High. Stir the cornflour with 1 tablespoon of water until smooth. Add to the slow cooker and stir to combine. Cover and heat for 5 minutes. Stir again. Serve the chicken and apricots with rice and broccolini, and sprinkled with thyme leaves, if desired.

Bible - Discussion ---

Non - Denominational

Will's Chat:

Money we all need it!

In the last chat I mentioned a rich young ruler who seemed unwilling to part with his money to follow Jesus and some of us are probably thinking well that figures, doesn't the bible say that money is the root of all evil !.

Isn't it strange how these sayings worked their way into our everyday speech and thinking.

Did you know that these are not actually the same words as those in the bible?

If we read within the context it is written then this makes what was said a little clearer.

We can find the words in 1 Timothy vs. 7-11:

*"For we brought nothing into this world, and it is certain we can carry nothing out.*

*And having food and clothing, with these let us be content.*

*But those that desire to be rich fall into temptation and a snare, and into many foolish and harmful lusts, which drown men in destruction and perdition.*

*For the love of money is a root of all kinds of evil, for which some have strayed from the faith in their greediness and pierced themselves through with many sorrows.*

*But you, O man of God, flee these things; and pursue righteousness, godliness, faith, love, patience, and gentleness."*

There is much more written here both before and after these verses and it is well worth reading of the entire story.

The principle of the thing is that we must be willing to part from those things which would separate us from God. This may be anything not just money, we all know that money is a very useful tool to have.

It only becomes a problem if we forget all else and spend all our time and energy trying to make even more money.

Most of us never have enough of it but when all said and done with care we can generally manage and when we put our trust in God to provide for us we can be surprised at the ways He does this.

Bear in mind that He is unlikely to fill our savings accounts, but as we can't take it with us we ought to share what we have with those who have nothing.

Be grateful for what we have and thank God for it.

## WHOPPIT WHIP AROUND



### BIRTHDAY MESSAGES

Happy Birthday wishes to the following locals who celebrate their birthdays in the next fortnight. Have a great day.

#### JULY

- 02- Sebastian Green
- 04- Alex Adams
- 05- Tony Carew-Reid/ Wade Cook/ Charlotte Edwards
- 06- Dyan Treloar
- 08- Tiffany Gossage
- 12- Lola Hannah
- 13- Hugo McDougall
- 14 – Ceceila Gilfellon
- 16- Lynette Cronin



### Dumbleyung General Store Footy Tipping 2024

Gavin	91
Neville	91
Mal	90
Racheal	88
Peter	87
Amy	86
Goofy	86
Mary Ann	86
Michelle	85
Mila	85

DUMBLEYUNG CRC  
**WE ARE**  
**CLOSED**

Thursday the 25th July.  
Due to staff training.

**Holiday Time!**

School holidays have started, so watch out for our kids!

They will be on break from the 29th of June until the 15th of July

# WHOPPIT WHIP AROUND

**DUMBLEYUNG PLAYGROUP**

Trial first 3 sessions for free

Fridays 9:00am - 11:00am

Ages 0-5 Years

Annual Fee per child \$35

Playgroup Building Harvey St OR Dumbleyung PS Harvey St Entrance \*Refer to Term Calendar for weekly location

Join us on Facebook @Dumbleyung Playgroup or email dumbleyungplaygroup@gmail.com for more information



Dumbleyung Term 3 Classes



**\*\*Expressions of interest\*\***

Miss Elle is calling all Dumbleyung children ages 3-12years to once again be part of D2D this year 2024.

This year we're holding classes in term 3 and 4 with Concert end of November.

Classes will be Jazz Tap and Ballet held on a Tuesday afternoon commencing 16<sup>th</sup> July 2024

Times may differ pending student numbers. Location to be advised.

**Jazz 330-4pm**

**Tap 4-430pm**

**Ballet 430-5pm**

**Solo/ Private lessons also available**

Please contact me further for more details on enrolments and fees .

Look forward to seeing you all in Term 3!

Miss Elle 📞

**Dust 2 Dance Great Southern**

CELEBRATING **70** YEARS

**SAVE THE DATE**

IN HONOUR OF *Dumbleyung Theatre Club*

EVENT: DTC 70 YEAR GRAND CELEBRATION 'A NIGHT WITH THE STARS'  
ATTIRE: BLACK TIE THROUGHOUT THE DECADES 'HOLLYWOOD OSCARS'

DATE: SATURDAY, 12 OCTOBER, 2024

VENUE: DUMBLEYUNG TOWN HALL  
COST: \$100 - \$120 PER PERSON  
TIME: 4 PM TILL LATE

RSVP YOUR INTEREST TO  
DUMBLEYUNGTHEATRECLUB@GMAIL.COM

## WOODYPICKERS



**Saturday 6<sup>th</sup> July**

**CWA gardens**

**9 A.M. - 1P.M.**

**Cakes, plants, crafts, homewares, Bric-a-brac (reasonable quality) etc**

**Stall holders welcome**

**Gold coin donation to**

**CWA Woodanilling**

This weekend coincides with the 100<sup>th</sup> Birthday of CWA of WA. Woodanilling branch is actually 90 this year so come along and celebrate country women.

# WHOPPIT WHIP AROUND



## TIRED OF BLACKOUTS? CONSIDERING OFFGRID POWER?

Join us for a **FREE** community education event about all things solar batteries!

Katanning Energy are proud to host Nic Stone from Power Plus Energy to explain how solar batteries work, bust some battery myths, answer your questions & more.

Light refreshments will be provided.

To **REGISTER** your interest or for further information  
Email: [admin@katanningenergy.com.au](mailto:admin@katanningenergy.com.au)  
Call or Text: 0499 568 962

**EVENT DETAILS**

**18 JULY**

**6:00 PM**

**KATANNING COUNTRY CLUB (TENNIS ROOM)**

LOT 2, ROUND DRIVE KATANNING






**PRIZES FOR BEST DRESSED!**

*Presents*

# BOGAN SHAKESPEARE

*•Romeo & Juliet.*



*"THE BARD HIMSELF WOULD BE PROUD, AN EXCEPTIONALLY TALENTED BUNCH"*  
★★★★★ - FRINGEEFEED 2024

*"NOT ONLY HILARIOUS BUT ALSO INSANELY CLEVER"*  
★★★★★ - FRINGEEFEED 2024

*"SIMULTANEOUSLY RIDICULES AND REVERES THE SCRIPT"*  
★★★★★ - FRINGEEFEED 2024

**FRIDAY 12 JULY**  
**WILLIAMS TOWN HALL**

Doors 6PM for a 7.30PM Show  
Licenced Bar (no BYO drinks). BYO Bogan Nibbles.  
Free bus from Narragin.  
Recommended aged 15+

TICKETS: \$30 Members, \$33 Concession, \$35 Adult, \$20 Youth U18, \$210 Table of 7

**BOOKINGS:**  
[ARTSNARRAGIN.COM.AU](http://ARTSNARRAGIN.COM.AU)

ARTS SPACE, CNR PARK & FAIRWAY. 9881 6987. 10-4 TUES-THURS.








# BETTY TERRY THEATRE

6 TRENT STREET, WAGIN






Friday – 28 July @ 6.30pm  
Saturday – 29 July @ 2.00pm & 6.30pm  
Monday – 31 July @ 6.30pm

Purchase Tickets online with link below or scan QR Code  
<https://www.trybooking.com/events/eventlist/eventListingAccount/waginbtct>



KIDS - \$8 ADULTS - \$13 CONCESSION - \$11  
KIOSK AVAILABLE NO EFTPOS DOORS OPEN 30 MINUTES EARLIER

# BETTY TERRY THEATRE

6 TRENT STREET, WAGIN






Friday – 14 July @ 2.00pm & 6.30pm  
Saturday – 15 July @ 2.00pm & 6.30pm  
Monday – 17 July @ 6.30pm

Purchase Tickets online with link below or scan QR Code  
<https://www.trybooking.com/events/eventlist/eventListingAccount/waginbtct>



KIDS - \$8 ADULTS - \$13 CONCESSION - \$11  
KIOSK AVAILABLE NO EFTPOS DOORS OPEN 30 MINUTES EARLIER

# WHOPPIT WHIP AROUND



**URGENT**

Elenour is in need of a house to rent in or around Dumbleyung. If you have anything please contact [upthecreek.wa@gmail.com](mailto:upthecreek.wa@gmail.com)  
0413 014 995



**Schools Out WINTER FEST**

PRESENTED BY CITY OF PERTH City of Light

Saturday 29 June - Sunday 14 July  
Perth Convention & Exhibition Centre



**DRY JULY**  
STARTS TODAY! SIGN UP NOW

## THE RULES OF DRY JULY

Dry July is a free fundraiser that challenges you to go alcohol-free in July to raise funds for people affected by cancer. The rules are simple:



[Sign-up](#) to the challenge



Ask family, friends and workmates to donate to you



Go alcohol-free in July



Help people affected by cancer. [Read more...](#)

## Website Updates

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

Do you have a listing for your community or sporting group, or local business on either of our websites?

Do you require updates of contact details to your listing or wish to display new photos?

Please submit your changes to: [kristina.pearce@dumbleyung.wa.gov.au](mailto:kristina.pearce@dumbleyung.wa.gov.au)



**TICKETS AVAILABLE NOW!**

**Dumbleyung Ag TechXPO**

**TUESDAY, 23RD JULY 2024**  
Stubbs Park, 70 Bahrs Rd Dumbleyung

**VISIT THE SHIRE WEBSITE**

[WWW.DUMBLEYUNG.WA.GOV.AU/AG-TECHXPO](http://WWW.DUMBLEYUNG.WA.GOV.AU/AG-TECHXPO)



**LIMITED TICKETS**

	<b>11 Presenters</b>	<b>Network with specialists</b>
	<b>Harvest Start-ups</b>	Morning Tea . Lunch . Coffee Van .
	<b>Demos . Exhibitors</b>	<b>TICKETED EVENT!</b>

# WHOPPIT WHIP AROUND

## DUMBLEYUNG CRC MEMBERSHIP RENEWALS

Have you paid your CRC Membership?  
Would you like to support your local CRC and register to be a member?

Contact us today on 0459 932 616 or [admin@dumbleyungcrc.com](mailto:admin@dumbleyungcrc.com)

**We're helping upgrade sport and rec facilities across WA**

Through our Community Sporting and Recreation Facilities Fund and the Club Nights Lights Program

Community sporting and recreational clubs across the state are now eligible to apply for the small grants round of the popular Community Sporting and Recreational Facilities Fund (CSRFF) and Community Night Lights Program (CNLP) grant programs, which fund projects up to the value of \$500,000. Examples of small grant projects include cricket pitches and practice wickets, safety upgrades, minor upgrades to swimming pools, small floodlighting projects, court upgrades, shade shelters and planning studies up to a maximum value of \$25,000.

<https://www.dlgsc.wa.gov.au/funding/sport-and-recreation-funding/club-night-lights-program>

ADVERTISEMENT



**Contact me to discuss State Government matters - let me know what is important to you**

**Hon. Shelley Payne MLC**

Member for Agricultural Region

92 Dempster Street, Esperance WA 6450

📞 9072 1786 📧 [ShelleyPayneMLC](mailto:ShelleyPayneMLC)

📧 [shelley.payne@mp.wa.gov.au](mailto:shelley.payne@mp.wa.gov.au)

Authorised by Shelley Payne, 92 Dempster Street Esperance WA 6450

### WEATHER

#### Dumbleyung

Wed  16° 6°	Thu  16° 3°	Fri  16° 3°	Sat  14° 7°	Sun  17° 6°	Mon  18° 9°	Tue  18° 10°	Wed  17° 7°
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#### Kukerin

Wed  15° 5°	Thu  16° 3°	Fri  14° 2°	Sat  14° 7°	Sun  16° 6°	Mon  18° 8°	Tue  19° 10°	Wed  17° 7°
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# Small Business Development Corporation

## Wheatbelt Business Support

**Are you starting out with a great business idea or looking to grow or solve a specific business challenge unique to the Wheatbelt?**

Turn to SBDC Regional when you need advice to help you start or grow your small business. IPS Management Consultants is the provider of SBDC Regional Services in the Wheatbelt including Northam, Dowerin, Cunderdin, Kellerberrin, Wagin, Jurien Bay, Merredin, Corrigin, Dalwallinu, Gingin and surrounds. Whatever stage of business you are in, their experienced business advisers can provide you with free and practical advice and support to start well, survive and thrive.

SBDC Regional Services are funded by the Government of Western Australia through the Small Business Development Corporation.

### **Business advice in the Wheatbelt**

Our experienced small business advisers live and work in the region so we understand the unique challenges and opportunities local small business owners face.

If you are a small business owner or run a social enterprise or commercial not-for-profit, SBDC Regional advisers offer expert guidance on small business topics including:

- Assessing new business ideas
- Steps to starting a business
- Business licences and permits
- Business planning
- Market research
- Financial management
- Marketing

They can also refer local businesses to specialist services available via the SBDC.

### **About IPS Management Consultants**

IPS Management Consultants is a fast growing business headquartered in Bunbury, delivering mainstream and Indigenous services across Australia. They are experienced professionals who lead with empathy and compassion, to help navigate you through the highs and lows of your business journey.

### **Turn to SBDC Regional in the Wheatbelt**

Call IPS Management Consultants Ph: 1300 275 477

Website: [www.ipsbusinessadvisory.com.au](http://www.ipsbusinessadvisory.com.au)



**Small Business  
Development Corporation**



Services  
Australia



# Financial and support services for farmers and their partners

Help is available for rural families who may need a hand during tough times.

## Farm Household Allowance

Farm Household Allowance (FHA) is for farmers and their partners in financial hardship.

This payment is the same rate as the maximum rate of JobSeeker Payment or Youth Allowance. It's paid fortnightly.

You can get the allowance for up to 4 years in specific 10-year periods. We count 4 years as 1,460 days. You don't have to use these 4 years all at once. You can save it for when you need it. If you've already received 1,460 days of payment you can apply for FHA again from 1 July 2024.

You'll need to meet income and assets tests to get FHA. Your combined personal and net farm assets must be below \$5.5 million.

It's important to make a claim to check if you're eligible, instead of making your own assessment.

You'll need to undertake activities to help improve your financial position.

We can also help with activity supplements up to a total of \$10,000 over your lifetime if you get FHA.

This will help pay for activities in your Financial Improvement Agreement. This includes reasonable travel and accommodation costs related to activities.

You may also be eligible for:

- Pharmaceutical Allowance
- Remote Area Allowance
- Telephone Allowance
- Rent Assistance.

*"FHA has helped us upgrade our skills and knowledge to boost our production. Our future is looking a lot brighter. It's changed our lives!"*

## How to claim

The easiest way to claim FHA is online at [servicesaustralia.gov.au/farmhouseholdallowance](https://servicesaustralia.gov.au/farmhouseholdallowance)

To claim online you need a myGov account linked to Centrelink.

If you and your partner are both claiming FHA, you may be able to submit a combined claim.

If you can't claim online you can print and complete the Claim for Farm Household Allowance form.

If you need help to complete a claim form, you can:

- call us on the Farmer Assistance Hotline, 132 316, Monday to Friday, 8 am to 5 pm
- go to a service centre, Mobile Service Centre or Agent.

You can also get help from the Rural Financial Counselling Service. You can call them on 1300 771 741.

## Hardship Advance Payment

If you're eligible for FHA and in severe financial hardship, you can get up to 1 week of FHA as an advance. Some waiting periods may still apply, based on your circumstances.

## Health Care Card

You'll get a Health Care Card if you're eligible for FHA. A Health Care Card helps you get cheaper prescription medicines under the Pharmaceutical Benefits Scheme. You may also get reduced council and land rates and other concessions.

For more information about Health Care Cards go to [servicesaustralia.gov.au/healthcarecard](https://servicesaustralia.gov.au/healthcarecard)



## FINANCIAL AND SUPPORT SERVICES FOR FARMERS AND THEIR PARTNERS

### Payments to help families

We provide payments to help you with the cost of raising children.

For more information go to [servicesaustralia.gov.au/families](https://servicesaustralia.gov.au/families)

### Assistance for Isolated Children Scheme

The Assistance for Isolated Children Scheme helps parents and carers with the costs of educating their children. It's for children who can't go to a nearby government school because of geographical isolation, disability or special needs. If an appropriate government school isn't available, the family can choose a different school. Scheme payments can help with the additional costs.

For more information go to [servicesaustralia.gov.au/isolatedchildren](https://servicesaustralia.gov.au/isolatedchildren)

### What support services are available?

#### Farm Household Case Officer

We'll assign you a Farm Household Case Officer when you start to get FHA. They'll help you develop a Financial Improvement Agreement to improve your farm's financial position.

*"The Farm Household Case Officer was great. They helped us to look closer at our numbers. We saw part of our business was bleeding money! We quickly made some changes and reduced our losses."*

### Rural Financial Counselling Service

The Rural Financial Counselling Service is free. It's for primary producers and small related businesses who suffer financial hardship. Rural Financial Counsellors can help you to understand your financial position and the options available. They can also help you claim FHA.

To find your closest service provider go to [recovery.gov.au/programs/rural-financial-counselling/RFCS](https://recovery.gov.au/programs/rural-financial-counselling/RFCS) or call 1300 771 741.

### Social workers

Our social workers can help you and your partner during difficult times by providing counselling, support and information. They can also refer you to other support services.

To speak to one of our social workers:

- call 132 850 and ask for a social worker
- visit a service centre to be referred to a social worker.

Call Lifeline on 131 114. Lifeline provides 24-hour crisis support and suicide prevention services.

### Financial Information Service

The Financial Information Service is free and can inform and educate you about financial matters.

For more information go to [servicesaustralia.gov.au/FIS](https://servicesaustralia.gov.au/FIS) or call 132 300.

### Farmer Assistance Hotline

We provide a telephone service for farmers and their partners to talk to us about FHA. You'll speak to our specialist staff who understand the issues affecting rural families.

Call 132 316, Monday to Friday, 8 am to 5 pm.

#### Find a payment

You can find out what other payments you may be eligible for by using our online payment finder at [servicesaustralia.gov.au/paymentfinder](https://servicesaustralia.gov.au/paymentfinder)

#### More information

- Go to [servicesaustralia.gov.au/farmhouseholdallowance](https://servicesaustralia.gov.au/farmhouseholdallowance)
- Call the Farmer Assistance Hotline on 132 316, Monday to Friday, 8 am to 5 pm.
- Speak to a financial adviser or Rural Financial Counsellor.

## Warrior Wellbeing Article

### High Blood Pressure – A Silent Killer

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

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

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

Our blood pressure depends primarily on two things:

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

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

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

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

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

(Source – Heart Foundation Managing High Blood Pressure)

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

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

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

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

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

The Regional Men's Health Initiative

P: (08) 6314 1436

E: [menshealth@4blokes.com.au](mailto:menshealth@4blokes.com.au)

 @RMHI\_4blokes

 Working with Warriors Podcast

 [regionalmenshealth.com.au](http://regionalmenshealth.com.au)





Department of Energy, Mines,  
Industry Regulation and Safety



## REGIONAL COLUMN

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

20 June 2024

**With Senior Regional Officer, Kevin Collard**

### **From glam to grim: When beauty becomes pain**

Nerve damage, scarring, pain, burns, infections and psychological trauma. No, this isn't about medical negligence, it's about injuries received from beauty and cosmetic treatments.

How would you feel if a simple trip to get your eyelashes looking lush for an event ends with red, infected eyes and a course of antibiotics, or your first session of laser hair or tattoo removal results in painful burns that leave a scar?

These are some of the complaints Consumer Protection has been receiving from Western Australians with 29 complaints already received this year. A further 28 people have made enquiries with us about unsatisfactory experiences with operators in the beauty industry. Last year we saw a total of 112 complaints and 111 enquiries. Most problems relate to laser hair and tattoo removal, infections from nail salons, cosmetic tattooing gone wrong, waxing injuries or poor quality lash extensions.

While most operators are experienced and offer a professional service, WA consumers are urged to exercise caution when seeking beauty and cosmetic treatments. Botched procedures can have a significant impact.

If something goes wrong, a refund, credit or other remedy offered by the business would normally resolve consumer complaints, but this may not satisfy in a situation where someone is injured. They could also be seeking damages or compensation, which can only be achieved by taking civil court action.

The Australian Consumer Law (ACL) provides guarantees that the goods and services supplied will be of acceptable quality and be fit for any disclosed purpose as well as a requirement that operators carry out treatments or procedures with due care and skill.

Where a guarantee is breached, the ACL permits consumers to claim what is called "consequential damages", which means the trader is obliged to reimburse the customer's subsequent costs of any remedial care required to treat any injuries and symptoms caused by the original botched treatment.

What about other laws and regulations? This will depend on the treatment being carried out, as different procedures fall under different laws, regulations or codes of practice. Some treatments or procedures, such as eye lash extensions, do not have specific regulations.

You should never assume the person delivering a treatment or procedure has a medical qualification as this may not be required but it's still worth asking about their skills.

Check that the facility is clean and hygienic. Ask to see the products being used and read the label to check for anything you may be allergic to. Consider having an allergy test done first. While allergies aren't common, it's better to be safe than sorry.

Be wary of discounted prices that are far less than competitors – it may suggest counterfeit products or unqualified practitioners.

Importantly, see a health professional if you experience any discomfort, pain or irritation post-treatment. Problems can quickly go from bad to worse, so don't wait.

We urge consumers who have had a bad experience to report it to Consumer Protection, or specific regulators of that procedure, so that the circumstances can be investigated, and appropriate action taken.

Complaints can be lodged on the Consumer Protection website – [consumerprotection.wa.gov.au](http://consumerprotection.wa.gov.au). Enquiries can be made by email [consumer@dmirs.wa.gov.au](mailto:consumer@dmirs.wa.gov.au) or by calling 1300 30 40 54.

## Dumbleyung Shire Download

### JULY

DATE	TIME	EVENT/LOCATION
Wednesday 3 July	9:30am	Quack Chat #304 Craft Morning, Dumbleyung CRC
Thursday 4 July		
Friday 5 July	6:30pm	Dumbleyung General Store Live Comedy Show and Auction
Saturday 6 July		Kukerin/Dumbleyung Football Club v Wickepin, Stubbs Park
Sunday 7 July		
Monday 8 July		Recycling and Waste Bin Pickup
Tuesday 9 July	10:00am	Seniors with a Pulse Fitness/Wellbeing Group, Town Hall
Wednesday 10 July	9:30am	Craft Morning, Dumbleyung CRC
Thursday 11 July		
Friday 12 July		
Saturday 13 July		Dumbleyung Netball Club v Olympians Souths Hockey Club v Corrigin in Corrigin
Sunday 14 July		
Monday 15 July		
Tuesday 16 July		Dumbleyung PS & Kukerin PS—School Return
Wednesday 17 July	9:30am	Quack Chat #305 Craft Morning, Dumbleyung CRC

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Should you have any queries about the Quack Chat or would like to contribute, please email the CRC.

Thanks for supporting local business.



Department of  
**Primary Industries and  
Regional Development**

#### CRC Opening Hours

Monday—Friday—9am to 4.30pm

CLOSED Saturday/Sunday and Public Holidays

ABN: 35488032451