



THE



MOOSPAPER

Brunswick district community newsletter - Est. 2001

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BRUNSWICK'S PURPLE BENCH



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FOR A COUNTRY MUSIC
SHOW**



Our Community Resource Centre was recently granted the opportunity to participate in the "Purple Bench Project" which is funded by Linkwest.

The purple bench is an important visual reminder of a conversation that needs to be had in every household, schoolyard, workplace and playground.

Its purpose is to bring awareness of domestic and family violence and to encourage open discussion about the subject. On every seat there is a helpline for those seeking support or advice. The purple colour is associated, worldwide, with the domestic violence awareness movement.

Our resource centre recognises the importance of promoting the cause associated with purple benches and are keen to be supportive of the movement.

Gifted timber from a local supplier and input from the Brunswick Men's Shed, where both the men and ladies pitched in to help build and paint the bench, helped to get the job done! This demonstrates the key to success through collaboration, whilst knowing that our bench was not the only one under construction for another local community group in the town.

We have placed the Purple Bench beside our Children's Playground as a place where anyone can sit quietly, reflect on anything at any time in a safe place and/or share thoughts to seek advice if they wish, without any judgement.

It is also a place for people to remember those who might have family members at risk or who have been victims in the past.



MAGGIE'S MUSINGS

MARGRET CARBONE

Happy New Year! Welcome to 2023 with The Moospaper! We hope your Christmas celebrations went well! We'd like to join the community in thanking all the organisers and supporters of Christmas Carols In The Complex. The volunteers do a wonderful job of bringing it all together, and 2022 marked 20 years since Ms Finoula Hannon first started volunteering as the organist. Thank you Finoula for 20 years of kindly sharing your musical talents!

Another local event held in December was the Country Sounds Music Festival at Brunswick Showgrounds. After the successful show was so well-received by the community, it has been announced that the organisers, Macro Music have committed to holding a similar event in 2023. There are even negotiations underway with an international act! After such good support from locals, Macro Music are also looking into holding another festival in our area this year, so keep an eye on The Moospaper for all the news!

Something else new to Brunswick for December was the opening of a new home decor and gift emporium, Maisons Online. Previously online only, the store now has premises located on the highway, across from Brunswick Post Office. Many locals enjoyed having a new option for Christmas shopping, and the shop will continue to open each Thursday to Saturday from 10am to 4pm. Another local outlet to support!

In other news, the extension to Bunbury Outer Ring Road is steadily progressing, with Hynes Road and Martin-Pelusey Road in Waterloo both currently closed. These roads are open to local traffic only until the roadworks are completed. Paris Road in Australind will close as of 4th February at Forrest Highway

intersection, for 18 months while works are completed. Extensions to The Promenade are complete and the new section will officially open on 3rd February, providing an alternative route from Treendale area to Leschenault Leisure Centre/Our Lady of Mercy College areas. Also, Marriott Road will be closed between Kemerton Road and Wellesley Road North from Friday 20 January until late February as maintenance is undertaken on the Marriott Road Bridge. Traffic may use Clifton Road and South Western Highway while trucks must detour via Raymond Road and South Western Highway. Further road information is available on the Main Roads WA website.

Thank you also to the Brunswick Lions Club volunteers for another wonderful Australia Day breakfast to celebrate our great country, and congratulations to the winners of the community awards!

Don't you just **LOVE** Brunswick?!



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SO LONG AND THANKS FOR ALL THE FISH

Ben Jauncey

Well, it has come time to say goodbye. I joined the Brunswick Junction Community Resource Centre in February 2022 and as of when you are reading this, I have completed my traineeship.

I was lucky enough to start my traineeship in Property Management and Real Estate services last year and completed the study component in October, shortly thereafter got my real estate license as a sale representative and property manager, which in Western Australia is referred to as an unrestricted license.

Whilst my workplace experience has mainly taken place at the centre here in Brunswick under the guidance of Tina Wallis, I also worked one day a week Elders Real Estate Bunbury in the property management department under the guidance of Branch Operations Manager Property Management Kareena Johnson.

Over the 12 months I have been heavily involved

with being the face of, and first point of contact for the resource centre, helping clients and the people of Brunswick where I could both with general enquiries and even the more technical computer-related issues they might have.

Also, as many of you know I have been the editor and person behind the scenes of the Moospaper since last year, and I was even interviewed on ABC Radio Southwest celebrating the 21st anniversary of the Moospaper.

No matter what I have been involved with during my time here, I've given it my all and made some great and long-term friends, most importantly I have loved every moment of it.

So, in the words of the famous English author Douglas Adams, from his seminal work "Hitchhiker's Guide to the Galaxy" - "So long and thanks for all fish".

★ **WANTED** ★

WARNING

URGENT!

• **VOLUNTEER EDITOR** •

THE MOOSPAPER IS LOOKING FOR ITS NEXT EDITORIAL SUPERSTAR. IT IS A VOLUNTEER POSITION ONLY.

IF YOU HAVE A KEEN INTEREST IN DESKTOP PUBLISHING AND GRAPHIC DESIGN POP IN TO THE RESOURCE CENTRE AND HAVE A CHAT, TUESDAY'S TO FRIDAY'S BETWEEN 9AM AND 3PM

REWARDING POSITION!

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PAINT AND SIP JUNIOR

Monday, 23rd January marked a special date in the calendar here at the CRC as we held our very first school holiday, Junior Paint and Sip class. Attended by 12 enthusiastic painters who participated in a group session for over two and a half hours. The class was supported by CRC staff and volunteers who helped and guided the budding artists through the art tutorial.

The group was offered a morning tea which gave the artists a short break and allow the paintings dry out before they returned to finish off their masterpieces. It also gave them an opportunity to engage and form some new friendships and/or reconnect with their friends.

A very successful session was enjoyed by all who proudly completed their individual paintings. As we are intending to hold more of these sessions throughout the year, keep an eye out on our Facebook page, check the Moospaper or visit our website: brunswickwa.com to see when the classes will be available.

Our next Adult Paint and sip is scheduled for Friday 3rd February and Saturday 4th February. At the time of going to print, there were still one or two space left. Bookings can be made through Trybooking, the link is on our Facebook page or you can scan the QR Code below:



<https://www.facebook.com/brunswickjunction.crc>



Congratulations to

Do you want to celebrate someone's birthday, wedding, or special occasion?
Submit it to the Moospaper's Congratulations Column at
moospaper@gmail.com



OUT WITH THE OLD AND IN WITH THE NEW!

Tina Wallis

We know that the new year started a month ago, but as the Moospaper has been 'offline' during January and this is the first published newsletter, we are pleased to announce our upcoming Car Boot Sale! Yes, normally at the beginning of February each year, we have organised a community-wide garage sale, but thought we would trial a different event this year and in collaboration with the Brunswick Men's Shed we are staging a car boot sale on the Agricultural Showgrounds in Brunswick on Sunday 19th February 7.30-11.30am

Bookings for a space (3M X 3M) @\$10.00 are now being taken, call us on 0402 063 885 or you can even book directly online:

<https://www.trybooking.com/CFQCR>



BRUNSWICK JUNCTION
COMMUNITY RESOURCE CENTRE

CAR BOOT SALE

Sunday 19th February 2023

7.30 a.m. - 11.30 a.m.

Brunswick Junction

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THE COW ON THE CORNER TURNING 50 IN JULY

Judy Talbot, OAM

In early 1973 Brunswick Lions Members Allan Baldwin, Fred Talbot, Les Robinson and Mike Reeve travelled to Albany to see the Cow on the Corner being erected, by Elsie Manning.

Although it did not have the exact proportions and detail of a real cow. It was suitable for this purpose.

Measurements were taken so that a stone platform could be accurately prepared. Lion Sam Catalano carted a huge block of stone from the Roelands Quarry after requiring two front-end loaders to lift it onto his truck.

Bunbury Lion Dominic Zoccali donated his time and expertise to ensure when the cow arrived, she could be installed without any complications.

Lion Murray Piggott offered his truck when the big day arrived to transport the Cow from Albany to Brunswick, he was accompanied by Fred Talbot and Mike Reeve. They departed at 3am so the return trip could be made before dark. Sculpture Elsie Manning was on hand to oversee the loading.

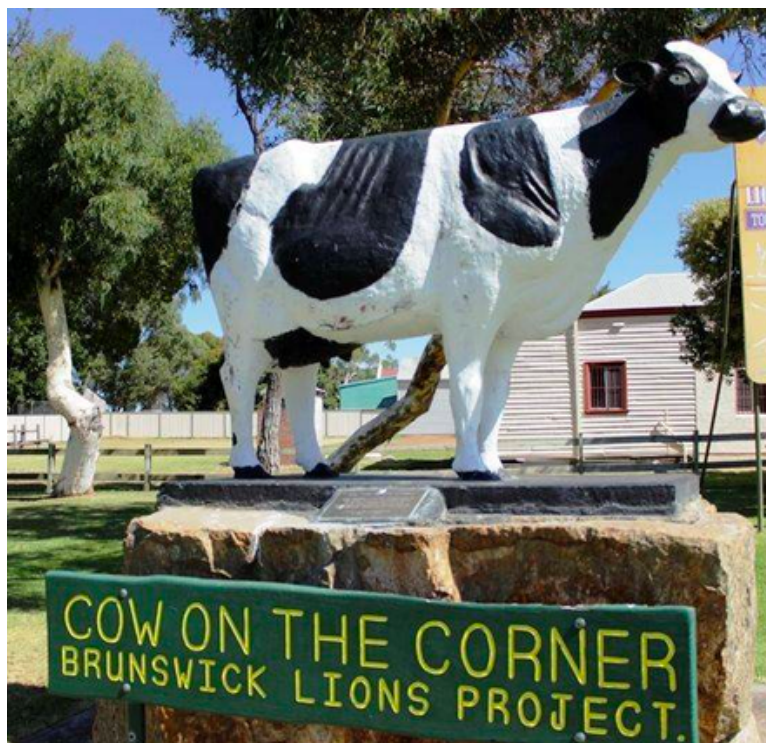
The homeward journey was a steady one, but 300-odd miles was taking its toll, and the legs developed cracks. Worried Lions thought this

could turn into a major disaster, as they watched small pieces of their precious cargo crumbling.

Motorists along the Highway could not believe their eyes. a cow standing on the back of a truck without a cattle crate. However, the steel reinforcement was sufficient to keep our monument on her feet, and she spent a comfortable night in the Piggott shed.

The following morning July 11th she drove down the main street and was lowered by crane onto her pedestal. and on July 13th was unveiled by Tom Pearson a prominent farmer and citizen in the district. The damaged legs were patched up and Daisy has remained standing for nearly 50 years.

It is hoped a celebration will be held in July to commemorate our icon.



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I wish you a Merry Christmas and a Safe and Prosperous New Year!



Robyn Clarke MLA

MEMBER FOR MURRAY-WELLINGTON

(08) 9531 3155 Robyn.Clarke@mp.wa.gov.au

Authorised by R Clarke Shop 1 Pinjarra Junction Shopping Centre
 21 George Street, Pinjarra WA 6208.

SOUNDS OF SUMMER

Tina Wallis

Of course, we all expect the sounds of song to emanate from inside churches, although only usually as part of a church service and generally the songs are hymn-based.

However, a special musical performance at St Peter's Anglican Church on Saturday, 21st January carried a different vibe as the Brunswick Singers stepped us back through the years with a range of popular tunes. The walls of the church resounded to melodies from yesteryear as the singers, with Lyndon Edwards, as musical director and pianist, swayed us through some classic favourites. From Petula Clark's Downtown to Dean Martin's That's Amore and also a couple of songs from the film, Oklahoma - including Surrey with a Fringe on Top! The audience were captivated by the uplifting voices of the group who have practised and performed locally on several other special occasions.

The event was followed by light refreshments and the trip down memory lane continued with a chance to catch up with friends old and new. A thoroughly enjoyable time was shared by all and it would appear there will be an opportunity for St. Peter's to open its doors again for the Brunswick Singers this Autumn, so keep an eye out for the announcement of the next gig!



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AUSTRALIA DAY 2023



The recipient of Individual Citizen of the Year award, Lyndon Edwards, was acknowledged for all his work in supporting local events, in the capacity of musical director and performer and also as a regular accompanist for local church services. Lyndon is a person of benefaction, who genuinely believes that volunteering is something that came naturally to him through the models set by his family. He encourages everyone to consider giving something towards the community as the rewards are clearly seen.



Accepting the Community Citizen of the Year Award, Eric Browne, Chair of Brunswick Junction Men's Shed was honoured to receive the recognition for the role that the shed had in supporting the town and members of the shed which has grown significantly - especially recently with the addition of a ladies' group, the Hen's Shed! Eric went on to say that new members were welcome and if anyone is keen to look inside, there will be an open day coming up on 19th February 2023!



Well done to all the people involved with the organisation of another successful Australia Day Breakfast in Brunswick. Thank you to the Brunswick Lions for cooking and serving up a delicious feast that brings such a wonderful community together!

BRUNSWICK - CENTRE STAGE FOR A COUNTRY MUSIC SHOW

It has been said, that small communities can provide the arena for major events and this was certainly true when Macro Music brought the Country Music Sounds festival to Brunswick, back in December.

Even if you were not a country music fan, you couldn't deny the buzz of the event in town. Friday night provided the opportunity for local community members to be part of the scene as the grounds were open to all, free of charge. With warm-up acts and sound checks completed, attendees were encouraged to join in a karaoke session with the bars and food stalls, set up for the event and open for business.

On the big day itself, the Resource Centre was also able to cut a slice of the action with our pop-up Op shop where we met lots of new and familiar faces and shared in the great spirit of the occasion. Promoting a good feel factor, the organisers did themselves proud and, of course, the stunning lineup on stage: Fanny Lumsden, Casey Edwards and Lee Kernaghan, thrilled and delighted their fans. A fantastic success which, rumour has it, has paved the way for a return event again for 2023!

Well done to the organisers involved and to the Brunswick community who created such a positive welcome for a successful experience.



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LIONS READY TO ROAR

Margret Carbone

Harvey-Brunswick-Leschenault Football Club welcomed a large turnout of players and supporters to the Wedderburn Hill Run held on 20th January. With the continuing generous sponsorship of Mark and Angela Talbot of Wedderburn Transport, this year's run attracted walkers and runners of various ages, all of whom completed the course despite the 35-degree weather.

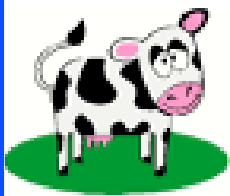
The 8-kilometre course sees entrants leave from the clubrooms located at Brunswick Showgrounds, and continue out of town to the farm property of Wedderburn Transport, making it up and down the very steep hill and back to the clubrooms. First over the line for 2023 was up-and-coming Colts player, Will ork, while Brandon Janssen took second place.

The ladies winner was Rebecca Fry, ahead of Katie Wilsonham. The over-25 age group winner was Matthew Fenwick.

When announcing the winners and congratulating all participants, Mark Talbot praised the club's atmosphere and camaraderie, saying he looked forward to other club events and wished the teams a very successful 2023 season. The first home game is at Brunswick Oval on Sunday 26 March, as the Lions host Harvey Bulls in Round One. Go Lions 2023!



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From Left:
Katie Wilsonham, Rebecca Fry,
Angela & Mark Talbot,
Will York, Brandon Janssen

SIX GUIDES TO RESOLUTIONS IN 2023

1. Give yourself permission to feel your feelings.

Listen to the emotions that give rise to your resolutions. Our joy, for example, can lead us to commit to spending more time with those who bring us joy. Our disappointment is a guide to avoiding certain others. Our envy can lead us to work harder to achieve something. Our contentment when solo can lead us to a resolve to schedule quiet times. Focus on enhancing positive experiences and enjoyability of the activity rather than the 'should do' or just the goal of the activity itself.

Allow yourself to reflect on and be guided by how you want to feel. For example, healthy and fit! If your resolution is to exercise, frame it as "work out in the morning to de-stress and gain energy" rather than "work out to lose 20 kilos and finally become skinny."

2. Try cutting down instead of cutting out.

Try being flexible and moderate rather than rigid or extreme while you are trying to stop a habit or remove a behaviour. If we try to eliminate entirely the habits we rely on throughout our daily lives, we may crave them even more. For example, if your goal is to stop drinking four cups of coffee a day, don't eliminate coffee entirely from your diet starting on January 1. Try having three cups a day for a week, then two cups per day the following week, and so on.

3. Keep doing what you like doing.

Maintain the activities you enjoy. Rather than stopping your life on January 1 to fixate on your list of resolutions, reflect on what brings you joy and keeps you motivated. Remember that we don't need to eliminate parts of our life to make room for new ones; we can adapt. For example, if your resolution is to spend more time with your family, you don't need to give up your friends. You can simply add family to your calendar. Most of the time we don't have to choose; we just need to think ahead.

4. Go for it and learn.

Embrace mistakes and failures. When we try new things, we aren't destined to be perfect. Rather than giving up and labelling your goal as "impossible" when you fail to reach it, try again. If we were all perfect, achieving your goals would not be as fulfilling. For example, if our goal is to run a marathon and you are too exhausted to finish, identify what was toughest for you and use the experience to focus your training. If you commit to meeting your work deadlines and you miss one, use it as an opportunity to reflect on your work habits. Let your disappointment be your guide to something new. Approaching your next deadline, experiment with a different work schedule.

5. Look to others for support and give back.

Lean on your friends and family for support. Have the courage and foresight to ask for help – perhaps in the form of a reminder. Even though resolutions are "personal" goals, the people you surround yourself with can help make your goals more attainable and provide wisdom and encouragement along the way. You can also be their cheerleader, and support friends and family in trying to achieve their goals. Focusing on others can be rewarding and watching them 'get there' can be inspiring.

6. Give yourself grace.

Incorporate positive affirmations into the process of achieving your goals. One of the greatest gifts we can give to ourselves this holiday season and for all of 2023 is self-compassion.

It will take practice to include yourself in the circle of people you give kindness to. By practising grace and self-compassion, we are not letting ourselves (or others for that matter) "off the hook," but remembering what it is to be human.

BRUNSWICK COMMUNITY CALENDAR

FEBRUARY 2023

SUN	MON	TUE	WED	THU	FRI	SAT
			01	02 9am Men's Shed 9am Walking Group 3.15pm After School Club	03 Slot Cars 7pm	04 Men's Shed 9:00am Ladies' Shed Meeting @ 12.30pm
05	06 Over 55's exercise group 8.30am	07 Boom Class 8.00am Men's Shed 9:00am Seniors Bingo	08	09 9am Men's Shed 9am Walking Group 3.15pm After School Club	10 Slot Cars 7pm	11 Men's Shed 9:00am Ladies' Shed Meeting @ 12.30pm
12	13 Over 55's exercise group 8.30am	14 Foodbank Orders Due Men's Shed 9:00am	15	16 9am Men's Shed 9am Walking Group 3.15pm After School Club	17 Slot Cars 7pm	18 Men's Shed 9:00am Ladies' Shed Meeting @ 12.30pm Community Garden @ CRC 9:00am
19 Car Boot Sale 7.30am to 11.30am @ Ag Show Grounds	20 Over 55's exercise group 8.30am	21 Foodbank Deliveries Due Boom Class 8.00am Men's Shed 9:00am Seniors Bingo	22	23 9am Men's Shed 9am Walking Group 3.15pm After School Club	24 Slot Cars 7pm	25 Men's Shed 9:00am Ladies' Shed Meeting @ 12.30pm
26	27	28 Boom Class 8.00am Men's Shed 9:00am				

Notes: The deadline for articles for each edition the Moospaper is the 22nd of each month.

Moospaper

Brunswick District Community newsletter
Produced by Brunswick Community Resource Centre

Contacts:

1 Ridley Street, Brunswick WA 6224
Ph. 9726 1452 Email: moospaper@gmail.com

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Brunswick CRC OP SHOP
Tuesday - Friday 9am-2.30pm