

Brunswick district community newsletter - Est. 2001

GOLD COIN DONATION - THANK YOU

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BRUNSWICK'S BIGGEST MORNING TEA- WOOHOO!

Tina Wallis

Raising awareness and funds for the support. "Live life to the full and try to Cancer turned out at the Bowling Club on Volunteer fantastic spread of cakes, sandwiches, and events held here so successful. biscuits and savoury delights, all generously provided bv community members. Stunning raffle prizes included a huge wooden framed mirror, a glorious floral table display as well as vouchers for hair and beauty treatments from local businesses. We'd like to say a big thank you to everyone who donated these gifts and also for the many items contributed and sold on the Bring and buy table.

Our guest speaker, local community member, Julianne Hill took us on a journey of her life which included a period of time during which she was diagnosed with breast cancer. A common theme through the talk highlighted the importance value of teamwork and family

Council, be a good person," Julianne said. -Brunswick outshone itself in support goals that should be encouraged for of this special event. Over 50 people all to work towards. Coinciding with Week, Julianne Thursday, 19th May and together acknowledged the volume of work raised a total of \$1360! Friends came that Brunswick volunteers contribute along to share morning tea over a and which helps to make the town

> Behind the scenes, the volunteers and staff involved in organising the event were delighted with the outcomes and thank everyone for their generosity in achieving such a great response.



MAGGIE'S MUSINGS



MARGRET CARBONE

It's winter in beautiful Brunswick! Many are already missing summer, while others have welcomed the cooler weather and look forward to the winter rains!

The coronavirus pandemic continues, with the South-West currently recording high numbers of cases. While the government has now made mask-wearing optional in most venues, some prefer to wear masks, while others are pleased to be mask-free. Thank you to Brunswick businesses, who continue to make sanitiser available and to take other precautions of their own accord, in an effort to protect both staff and customers. Just one of the reasons why we love to shop local!

In football news, Harvey-Brunswick-Leschenault Football Club are preparing for two home games in June. For some long-weekend sport, get down to Brunswick Oval on Sunday 5th June to see HBL take on Collie. Then on Saturday 18 June, HBL will meet traditional rivals South Bunbury in Brunswick, carrying on a long-running "friendly feud" between the clubs. HBL training will continue to be held in Australind for the 2022 season, as plans progress for the replacement of the Brunswick oval lighting.



The Moospaper wishes everyone a safe and enjoyable long weekend, as we celebrate our great state on WA Day. The first day of June was originally celebrated as "Foundation Day", marking the day upon which Captain James Stirling arrived from the UK with the first European settlers, to settle the Swan River Colony. However, the name was changed to WA Day in April 2012, promoting a new "state day" to celebrate all people, regardless of how long they had been Western Australians. It is now celebrated on the first Monday of June each year.

And now for something completely different! they say! The Moospaper has informed of a "Bridgerton Ball" to be held at Brunswick Town Hall on Saturday 23rd July from 6.30pm to 10pm. Fans of the television streaming service "Netflix" may know that the popular "Bridgerton" series is based on novels by author Julia Quinn, and begins its fictional story during London's 1813 ball season, as debutantes are presented to royalty at court. Among the plot twists and turns are lavish costumes and beautifully-played music! A group of volunteers have come together to stage the ball, as an alcohol-free fundraiser for charities including SAFE Animal Bunbury and South-West Women's Refuge. Tickets can be purchased on the "eventbrite" website at a cost of \$30 per person. Further details are on the "SW Bridgerton Ball July 2022" Facebook page. The Moospaper has already seen some regency-era costumes which locals are preparing to wear, purchased online and elsewhere, perhaps to win the Best-Dressed prize! An evening of costumes, refreshments, music and dancing awaits!

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

SPECIAL MEN'S SHED OPEN DAY

Brunswick Men's Shed will be holding a special open day on 11th of June 2022 to celebrate National Men's Health Week. We will be hosting our 1st ever Community Men's Breakfast starting at 8am. All men from our community are invited to attend. For catering purposes, we will require RSVPs for the breakfast by Tuesday 14th of June to brunswickmensshed@gmail.com We will also be hosting an open day at the Shed with various demonstrations running throughout the morning and a garage sale. All members of our community are invited to come along and have a look at what is happening in the Shed from 9am-12pm.

The Shed is also looking at starting a Ladies' group to run at the Shed on an alternative day to the Men's Shed. We are seeking expressions of interest from the ladies in our community 18yrs and over to see if there is enough interest

in starting this group, so if the ladies are out there and would love to have a chance at getting creative with woodwork, metalwork, learning DIY Skills or anything else, please email us. If we have enough interest, we can then look at starting to get this group organized. If the ladies out there have any questions, you can email the Shed at brunswickmensshed@gmail.com or phone 0472592016 for further information.



EARTH MOVING CONTRACTOR



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- Track Loaders 963, 973
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No call out fee for work on Brunswick or Roelands premises

ABN 44524126550

TOWN TEAMS - BRINGING OUT THE BEST OF BRUNSWICK

Tina Wallis

First, there was the 'Block Party' inviting local community members for comments on which aspects showcase Brunswick, to help identify what could be improved or developed. The response and turnout were pretty amazing, a lot of people took the time to share their thoughts on the opportunities for change and a positive vibe was felt by all.

Guiding this venture, the development team at the Shire of Harvey have recruited a not-forprofit agency, Town Teams, to help explore options that would make Brunswick a more attractive place for community members, as well as visitors too!

In follow up to the feedback, the Town Team, together with the Shire representative team, Belinda Williams returned to delve a little deeper and to work through some ideas that could be co-developed by the local community with the support of the Shire.

River Walks, Street Markets, Community events and how to improve the appearance of areas around the town were among some of the suggestions from the participants. A new Facebook group, Brunswick Town Teams was also launched for keeping up with the news and - although It does fall short of having a catchier name, so will be on the agenda for the next meeting. This is scheduled for Wednesday, 1st June @ 6.00pm in the Brunswick Tavern where all are welcome to share further ideas and efforts - hope to see you there!







Casual Gardener Wanted

Brunswick Junction Primary School are looking for a relief gardener.

If you have a current Working With Children check, are fully vaccinated and have some gardening experience, please contact the school on 9788 9100.

TRUE CUSTOMER SERVICE

Having a flat tyre can you leave you feeling a little deflated and something you don't want to happen at any time, let alone at the end of a busy day. Help was at hand though and the experience unveiled a surprise in locating support within the Brunswick town site. The new owners of the servo were the first port of call who helped to check the pressure and provided recommendation to seek professional opinion at the local Bridgestone company. Did you know there was a tyre specialist in Brunswick? If you didn't, it is worth checking them out for future needs. Chad and the team at Brunswick's Bridgestone Tyre Services provided true Goldstar customer service - always such a pleasure to find and on our very own doorstep too!

BRIDGESTONE

Bridgestone Service Centre Brunswick Junction Truck Centre



12 Papps Road Brunswick Junction Western Australia 6224 08 9745 1752 **ADVERTISEMENT**

We're delivering a \$400 Household Electricity Credit to every WA household

We're easing costs of living pressures with a one-off **\$400** credit for all WA households on their residential electricity bill.

We know this one-off \$400 Household Electricity Credit will be welcome news for families across our community and help manage the costs of living.

For more information on the 2022-23 State Budget visit: www.ourstatebudget.wa.gov.au

Robyn Clarke MLA

MEMBER FOR MURRAY-WELLINGTON

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

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CRANES FOR UKRAINE

IN SUPPORT OF THE EFFORTS FOR THE PEOPLE OF WAR-TORN UKRAINE, WE ARE RUNNING A FUNDRAISING CAMPAIGN, MAKING ORIGAMI CRANES.

WHY A CRANE BIRD, YOU MAY ASK? THE CRANE SYMBOLIZES HARMONY, AND GRACE. IT REPRESENTS POSITIVE CHANGE AND A FOCUS ON THE NEED FOR BALANCE AND LIVING IN HARMONY WITH OTHERS.

USING STEP-BY-STEP DIRECTIONS, AND PAPER TO CREATE 5 CRANES, WE HOPE TO RAISE FUNDS TO HELP WITH THE RELIEF EFFORTS IN EUROPE.

\$5 PER PACK OR A PRIVATE DONATION.

AVAILABLE FROM THE BRUNSWICK JUNCTION COMMUNITY RESOURCE CENTRE, 1 RIDLEY STREET BRUNSWICK.



PET REGRET: CONSUMER COMPLAINTS CLIMB

Consumer Protection Senior Regional Officer for South West, Annetta Bellingeri

Welcoming a new pet into your family is an exciting time, so the last thing you'd want to discover after bringing the animal home is any unexpected issues or problems.

An emotional bond has likely formed that could make an exchange or refund out of the question, while a 'repair' could equate to expensive vet bills and a dispute with the seller.

Unfortunately, issues with pet purchases are on the rise. In the last 12 months, Consumer Protection received 72 complaints, up from 55 complaints the previous year.

Around 83 per cent of complaints related to puppies or dogs and medical issues were the top concern - so we always recommend arranging a pre-purchase vet check to ensure the animal is in good health.

We also hear about a lack of documentation, such as registration papers and vaccination certificates, as well as animals that don't meet the description – for example, if a dog is advertised as a medium-size breed, but grows to become very large.

You have rights under the Australian Consumer Law if you buy from a shop or registered breeder that is a business. But these protections are unlikely to be available for private sales, via Gumtree or Facebook Marketplace, or when you adopt from a shelter or rescue centre.

That's why it is important before you buy to research the breed, its parents and the seller, in addition to carefully considering your ongoing commitment to providing a suitably-sized home, food and water, exercise and veterinary care.

Pet scams are also common, so be cautious if you're looking to buy online where popular breeds are offered for low prices on fake websites, and payment only is made via a non-secure method, such as a bank transfer.

New laws aimed at stopping puppy farming in WA have recently passed State Parliament and include a requirement for consumers to receive information at purchase about where dogs have come from, as well as the transition of pet shops into adoption centres.

Further information and advice about buying a pet is available on our website at www.consumerprotection.wa.gov.au, while enquiries can be made on 1300 30 40 54 or to consumer@dmirs.wa.gov.au

FOODBANK DELIVERING TO HARVEY AND BRUNSWICK JUNCTION CRCS!

Harvey and Brunswick Junction CRCs are partnering with Foodbank to have essential grocery items delivered to our community members who may need a little helping hand. We will take individual orders and payments by EFTPOS and submit a bulk order to Foodbank who will deliver to the centre on the allocated monthly date.

For more information, give us a call or pop in

and have a chat! PACKS AVAILABLE:

Assorted Fruit & Veg	\$5.00
Hamper of Assorted Goods	\$10.00
Beverage Pack	\$9.00
(2 x Beverage, 1 x Milk, Biscuit, 1kg	\$9.00
Sugar, Muesli bars)	
Breakfast Pack	\$8.00
(1 x Cereal, 1 x Milk, 1 X Basic	ψ0.00
Spreads, 1 x Donated Product, Fruit	
in Jelly)	
Essential Pack	\$8.00
(1 x Spaghetti, 1 x Backed Beans, 1	
x Rice, 1 x Dry Pasta, Pasta Sauce)	
4kg Frozen Varied Meat Packs	\$15.00
Junior Meal	\$1.50
Frozen Meal	
(Adult Serving)	\$3.00
(2 Adult Serving)	\$6.00
Family Sized Tray)	\$12.00
House Pack	\$10.00
(Dishwashina Deteraent, Washina	

Powder, Wipes, etc.)





Harvey - 9729 1669 Brunswick Jn - 9726 1452

Wednesday, 24 May

BRUNSWICK JUNCTION COMMUNITY RESOURCE CENTRE ROOM HIRE

Did you know, Brunswick Junction Community Resource Centre is available for hire and can be used for a range of purposes such as conferences, group seminars, children's parties with facilities that include use of kitchen, tables and chairs, Wifi and widescreen TV.

Rates to hire out the centre start at \$30 per hour, \$65 half day (up to 4 hours) and \$100 for a full day (over 4 hours).

New for Winter 2022!

BRUNSWICK

CUIZ

GUIZ

Guiz Master Host

Brunswick Tennis Club

Tuesday

June 29th

at BRUNSWICK TAVERN
Start time: 06:15pm

Start time: 06:15pm

For registration & further

Information contact:

Brunswick Resource Centre

0402 063 885

Additional costs may be incurred depending on number of patrons and there is a refundable bond of \$100 due prior to bookings.

For further information, please phone the Resource Centre on (08) 9726 1452 or contact us at brunswickjunctioncrc@gmail.com.





Congratulations

- Congratulations to Mark Talbot on taking out the prestigious

Best European Truck 1996-2022 Award at the recent WA Mack Muster in Perth.

- Congratulations to Rachel Talbot, daughter of Mark and Angela of Brunswick.

and her fiancé Nick on their wedding this month.

VOLUNTEER WEEK

Celebrating all our wonderful volunteers, a special service was held at St. Peters Church, Brunswick, Wednesday 18th May.

We were few in number this year due to the spread of COVID in the town, but the spirit was huge as we acknowledged all the incredible work that local volunteers do. Poems and mission statements from the variety of organisations present shared the dedication of this special group of people. Chair of Brunswick Community Resource Centre, Ron Exelby, spoke from the

perspective of our organisation. "A town is a place full of individuals with different gifts and abilities. A community like Brunswick is a place where these individuals come together and voluntarily share their gifts and abilities. Being a community is all about heart. Linkwest - the peak body of the 93 member CRCs that work at the heart of communities - has the motto of 'For the love of Community' and we at the Brunswick CRC give our heartfelt thanks to all our selfless and hardworking volunteers without whom we simply would not exist."





BRUNSWICK BADMINTON CLUB

Invite's all past and new players to the start of the new season

Venue: Brunswick Recreation Centre

Tuesday's - April 26th to Sept 27th
Starting Time - 7pm

Membership - \$20 Night Fees Members - \$7 Non-Members - \$10 1st Year High School and Upwards

Further Info - Steve Italiano 0419 445 159 Email: steveni@highway1.com

O

Lyn Scott 0427 263 201

PLEASE NOTE: PLAYING AT YOUR OWN RISK

Brunswick Family



Pharmacy

Monday- Friday 9am to 5pm Phone: 9726 1000

Health Services

- · Blood pressure Monitoring
 - Diabetes Management
 - Medication Packs

Discount Days – 10% off

1st and 3rd Tuesday of the month (excludes scripts & specials)

MINIMISING WORK RELATED STRESS

Work-related stress can get the best of us all. Emails, Slack messages, phones ringing off the hook, your co-worker dropping by for an impromptu meeting — it's enough to make anyone frazzled. Feeling some tension is normal, especially if you're facing a looming deadline or challenging assignment. But when work stress becomes chronic, it can end up affecting both your physical and emotional well-being. Experiencing work strain is unavoidable — even if you love what you do — but there are steps you can take to keep job stress to a minimum.

Be aware how stress affects you

This might sound overly simple, but it's easy to underestimate how much stress effects you. Take note if you find yourself emotionally exhausted and pessimistic by the end of the day. Long-term exposure to unmanaged stress can take a toll on your body and mental health a potential link between work-related burnout, depression and anxiety. Here's a look at some of the subtler signs of stress:

- low energy or fatigue
- headaches
- insomnia
- changes in appetite
- digestive issues
- rapid heart rate
- sweating
- low self-esteem
- loss of sex drive

Document stressors

Identifying and recording stressful situations can help you understand what's bothering you. Some of these can be subtle sources of tension, such as an uncomfortable workspace or a long commute. Keep a journal for two weeks to track your stress triggers and your reactions to them. Make sure to include the people, places, and events that gave you a physical, mental, or emotional response. As you write, ask yourself:

- How did this make me feel? (Afraid, angry, hurt?)
- What was my reaction?
 (Did I visit the vending machine afterward or go for a walk?)
- What are some ways of resolving it? (How can I find solutions to this stressor?)

Recharge

Taking even a few minutes of personal time during a busy day can help prevent burnout. Listening to an interesting podcast in between meetings or watching a funny Youtube video can give you relaxing pauses throughout the day. It's also important to take breaks from thinking about your job by not checking workemails on your time off disconnecting from your phone in the evenings.

Time Management

Sometimes, feeling overwhelmed by work comes down to how organized you are. Try setting up a priority list at the beginning of your work week by preparing tasks and ranking them according to importance. You can also beat procrastination by setting aside specific time blocks for deep concentration work.

Balance work and personal life

Being available around the clock will easily burn you out. It's important to create clear boundaries between your work and home life to help you avoid potential stress. Part of this means setting aside time for socializing and establishing rules for when you'll check emails or take phone calls.

Take care of yourself

Setting aside time for self-care is a must if you regularly find yourself feeling overwhelmed by work. This means prioritizing sleep, setting aside time for fun and making sure you're eating throughout the day. Keep in mind that you'll likely be able to tackle work issues more effectively when your core needs are being met.

Stay out of the gossip mill

Workplace conflict can take a major toll on your emotional well-being. Try to avoid participating in gossipy situations. If you know that one of your colleagues is especially prone to gossip, find a way to spend less time with them or steer the conversation to safer topics.

Take a break

Being able to disconnect or "switch off" from responsibilities and job-related activities can help you relax and unwind like no other. You don't have to jet set across the world, either. A work-free staycation or trip a few hours out of town can still help you <u>reset</u>.

BE BRAVE, MAKE CHANGE

Chevonne Greenhalgh

27th May to 3rd is National Reconciliation Week and to launch the week's events we were invited to an early morning breakfast at the Bunbury Golf Club. Upon arrival we had the pleasure of listening to Aboriginal Elder, Dennis Jetta welcome us to the land, where generations of his family have spent time learning and living off the land. He spoke in his own language and audience addressed the with his family of connections. speaking cultural the importance of the land on which he stood. He spoke passionately about the "Uluru Statement" and what a change of government meant to him and how it would be implemented in his future and in the next generations' time. We also listened to media personality, Stan Grant who gave his presentation via video link. He was easy to listen too and informative as he also spoke of the generations of his grandparents, his fathers and the hardships they faced. Identifying how life had changed with every generation, the family connections that were lost and found at later time, with a renewed respect. Also about the experiences he had growing up, the changes they had endured as a family and what it means today through the pathways of change that have been recognised along the way.

This week marks two very important events for the First Nations people.

50 years ago, in January 1972, a group of brave young men began the longest protest for Indigenous land rights, sovereignty, and self-determination by planting a beach umbrella and signage proclaiming Aboriginal Embassy across the road from Parliament House in Canberra.

30 years ago: In June 1992, the ten-year fight of a group of Torres Strait Islanders, led by Eddie Mabo, over ownership of Murray Island resulted in a High Court decision that recognised that Aboriginal and Torres Strait Islander peoples have rights to land – rights that existed before

the British arrived and can still exist today.

Reconciliation is an ongoing journey that reminds us that while generations of Australians have fought hard for meaningful changes like these, future gains are likely to take just as much, if not more, effort.

Be Brave and tackle the unfinished business of reconciliation so we can Make Change for the benefit of all Australians.





SCANNING AVAILABLE

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Up to 25 photos and USB Thumb drive - \$20.00 Please ask for a quote for a quote for a higher number of copies.

Contact us on 0726 1452 or call in to have a chat for further details.



LANDHOLDERS ACCESS NEW TOOL FOR SPRING CAPE TULIP CONTROL

access to a new tool to help control the declared weed, Cape Tulip.

Funded through the Declared Pest Account (DPA) the PHBG offers free use of a weed wiper specially designed for effective Cape Tulip control, through its Weed Wiper Program. Availability is limited, so landholders encouraged to contact the PHBG to book in.

Cape Tulip is toxic to livestock and spreads easily. Up to 60% of viable seeds in the soil can be dormant which means control efforts have to be sustained across multiple years for landholders to see a reduction.

Traditionally, landholders spray diluted herbicide to try and control Cape tulip which reduces any off-target impacts, but also the effectiveness of the application. Some landholders rely on physically removing Cape Tulip through slashing or pulling out by hand. Removing the plants by hand is hard work and can be ineffective, with the movement of infected soil encouraging weed spread.

"Now that the declared pest rate is in its third year, landholders are becoming more aware of how the PHBG can assist them and what is on offer when undertaking control activities." PHBG Outreach Officer, Jordon Garbellini-Adams said.

"Increasing on-ground support to landholders across our operational area has led directly to an increase in best practice control activities. A example is providing specialised equipment like the weed wiper for landholders to target Cape tulip amongst healthy pastures."

The PHBG weed wiper equipment is available for landholders to loan through the months of July to September. A PHBG Officer will deliver the equipment on loan and collect it after seven days.

Landholders within the Peel-Harvey Biosecurity A weed wiper allows landholders to increase the Group's (PHBG) operational area now have concentration of the herbicide used by 'wiping' directly onto the plant. This increases the likelihood of successful control while reducing application off-target plants to surrounding environment. It also means that landholders looking to reduce chemical use on their property can still achieve effective control. Landholders are required to sign a terms-of-use document and must triple rinse the equipment prior to pick up.

> Due to the short control season and popularity of the equipment, landholders are restricted to the seven day loan period and must book early through the PHBG website. There are two sizes of weed wiper equipment available for loan. The most suitable for you will depend on site characteristics, landholder needs and space requirements.

> Control recommendations and information on the weed wiper program can be found in the equipment services section of the PHBG website at www.PHBG.org. Further information can be requested by emailing weedwiper@phbg.org.



BRUNSWICK COMMUNITY CALENDAR

JUNE 2022

SUN	MON	TUE	WED	THU	FRI	SAT
			01	02 Men's Shed 9:00am Walking Group 9:00am	03 Youth Group 3-5pm Slot Cars 7pm	04 Men's Shed 9:00am
05	06 PUBLIC HOLIDAY	07 Men's Shed 9:00am	08	09 Men's Shed 9:00am Walking Group 9:00am	10 Youth Group 3-5pm Slot Cars 7pm Late Night 5.30- 8.30pm	Men's Shed Open Day 9:00am - 12.00pm
12	Over 55's exercise group 8.30am	14 Men's Shed 9:00am Seniors Bingo 1pm	15	Men's Shed 9:00am Walking Group 9:00am Kahlia Yoga 9.30am	17 Youth Group 3-5pm Slot Cars 7pm	18 Men's Shed 9:00am Community Garden @ CRC 9:00am
19	Over 55's exercise group 8.30am	21 Men's Shed 9:00am	22	23 Men's Shed 9:00am Walking Group 9:00am	24 Youth Group 3-5pm Slot Cars 7pm Late Night 5.30- 8.30pm	25 Men's Shed 9:00am
26	Over 55's exercise group 8.30am	28 Men's Shed 9:00am Seniors Bingo 1pm	29	30 Men's Shed 9:00am Walking Group 9:00am	NOTE	



Yoga with Kahlia. Thursday mornings 9.30am at the Brunswick Anglican Hall, Wednesdays 6.30pm Burekup Country Club - see you there



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

Periodicity: 11 issues a year, from February to December.

Policy: Articles included at the editor's discretion and may be edited for clarity and space. Published articles become public domain and may be reproduced at any time.

Advertising rates: Quarter page - \$15 Half page \$25 Electronic Subscriptions: \$5.00 or covered by full CRC membership \$10 per annum

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