

THE MOOSPAPER

Brunswick district community newsletter - Est. 2001

\$2.00 PER PRINTED ISSUE - ONLINE SUBSCRIPTIONS AVAILABLE

UPCOMING EVENTS

2 Sep- Junior Golf Come & Try Day.
Bunbury Golf Club allevents

16 Sep- UDUC/ Harvey Saturday Night Social Dance
perthballroomdancing.com.au

22 SEP- Harvey Art Prize (Exhibition Opening)
Harvey Rec & Cultural Centre

27 Sep- Stand Up With Confidence Workshop 12-25 Year Olds
Harvey Rec & Cultural Centre

EDITOR'S APOLOGIES FOR AUGUSTS FRONT COVER STORY . STORY AND PHOTOS WERE SUPPLIED BY LEESA SUTHERLAND WE WOULD LIKE TO THANK LEESA FOR HER CONTRIBUTIONS SUPPORTING OUR MOOSPAPER.

BRUNSWICK CRC – WELCOMES VISIT FROM FUNDING BODY

TINA WALLIS

We felt very honoured to be identified for a planned visit by **Minister Don Punch MLA** whose portfolio includes Department of Regional Development, our key funding body.

An opportunity to meet with our staff and committee to see the work we do from our humble HQ here in Brunswick. A key focus for the visit recognised and acknowledged our role in developing and supporting traineeships which the Minister was keen to ask important questions with both the current and previous trainees present. Also highlighted was the valued input from our volunteers at the centre and the working partnership we have established with representatives from the Shire of Harvey, including President Paul Gillett, It's always a special occasion, to be selected from the network of over a hundred CRCs in Western Australia for such visits and we relished the moment sharing a delicious afternoon tea with our VIP guests, who also included Robyn Clarke MLA and husband Charlie Clarke.

Thank you to everyone who attended, we were delighted to receive feedback from the Department to congratulate us on all that we do, endorsed by the comment posted on our Facebook page, from the Minister himself:

Don Punch MLA:

"The Brunswick CRC certainly packs a punch working for the local community!"





MAGGIE'S MUSINGS

MARGRET CARBONE

Spring has sprung in Brunswick! And we all know what that means, it's Show Time! The 92nd Brunswick Show will be held on Saturday 28th October, featuring the Farm To Fork theme which will highlight agricultural practices and primary produce in the district. The Beer competition will be judged on 6th September at the Rose Hotel in Bunbury, and the Italian Sausage competition will be judged on 26th October at a Pasta Night to be held at Harvey-Brunswick-Leschenault Football Clubrooms. For details on how to enter these and all sections, including cooking, art & crafts, Lego, flowers, vegetables and more, pick up a copy of the show schedule which is available at local outlets, or check the Brunswick Show website. Follow the Facebook page for more updates!

The Moospaper joins the community in congratulating Lauren Patane, Brunswick Agricultural Society volunteer and South-West Division winner of the Royal Agricultural Society Rural Ambassador title presented in July. Lauren and other finalists were interviewed and given the opportunity to speak on a rural topic. Lauren spoke about ways to reduce food wastage on farms, and her win will now take her to the state judging at the Royal Show in September. Well done Lauren and Good Luck!



LAUREN PATANE WITH
BRUNSWICK
AGRICULTURAL
SOCIETY PRESIDENT
JULIANNE HILL.

Another major event coming up in October is the Local Government Election, where anyone enrolled to vote will be able to choose their preferred candidates to become councillors with the Shire of Harvey. The Shire of Harvey uses postal voting, and packages will be mailed to electors in the weeks leading up to election day, 21 October 2023. Packages will include instructions on how to vote and a reply-paid envelope. While voting is not compulsory, we are all encouraged to vote and have our say on who will represent us on council. At the time of press, the council included two local residents, Councillor Francis Burgoyne and Councillor Craig Carbone, who may both re-nominate or step down from council at this election. Shire President Paul Gillett has announced his intention to step down, with voters having the opportunity to vote for the president at this election, instead of the president being chosen by councillors. Another change is that councillor numbers will reduce from 13 to 11. For more information, see the Shire of Harvey website. Get ready to vote, Brunswick!

In other local news, Brunswick Districts Bowling Club has been successful in obtaining a \$78,267 grant towards upgrades of bowling greens, while Brunswick Tennis Club has received \$53,685 towards tennis court upgrades. A Big thank you to Department of Local Government, Sport and Cultural Industries (DLGSC) for supporting local sport! This is in addition to the \$1.2 million announced to upgrade power and lighting facilities at Brunswick Recreation Ground. This is all thanks to local volunteers who put in time and effort to find ways keep our clubs funded and running smoothly!

Don't you just LOVE Brunswick?!



CONGRATULATIONS TO

- HARVEY-BRUNSWICK-LESCHENAU'S TY ARMITAGE ON PLAYING HIS 150TH GAME FOR THE CLUB. THE 27-YEAR-OLD IS ONLY THE 29TH PLAYER IN THE CLUB'S 60-PLUS-YEAR HISTORY TO REACH THIS MILESTONE, WITH HBL DEFEATING COLLIE IN THE HOME GAME ON 20TH AUGUST.

SNAKE AWARENESS 2023

Greg Campbell

It's the time of year when brumation is ending, with the warmer weather snakes will become more active.

Needs.

Snakes needs are simple - food, water, shelter and procreation.

What can I do to reduce the likelihood of interactions?

Reduce Shelter.

Clean up the yard and around the house, don't lay sheets flat, put them on their side on a brick, store materials above the ground.

Baits.

If you're going to use Baits please make sure it's a **1st Generation Rodenticide**, this will limit secondary poisoning of other native fauna, your cats and dogs.

Water.

Snakes can drink from a bowl or a dripping tap so a clear area around your animal's water bowls will discourage shelter.

What to do.

Remain calm, and remove yourself and your pets from the immediate location.

Inside your house put towels or the like under the door to isolate it.

Call a relocater, we don't need pictures/footage, it's irrelevant.

Children

Talk to your children about what actions you want them to do if they see a snake. 1. Outside the house 2. Inside the house.

Get a toy snake and role-play. If they are older include the family pet.

Snake Skins.

Snakes shed (sloughing) their skins as they grow. The skin is stretched as the snake sheds. If you find a whole skin, deduct 1/3 of the length and you have the approximate length.

Venom.

A snake's venom is very similar in strength throughout its life.

Greg Campbell
Snake and Reptile
Removal
Call
0419 796 041



SAVE OUR SNAKE NECKED TURTLES

**MONDAY 4TH
SEPTEMBER
5PM-7PM
CITY OF BUNBURY
FUNCTION RM
4 STEPHENS ST**

CALLING ALL CITIZEN SCIENTISTS! We urgently need volunteers to assist with this exciting project protecting the near threatened snake necked turtles at the Bunbury big swamp. Come along to the turtle tracker training session and find out how you can help. Register at <https://tinyurl.com/turtletracker> or email reception@leschenaultcc.org.au for more information.













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The CRC Traineeship - Work Placement Experience

Narelle Read

For the first part of my work experience, to gain industry-based skills required for the diversity of roles that are needed for working in Tourism, customer service was a work placement with the Australind Artisan Collective at Henty Cottage in Australind. This was a privilege to get this position, working in a retail environment among handmade masters of craft and art - candles with scents of dreams, warm knitted gloves and beanies and local honey by the bucket load. In this placement, I served customers and listened to what people who were looking for and needing as visitors to our beautiful South West.

So, if you are ever stuck for a one off unique gift please call in and see Christine and her amazing, gifted friends at the Australind Artisan Collective.

As of this month, I am at the Dolphin Discovery Centre in Bunbury learning about tourism from a different angle. In this role, I've listened to other volunteers and read up on some of the amazing sea life in our oceans. Port Jackson Sharks which lay eggs that are screwed in between rocks by the shark herself and Sea Turtles, a FidlerRay which looks like a cross between a stingray and a shark and the Blackspotted Catshark that only shows up in the late afternoons (lucky for me I have seen him a few times since working here) and Sea Stars which are peacefully relaxing in the slow pace of life. I have yet to see the Dolphins themselves though. This experience is at one of my favourite places and I encourage you to bring the family to check out the amazing Dolphin Discovery Centre or - if you have the time to spare - join as a volunteer.



THE BLACKSPOTTED
CATSHARK



THE FIDLERRAY
AND TWO OF HIS SIDEKICKS

VIETNAM VETERANS

Vietnam Veterans gathered at the Brunswick War Memorial on August 18th to commemorate the 50th anniversary of Australia withdrawing from the Vietnam War.

More than 60,000 Australians served in the Vietnam War between 1962 and 1973, sadly 523 never came back home including Richard Sykes from Burekup.

Brunswick has honoured those who left our shores for overseas from Benger, Brunswick Roelands and Burekup with plaques on the Wall at our Memorial. The dedication took place on August 18th 2022.

After a minute's silence at 11am it was time to reminisce and enjoy fellowship at the Brunswick Tavern.

Judy Talbot OAM

ADVERTISEMENT

The Cook Government
is delivering a

**\$400 Household
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every WA household**

Bringing **total power bill assistance** to **\$1,400** over three years.

We're also supporting **eligible small businesses** with an **energy credit of \$650**.

From our State Budget to your household budget - **supporting WA with the cost of living.**



Robyn Clarke MLA

MEMBER FOR MURRAY-WELLINGTON

9531 3155 Robyn.Clarke@mp.wa.gov.au

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

LIONS CLUB

Ron Arkwright.

The Lions are a bit sparse on the ground this month, for this is the time of the year when a number of our Lions migrate up north to a different hunting ground and new and interesting water holes. In fact, three of our Lions and two of our lady Lions are travelling to the deep and darkest jungles of Africa, to meet up with the four-legged version of Lion.

Les Robinson and wife Carmel, Brandon Brooksbank and wife Penny and Winston Jackson are going on safari through Kenya - I have suggested they take their Brunswick Lions ID badges with them hoping it may prevent them from being eaten.

It was said some time ago, a visitor to an African Lion Park heard the tour guide saying male lions are known to have sex at least five times a day, Just my luck the visitor said I've just joined Rotary!

Although some of our team are missing we still managed to get a good turnout at meetings working ,as usual, on community projects.

During the last meeting, a cheque for \$400 was sent to Mrs Merrilee Fry to be passed on to the Brunswick Senior Group as a donation from the Brunswick Lions

Only a short while back the Lions completed a long-awaited improvement to the Brunswick War Memorial limestone wall, adding more space so as to be able to acknowledge more people who served in the Australian armed forces.

However, it doesn't end there. For now, two of our Lion members Fred Talbot and Rob George, are already making plans to extend the Memorial Rose Garden around the memorial site, It surely is a site to be proud of.



Preparations are well in advance to make the Brunswick Lions Animal Nursery, one of the highlights of the coming Brunswick Show keeping up the high standard that people have come to expect.

It was sad to hear of the passing of two of our lady Lions this month.

Angela, loving wife of Bev Dungey. Bev, who up to only a short time ago had been a Lion member for 40 years.

Beatrice loving wife of Phil Musitano, Phil is a current life member of the Brunswick Lions being a founder member of 53 years service.

The Brunswick Lions Club send their deep sympathy to both the families.

Well, that's all for now from the Brunswick Lions Club. Visitors and new members are always welcome, so come along and enjoy an evening of good fellowship.

Stay safe and well
Best regards to all

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Contact Rob George:
Mobile: 0417 173 553

HENS' PARTY -PAINT AND SIP STEPS OUT!

Saturday 26th August marked a very special occasion for a young bride and her close family and friends, it was also a first experience for us.

Earlier in the month, we had been approached by family members to see if we were able to host a Bridal Hens' party at a private residence - something we had been considering for a while with running corporate functions.

The ladies chose a painting to their liking and we proceeded with plans of how the day would be scheduled with preparations in place to make it an extra special day for all involved.

The celebration party of 13 had a wonderful time, for some this was their first time and the wonder that a Paint and Sip session brought a bit of magic to the event. We also thoroughly enjoyed being involved in such an occasion where special memories are being created. It was wonderful to watch the paintings come together as a unique memento to have to remember the day in years to come.

Now with the end of the year quickly approaching and Christmas staff parties are in the planning stages, this may be something that you might be interested in. We are also available for any Celebrations, Corporate events, or Special occasions. If you would like to hold a Paint and Sip, please contact us at the Centre for more information.





CREATING A WATERWISE GARDEN

DETAILS:
SAT 9TH SEPT
9.00-11.30am
SOUTH BUNBURY
REGISTER HERE:
[HTTPS://TINYURL.COM/WATERWISEGARDEN](https://tinyurl.com/waterwisegarden)

Urban gardens play a vital role in protecting our wetlands and marine ecosystems.

- Visit a beautiful waterwise native garden grown by local gardener
- Learn hot tips on how to achieve amazing results all while protecting our waterways
- Hear presentations from Bay OK Project Manager Lisa Massey and garden expert Jackie Nichol
- Heaps of great prizes to be won, including ten \$50 LCN vouchers to get your waterwise garden started, plus morning tea supplied

Ticket cost is \$15, places are limited and this event is sure to sell out, be quick to secure your place!





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)



Leschenault Catchment Council

MEDIA RELEASE

10TH AUGUST 2023

Turtle Trackers Unite!

The Friends of Big Swamp volunteer group and the Leschenault Catchment Council are excited to once again be taking part in the Save Our Snake Necked Turtle Project this turtle nesting season.

The project is urgently calling for volunteer citizen scientists to assist in spotting turtles and nesting sites at the Bunbury Big Swamp over approximately eight weeks during nesting season.

The Big Swamp is home to a population of snake necked turtles under major threats from a combination of animal predation, mortality from road strikes and lack of suitable nesting habitat.

Volunteers allocate themselves with a suitable time over nesting season in which they patrol the Big Swamp and look for turtles. Turtle Trackers are required to complete a short training session to ensure turtle welfare, held at the City of Bunbury Function Room on Monday 4th September, 5-7PM. Register by following this link <https://tinyurl.com/turtletracker> or email reception@leschenaultcc.org.au for more details or if you can't make the training but still wish to be a turtle tracker.

Media queries:

Nadia Howe, Communications Officer

0405250852

Email: reception@leschenaultcc.org.au

Leschenault Catchment Council, 11 Oakley Street, Bunbury 6230
 ABN 55847 961 699 www.leschenaultcc.org.au www.facebook.com/leschenaultcc
 "Working towards a healthy, productive and sustainable catchment."

Brunswick Show / Workshop 2023
 Sharing the Joy of Floral Art
 With Jean Shine

An opportunity to join this workshop to support exhibitors in planning designs to enter the 2023 Brunswick Show, Friday October 20th

PROGRAM
 Date: Saturday 16th September

Time: 1.00 pm

Venue: Tom Pearson Pavilion

Each participant is asked to study the schedule Floral Art section H A, H N, and the Children section O F, and bring materials IE. Containers, plant material that you want to use in your chosen class

Participants are encouraged to choose 3 or 4 classes to work on.

Jean, welcomes emails or phone calls for further explanation.

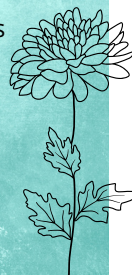
If you wish to take this opportunity to further your skill in flower arranging and to help boost our amazing Brunswick show be sure to join us

Saturday 16th September

RSVP – Jean, by Saturday 9th Sept

Email: jeanshine46@gmail.com

Mobile: 0427 771 231



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BRUNSWICK KIDZ CLUB - SHOW PREPARATIONS UNDERWAY

Designs for the classes in which the children are submitting entries to the Brunswick Show are now underway and we have developed some exciting creations!

It is quite surprising what you can do with a few buttons, and a little bit of paper quilling! Last week, we got our hands sticky with clay, shaping objects that will meet with the theme of the Brunswick Show this year - Farm to Fridge. There is still plenty of time to create and a few spaces for anyone who would like to join in (see flyer opposite) or give us a call on 9726 1452



WHAT WOULD YOU GET IF YOU CROSS AN ANGRY SHEEP AND A GRUMPY COW?
AN ANIMAL THAT'S TOTALLY IN A BAAAAAAD MOOOOOD.





BRUNSWICK KIDZ CLUB

THURSDAYS 3PM TO 4.15PM

Term 3 Theme:

"It's Showtime!"

Design and create a winning entry into the Brunswick Show

Each week we will explore and make an item to enter into the children's competition categories for the Show!
-All materials and resources supplied!

What would you like to make?


 Brunswick Junction Community Resource Centre

Call us for further info: 9726 1452



"Sharing the Joy of Floral Art"
with Jean Shine

Thursday
5th
October
2-4pm

FREE WORKSHOP
Featuring design tips for children's entries into the Brunswick Show 2023
Ages 7 to 16 years



Check out the schedule of exhibits in the Show Programme - copies available at Brunswick CRC

4th Tyre FREE

on selected Bridgestone car tyres.




AN AMAZING OPPORTUNITY FOR KIDS TO LEARN ABOUT FLORAL ART AND ENTER A DESIGN IN THE BRUNSWICK SHOW 2023

At National Online Safety we believe in empowering parents, carers and trusted adults with the information they need to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one platform of many which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.



TikTok is a video-sharing social media app available on iOS and Android which lets users create, share, and view user created videos in a similar manner to Facebook, Instagram and Snapchat. Its main draw, however, is that users can record and upload bite-sized looping videos of themselves lip-syncing and dancing to popular music or soundbites, often for comedic effect, which can then be further enhanced with filters, emojis and stickers. TikTok has been designed with the young user in mind and has a very addictive appeal. At the beginning of 2019 it skyrocketed in popularity and has featured near the top of download charts ever since. Estimates suggest that it now has anything between 500 million and over 1 billion monthly active users worldwide.



What parents need to know about

TIKTOK



AGE-INAPPROPRIATE CONTENT

On the iOS store, TikTok is listed as 12+. On the Google Play Store it is rated as 'Parental guidance recommended'. When signing up to the app, it's possible to lie about your age without any form of verification. As children scroll through their feed, most of the videos they're likely to come across are light-hearted or designed to make people laugh. However there have been a number of videos reported for featuring drug and alcohol abuse, self-harm and young teens engaging in sexually suggestive content. More recently, suicide-themed related videos have been widely circulated. Given the deluge of material uploaded to TikTok every day, it's impossible to moderate everything and it can be common to come across explicit and age-inappropriate content on the 'for you' feed when logging into the platform.



INAPPROPRIATE MUSIC

TikTok revolves around creating music videos through lip-syncing and dancing. Inevitably, some of the music featured by users will contain explicit or suggestive lyrics. Given the undeniably young user base, there is a risk that children may look to imitate the explicit language they hear or the suggestive actions they see when viewing others user's videos on the app.



TIKTOK FAME

TikTok is very image focused and there is a notable preoccupation with appearing cool and attractive. Many teenagers now attempt to go viral and become what's known in-app as 'TikTok famous'. TikTok (and its predecessor musical.ly) has spawned its own celebrities - social media stars Loren Gray and Jacob Sartorius have been catapulted to fame through their initial exposure on the app. Obviously, most budding influencers looking to become the next big thing will be disappointed, but this may have the knock-on effect of making them go to more and more drastic lengths to get noticed.



ONLINE PREDATORS

As a social network, TikTok makes it easy to connect with other users. This includes the ability to comment on and react to other user's videos, follow their profile and download their content. Be aware that by default, any user can comment on your child's video if their account is set to public. Most interactions are harmless enough but as an app, TikTok is prone to predators because of the abundance of younger users.



ADDICTIVE NATURE

Social media is designed to be addictive and TikTok is no different. It can be fun and hugely entertaining. However, it is also because of this that it can be hard to put down. In addition to the short, punchy nature of the looping video format, the app's ability to keep you guessing what will come on screen next makes it easy to turn a five-minute visit into 45-minute visit.



IN-APP PURCHASES

Aside from the content, there's also the option to purchase in-app extras called 'TikTok coins'. Prices range from £0.99 for 100 coins to an eye-watering £93.99 for 10,000 coins. TikTok coins are used to purchase different emojis to reward content creators that a user finds funny or entertaining. In the iOS version of the app you can disable the option to buy TikTok coins but this sadly doesn't seem to be a feature in the Android version.



Safety Tips for Parents

TALK ABOUT ONLINE CONTENT

Assuming your child is above the age limit to use TikTok, make sure you take the time to talk to them about what they are seeing on the app. Have an open dialogue, get them to give you their opinion on what is appropriate and model the correct behaviour. Go over why they shouldn't give out private information or identifiable photos and be positive and understanding. In the long run, getting them to think critically about what they're seeing goes a long way to keeping them social media savvy.



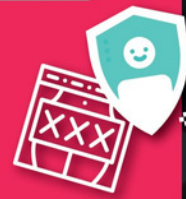
USE PRIVACY SETTINGS

Undoubtedly, the easiest way to safeguard your child on TikTok is to make sure their account is set to private. This means only those users your child approves can view, like, and follow their content. Setting the account to private may clash with your child's goal of social media superstardom, but it will keep their account secure from strangers. This setting can be enabled under the privacy and safety menu by pressing the ellipsis in the 'me' tab of the app. To be extra safe, there are additional controls available to toggle such as who can send comments and messages, among other options.



ENABLE RESTRICTED MODE

In the digital wellbeing section there's the ability to turn on restricted mode using a PIN. Restricted mode filters out content that is not age appropriate although it should be noted that this isn't always 100% fool proof. When enabling restricted mode, parents should still be vigilant to what their child is watching and take note that the algorithm moderating content is not infallible.



MONITOR VIEWING HABITS

Even if it doesn't make you popular, keep a close eye on what your child is viewing and sharing on TikTok. Whilst the app has moderation tools, videos can still slip through the net so it's important to regularly check in on what they're watching. Understanding and learning the app yourself is a great way to get to grips with it. You could then even watch some videos with your child, turning it into a bonding opportunity also.



LEARN HOW TO REPORT AND BLOCK INAPPROPRIATE CONTENT

With the proper privacy settings in place, TikTok can be a relatively safe space for your child to express themselves. However, in case something does manage to slip through, make sure your child knows how to recognise and report content that isn't appropriate and get them to come to you about what they have seen. TikTok allows users to report offenders and comments within the app. You can also block individual users by going on their profile.



MODERATE SCREEN TIME

As entertaining as TikTok is, you can help your child moderate their time on the app by making use of the digital wellbeing section. Under the screen time management option, you can limit the daily allotted time allowed on the app in increments ranging from 40 to 120 minutes. You can also lock this preference behind a PIN number which has to be inputted in order to then exceed the daily time limit. This way your child can get their daily dose of memes without wasting away the day.



Meet our expert

Pete Badh is a writer with over 10+ years in research and analysis. Working within a specialist area for West Yorkshire Police, Pete has contributed work which has been pivotal in successfully winning high profile cases in court as well as writing as a subject matter expert for industry handbooks.



FAMILY SAFETY MODE

TikTok Family Safety Mode allows parents to link their own TikTok account to their child's. It's a great way to oversee your child's digital wellbeing by giving you direct control over their safety settings and being able to remotely turn features on and off. This includes managing screen time, the ability to send and receive direct messages (and with whom) and the ability to restrict the appearance of content that might not be age appropriate.



SOURCES: www.tiktok.com

RU OK?™

GAVIN'S MISSION

In 1995, much-loved Barry Larkin was far from ok. His suicide left family and friends in deep grief and with endless questions.

In 2009, his son Gavin Larkin chose to champion just one question to honour his father and to try and protect other families from the pain he endured.

"Are you OK?"

While collaborating with Janina Nearn on a documentary to raise awareness, the team quickly realised the documentary alone wouldn't be enough. To genuinely change behaviour Australia-wide, a national campaign was needed. And from this realisation, and with Gavin and Janina's expertise and passion, R U OK? was born.

Gavin remained a passionate champion of the fact a conversation could change a life, even as cancer ended his in 2011. His legacy is a national Conversation Movement that is equipping Australians with the skills and confidence to support those struggling with life.

R U OK? was born from lived experience. The valuable insights, storytelling, and expertise of those with lived experience continues to be weaved throughout everything we do. Across our team, Board, Advisory Groups and Ambassadors, we remain respectful and proud of those who share their journeys to help continually improve our work.

www.ruok.org.au

WHAT IS A COW'S FAVORITE NEWSPAPER?
THE MOOSPAPER



MORNING TEA
FOR R U OK DAY
10AM ON 14TH SEPT. THURSDAY
COME JOIN US FOR SOME YUMMY TREATS
AND SOME COMPANY
ON THIS DAY OF AWARENESS
BRING A PLATE TO SHARE

NO AMOUNT OF COFFEE CAN WAKE YOU UP
QUITE AS FAST AS HEARING ...
THE COWS ARE OUT



Julie Rose
Regional Education Officer-South West
Cancer Council Western Australia
Julie.Rose@cancerwa.asn.au

"Give yourself the best chance" - Regional campaign

Our Find Cancer Early campaign encourages those over 40 years of age in regional Western Australia to give ourselves the best chance of finding cancer early by going to see a doctor, clinic nurse or Aboriginal health worker straight away if any unusual symptoms are noticed.

In August, Cancer Council WA launched the "Give yourself the best chance" phase of the campaign. This campaign features 2 regional champions, generously and bravely sharing their real stories to raise awareness of the importance of early diagnosis, and the three most urgent possible symptoms of cancer:

- Blood in pee
- Blood in poo
- Coughing up blood

The campaign will be on our TV screens (regional stations, catch up TV), radio networks, regional newspapers, digital audio, Facebook, and YouTube, until 31 March 2024.

For more information:

Visit: www.findcancerearly.com.au to learn more about cancer symptoms.

Contact myself to arrange presentations or educational strategies most appropriate to you or your group.

Phone 13 11 20 - our Cancer Support line to speak with an experienced cancer support nurse.

(The Find Cancer Early campaign is an initiative of Cancer Council WA & is funded by Department of Health WA)

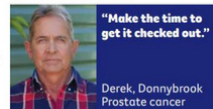
September is National Prostate Cancer Awareness Month

Prostate cancer is the most commonly diagnosed cancer in Australia, and it is estimated that one in six males will be diagnosed by the time they are 85 years of age. So, it's important for men to get to know the symptoms of prostate cancer. If you experience any of them or have any concerns, please visit your doctor straight away.

For more information visit

www.findcancerearly.com.au/prostate-cancer
and www.cancer.org.au/prostate-cancer

Support at Cancer Council WA is always available, please call 13 11 20.



Prostate cancer

Common symptoms:

- blood in your pee or semen

Or, for more than four weeks:

- problems starting or stopping peeing
- slow or weak flow when peeing
- dribbling at the end of peeing
- sudden or urgent need to pee
- waking a lot at night to pee
- needing to pee a lot
- losing weight without trying
- pain when you pee
- problems controlling peeing
- bladder not feeling empty after peeing



Call us on 13 11 20
findcancerearly.com.au

CAN YOU FIND 1 HOUR A WEEK TO HELP PRIMARY SCHOOL KIDS READ?

We need volunteers to join the reading support program

If you can read and want to help make a difference in a child's life, we need you!

- Sign on for as often and as long as you choose - even go on holidays and then come back to HU4K!
- You choose the day you'll be available
- We'll help you get a Working With Children Card - no formal training needed
- Come alone or with a friend, relative, neighbour or colleague - men and women needed
- Lots of opportunities to make new friends and celebrate your successes with other HU4K volunteers over coffee
- If you enjoy working with young children and want to help a young child to succeed - All it will cost, is your time

Talk to Jan on 0499 240 371 or email handsup4kids@gmail.com about getting involved.

More information on www.handsup4kids.org.au

Be part of the move to help our local young kids become confident learners with a chance to succeed - There's always a need for more volunteers at every school.



AUSTRALIND SERVICE CHANGES

AUSTRALIND TRAIN INFORMATION

From 20 November, the Armadale/Thornlie Line will close until mid-2025.

During this time, Transwa road coaches will operate between Bunbury and East Perth.

In recognition of the disruption to our passengers, we're offering a 50% discount on Standard, Concession and SmartCommuter fares when travelling on Australind replacement road coaches during the shutdown*.

Service changes include:

Each Australind train service will be replaced by two road coaches – an all stops service and limited stop service;

Services will now operate between Bunbury and East Perth terminals; and

There will be some changes to the timetable to maintain connecting services.

Because coaches operate on roads instead of dedicated tracks, they take longer and are affected by traffic. The limited stop service will allow passengers to transfer to the Mandurah Line at Kwinana Station and connect to the Perth CBD in approximately the same amount of time as the current journey.

The new timetable will be available in September.

For more information call 1300 662 205.

*Discounted fares apply to Australind road coach replacement services only

www.trans.wa.gov.au

The Australind train travels from Perth Station to Bunbury Passenger Terminal and back.

Bunbury is the gateway to the South West—one of Western Australia's most popular tourist destinations—and we've been getting passengers there since 1947. Initially, a steam locomotive travelling at 63 km/hr, our current train, the Australind, makes the 167 km journey in just two and a half hours. The train is an ADP/ADQ built by Comeng right here in WA.

Our original Australind Train, the height of luxury for its time, is still on display at the Western Australian Rail Transport Museum.

With an onboard buffet and air-conditioning, sit back, enjoy the ride and start your trip off on the right foot.

Australind safety information can be found here.

From 20 November, this service will be operated by Transwa road coaches until mid-2025. More information can be found here.

DIGITAL. INCLUSION. SUSTAINABILITY. COMMUNITY. OUTCOMES.





FREE COMMUNITY SESSIONS TO HELP YOU NAVIGATE THE DIGITAL WORLD

TEA AND TECH 1ST MONDAY EACH MONTH AT 10AM Tidy a laptop and share what you are doing with technology at our 1st session.	TECH TALKS 2ND MONDAY EACH MONTH AT 10AM Stay up-to-date with the latest technology trends.	GET ONLINE 3RD MONDAY EACH MONTH AT 10AM Explore the digital world with games, movies, ebooks and more.	COMPUTER SKILLS 4TH MONDAY EACH MONTH AT 10AM Use your computer skills to create posters, photo books, videos and much more.
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SCAN THE QR CODE FOR MORE INFORMATION

1 SPAREFIELD STREET, BUNBURY
 LOCAL NUMBER: 94 212 414

Bunbury Public Libraries

KINCROME RANGE SEE IN STORE FOR PRICES 	4X4 RECOVERY KIT \$190.00 	WHEELBARROW POLY OR STEEL TUB \$195.00 
		Monday-Friday 7am-5.00pm Saturday 7am-12pm
		97 261 557



SEPTEMBER ONLY
Fill a Bag of clothes only \$5.00
Brunswick Junction CRC
 OP-SHOP Tuesday-Friday
 9.am-2.30pm



BRUNSWICK COMMUNITY CALENDAR

SEPTEMBER 2023

SUN	MON	TUE	WED	THU	FRI	SAT
					01 Italian Conversation Class 10:45-12:45 Slot Cars 7pm	02
03	04 Over 55's exercise group 8.30am	05 Food Bank VAN 10:45-11:30am@ CRC	06 Mahjong Group 12.30pm Brunswick Singing group 4-5pm	07 9am Walking Group BJCRC KIDZ CLUB@3pm	08 Slot Cars 7pm	09
10	11 Over 55's exercise group 8.30am	12	13 Mahjong Group 12.30pm Brunswick Singing group 4-5pm	14 ARE YOU OK ? 9am Walking Group BJCRC KIDZ CLUB@3pm	15 Slot Cars 7pm	16 Community Garden @ CRC 9:00am
17	18 Over 55's exercise group 8.30am	19 Food Bank VAN 10:45-11:30am@ CRC Seniors' Bingo	20 Mahjong Group 12.30pm Brunswick Singing group 4-5pm	21 9am Walking Group BJCRC KIDZ CLUB@3pm	22 Slot Cars 7pm	23
24	25 KINGS BIRTHDAY PUBLIC HOLIDAY	26	27 Mahjong Group 12.30pm Brunswick Singing group 4-5pm	28 9am Walking Group BJCRC KIDZ CLUB@3pm	29	30

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

Walking Group @ Brunswick Junction CRC
Over 55's exercise group @ Brunswick Town Hall
 Brunswick Singing Group @ Anglican Church, Brunswick
Slot Cars @ next to the Guide Hall, Agricultural Showgrounds

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 February

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

Disclaimer: The editorial team accepts no liability for the accuracy of any of the information, any errors or omissions in this newsletter. The editorial team reserve the right to edit contributions as they see fit. Any views expressed are those of the contributor.

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