

Drakesbrook Despatch

October 2026 Issue 192

A volunteer monthly newsletter for the residents of Waroona, Preston Beach, Lake Clifton, Hamel, Coolup & Yarloop



WAROONA SHOW FIREWORKS

8pm to 8.30pm
10th October 2026

95TH WAROONA SHOW
10TH OCTOBER 2026



IMPORTANT NOTICE

PLEASE PUT YOUR DOGS
INSIDE OR IN A SECURE
AREA BEFORE 8PM.



www.waroonashow.com.au



Next Issue is:

Friday,

October 30th

2026

Deadline is:

Wednesday,

October 21st

2026

An electronic version of the Drakesbrook Despatch is now available on the Waroona CRC Facebook page.

For Advertising & Copy -

Please Email: drakesdespatch@gmail.com

Our postal address is: PO Box 215, Waroona 6215

If you need to contact us by phone call either:

Bev (Sec.) 0400 204 340 or Mike (Editor) 0420 567 520



Alcoa ...

proud supporters of the Drakesbrook Despatch



ELECTRICAL SOLAR AIR CONDITIONING

PH : 0427 664 519

EMAIL : ADMIN@WAROONAELECTRICAL.COM.AU

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YOUR LOCAL ELECTRICAL BUSINESS

0427 664 519

Have an electrical issue?

Need a new split system Air Con?

Thinking about solar for your house or shed?

Call us for a quote or site visit!

82 B SOUTH WESTERN HIGHWAY WAROONA 6215

Community Calendar for Meetings, Church Services & Events



Agricultural Society
3rd Thurs—Tessa Ferraro
9733 1092



Community Car
Waroona Resource Centre -
9733 2545



Coolup Craft Group
Wednesdays CWA Room,
Coolup 9530 3258

Coolup Progress Association
For details please contact Secretary
Email: coolupprogress@outlook.com



Dam Spinners
Fortnightly Craft Centre, Waroona
Joy Jackson 9733 1810

Lake Clifton/Herron Residents Association
Meetings every 2nd month on the 2nd Monday
Contact: Jenny Rose 0428 343 028



Lake Clifton Landcare
Contact: Nancy Fardin 0407 403 797

Preston Beach Progress Assoc.
Quarterly Meeting,
Contact: Bob Goodwin
phone 0448 546 387



Senior Citizens Welfare
Last Wednesday - Jan Wood 9733 3496.
Hall Hire: Shire Office 9733 7800



Wagerup Community Consultative Network
For information contact
Tom Busher at Alcoa on 9733 8768



Waroona Historical Society
3rd Wednesday 4:00pm
Debra Tyler 0417 705 966



Waroona Lions
Meeting every 2nd
and 4th Monday
Christine Chilvers
0476 518 286



ST MARK'S ANGLICAN CHURCH WAROONA
Services are held
every Sunday at 10:30am
Enquiries at Parish Office
0447 304 056
parish.pin.war@gmail.com

Seniors Recreation Council of WA Inc - Peel Branch
Strong on Your Feet
Exercise Class for Seniors
Waroona Senior Citizens Centre, Millar Street
Mondays 12:30pm Cost \$5
includes afternoon tea.
For Further Information
please contact: Jan McGlinn
Ph: 9535 4749
Mob: 0427 088 615



UNITING CHURCH
Thatcher Street,
Waroona
Worship Services & Sunday School
Each Sunday at 9:30am
A warm welcome is extended to all.
Elders: Daphne Bennell
Jennifer Turner
Phone: 0499 859 303
Minister: Rev. Robert Jetta



WAROONA BUS to Pinjarra, Mandurah Forum then Halls Head
9:00am Quambie Park then
9:03am Senior Citizens then
9:05am SWest Hwy near phone box
Every Tuesday & Thursday
Excluding Public Holidays
Mandurah Bus Charters
9581 6555



Waroona Community Market
Next market is October 4th
If you would like to book a stall for this market, contact
Lisa Fry on: 0415 954 993 or
waroonamarkets24@gmail.com



WAROONA CATHOLIC CHURCH
St Patricks Parish
Fr Abraham Chukwu is our Parish Priest.
His mobile 0470 439 768
Email: frchukwua@gmail.com
Weekend Mass: Sunday 8.30am
Reminder no Saturday Vigil Masses

Waroona Creative Arts Centre
Art, Paper-Craft, Multimedia, Patchwork, Spinning, Knitting and Pottery Workshop events visit our Facebook page
Contact Sam: 0478 838 582
waroonacreativeartcentreinc@gmail.com



Waroona Playgroup
Playgroup is open Mon and Wed 9-11am for children 0-5yrs old
2 Henning Street Waroona WA 6215
Facebook - Waroona Playgroup Inc.
waroonaplaygroup@gmail.com



WAROONA ST JOHN AMBULANCE
Office temporarily closed
Please call :
9791 4999
EMERGENCY: 000
waroona.subcentre@stjohnwa.com.au

YARLOOP COMMUNITY CHURCH
Everyone Welcome
SUNDAY SERVICE: 10.00 am
51 Railway Parade Yarloop
For more info: Contact Chris
0419 951 858



Congratulations to the following people with Birthdays in October

Annette Bavaro Maria Dimasi
 Carol Winter Mary Magro
 Ivy Wilson
 Jan Wood
 Joy Jackson
 Lena Deleo



Nigel's Word Knowledge

Do you know the meaning to these words?

Answers on page 23

1. Spurious
2. Kudos
3. Prognosticate
4. Kosher



GSSS



Thank you to Margaret for hosting our September catch-up. Wow, what a lovely and secluded location with colour everywhere and peaceful views to admire.

Kingsley advised that breeding boxes have been put in position for the Carnabys and have already been utilised. Also a reminder that Sabrina Hahn will be broadcasting live at the Waroona Show.

Lots of yummy morning tea was on offer, along with plenty on the share table to take home.

Our next meeting will be on SATURDAY October 17 at Lot 480 (1144) Nanga Brook Road, at 10am., to be kindly hosted by Kingsley and Lionel of Cypress Farm. We will have a convoy leave the Drakesbrook Tavern at 9.30, for those uncertain of the location.

Check our Facebook page - *Waroona Garden Swap Share Shuffle*, for tips and updated information. Details on our next meeting, can be found in the EVENTS tab of our Facebook page. If you have any queries, Linda can be contacted on 0411 126 875.



Harvey Medical Group
PH: 9733 3007

Dr Jagdev Singh
 Dr Praba Pachaiappan
 Dr Vikrant Verma
 Dr Baljeet Basra
 Dr Kiran Singh
 Dr Tara Bowala
 Dr Peumika Patabandi
 Dr Muhammid Izhar

Monday – Thursday
8.30 - 5.00

Friday - 8.30 - 4.00

Saturday - 8.30 - 12.00

QUIPS, QUOTES AND RETORTS FOR OLDIES

1. Do you think my mind is maturing late, or has simply rotted early. Ogden Nash
2. Wisdom doesn't necessarily come with age. Sometimes age just shows up all by itself. Tom Wilson
3. Being seventy has its advantages. I was outspoken before, but now what have I got to keep quiet about. Kirk Douglas
4. Experience is a hard teacher because she gives the test first, the lesson after. Vernon Law
5. Old age ain't no place for sissies. Bette Davis
6. The really frightening thing about middle age is that you know you'll grow out of it. Doris Day
7. Most of us don't think about being over the hill until we're rolling briskly down the other side.
8. The key to a happy retirement is to have enough money to live on but not enough to worry about.



GOLDEN GLASS

10 South Western Highway
Waroona
97331010

- ❖ Aluminium Window/Door Fabrication and repairs
- ❖ Shower Screens and Mirrors
- ❖ Mirror Wardrobe Doors
- ❖ Glass Splashbacks
- ❖ Security Doors and Screens
- ❖ Windscreens
- ❖ Leadlight Supplies
- ❖ General Glazing

Seniors News

Hello everyone. Spring is here, wildflowers are emerging, paddocks are green, what else could you want? We are going on a mystery tour in October which should be a great day out. I can't say anymore but if you are new to town, we meet on the last Wednesday of every month. The meeting starts at 1.30pm, followed by afternoon tea, which is free and then we play Bingo. This is not obligatory, so, come along, we would love to meet you. Take care. Janet Wood (Secretary) 9733 3496.



News from Lake Clifton

After lots of lobbying by the LCHRA and RAC the Shire of Waroona has put in a formal request for an 80 km/h zone covering the intersection of Lake Clifton Road, Dorsett Rd and Forrest Hwy. The LCHRA has been working on this for 2 years, so maybe there will be some safety measures installed.

"The LCHRA AGM and October Community Meeting will be conducted at the Lake Clifton-Herron Hall, Tuart Grove Ave., from 2pm Sunday 18th October. All local residents are invited. Afternoon tea will be served between the meetings. Come along and see what the LCHRA has been doing for the community over the last year."

Why Is My Dog Limping?

“Can I just watch it for a few days?” It's one of the most common questions we hear when a dog suddenly starts limping. Sometimes a limp does turn out to be a minor sprain or strain that settles quickly but lameness can also be the first sign of a much more significant problem. Most importantly if your dog is limping, something hurts or isn't functioning normally.

What can cause a limp?

There are many possibilities and the location of the problem isn't always obvious. A simple place to start is the paw. Torn nails, cuts, grass seeds, thorns and other foreign bodies between the toes can all cause sudden lameness. Pads can be cut, burnt or bruised. Further up the limb, muscles and tendons can be strained and joints can be injured. Dogs can also suffer fractures and dislocations following trauma.

One very common cause of hind limb lameness is cranial cruciate ligament disease. Unlike people, dogs don't necessarily rupture their cruciate ligament during one dramatic sporting accident. The ligament can gradually weaken and partially tear before eventually rupturing. Owners may therefore notice intermittent limping before their dog suddenly becomes much lamer.

Arthritis is another common cause particularly in older dogs. Rather than an obvious limp, the first signs may be stiffness after resting, taking longer to get up, reluctance to jump into the car or simply slowing down on walks. Less commonly, persistent lameness in an older dog can be caused by bone cancer such as osteosarcoma. This can initially look like arthritis or a simple injury, but the lameness often persists or progressively worsens and there may be painful swelling over the affected bone. This is one reason why a new or ongoing limp in an older dog shouldn't automatically be put down to “just getting old”.

And importantly, not every limp originates in the leg. Pain involving the spine or nervous system can sometimes change the way a dog walks and initially appear to be a limb problem.

When should you see a vet?

A dog that is not putting any weight at all on a leg should generally be examined urgently, particularly if the lameness appeared suddenly. Veterinary attention is also recommended if there has been significant trauma, the limb appears swollen or abnormal, your dog is very painful, there is a wound or bleeding, or they are unwell in other ways.

A milder limp may not always be an emergency, but persistent or recurring lameness deserves investigation. A dog that repeatedly becomes lame after exercise, improves with rest and then becomes lame again isn't necessarily “just overdoing it”. That pattern can be an important clue to an underlying problem.

How do we find the cause?

Watching your dog walk is only one part of a lameness examination. We assess how they stand and move, then systematically examine the limbs, joints, muscles and sometimes the spine to try to localise the source of pain. Depending on what we find, further investigation might include X-rays or other diagnostic tests. One useful thing you can do before your appointment is take a video of your dog limping at home. Adrenaline and excitement can make some dogs appear much less lame once they arrive at the clinic.

Just remember a limp is your dog's way of showing that something isn't right. Whether it's a grass seed between the toes or a problem inside a joint, finding the cause means we can treat the problem rather than simply waiting for the limp to disappear.

**Waroona Veterinary Clinic**

45 South Western Highway, Waroona 9733 1356

Mon - Fri: 8:30 - 6:00 Sat: 9:00-1:00 By Appointment Only

www.facebook.com/waroonavet.com**New Product****Advocate Ultra Chew**

One chew for everything!
Australia's first and only 'all-in-one'
chew that kills tapeworms too

One monthly chew covers fleas,
ticks, heartworm, mites & intestinal
worms



95th WAROONA SHOW 10TH OCTOBER 2026

WAROONA SHOW IMPORTANT INFORMATION:

The Waroona Show is just around the corner and the excitement is building. This is Waroona's biggest event of the year put on by our hardworking volunteers for the benefit of the Waroona and surrounding districts community. Before the big day arrives, we have some important information to share with you.

1. Dogs are **NOT** allowed on the grounds **except** for assistance dogs or dogs performing at the event (i.e., sheep dogs)
2. Please put your dogs' inside or in a secure area **before 8pm** as the **fireworks** will be on from **8pm to 8.30pm**.
3. Please bring some cash for entry at the gates in case of Internet outage OR pre purchase your tickets online at <https://www.waroonashow.com.au/> and click on the link. Cash is also handy for making purchases from the many trade stalls and side show rides in the event of internet outage.
4. **Free** Parking and a shuttle bus service is available from the Waroona Recreation & Aquatic Centre on Hill Street.
5. **Strictly No Alcohol** is to be brought onto the grounds. There is a bar at the Footy Club and wine tasting in the Walmsley Pavilion.
6. **Drones** are **not** to be flown within the vicinity of the Showgrounds during the Waroona Show.
7. **Poultry:** Unfortunately, due to the evolving H5 avian influenza situation across Australia, the Waroona Agricultural Society, in consultation with the Waroona Poultry Club and other advisory bodies, has made the precautionary decision to cancel the poultry competition for 2026. **We would like to acknowledge all the hard work, support and advice given by members of the Waroona Poultry Club in the lead up to this year's Show prior to this decision being made. The club will be running a sausage sizzle on Show day near the poultry pavilion so please pop over and support them.**

Further information is available on the website at

www.waroonashow.com.au

Contact details:

secretary@waroonashow.com.au; or 9733 1092.

The office will be open **Thursday & Friday 1st & 2nd October & Monday to Friday the 5th - 9th October** to take your entries and answer any queries.

If you are entering your produce, cooking, arts, crafts, photography or animals in one of the many competitions available, you must get your entry forms in before Show Day. Check the relevant section program for closing dates.

Closing time for the Hall sections (Open, Childrens & Photography) is **12 noon on Wednesday 7th October.**

HORSE SECTION:

Please note all entries are now through Nominate closing at Midnight on Wednesday the 7th October.

<https://www.nominate.com.au/equestdn/nominate.aspx>

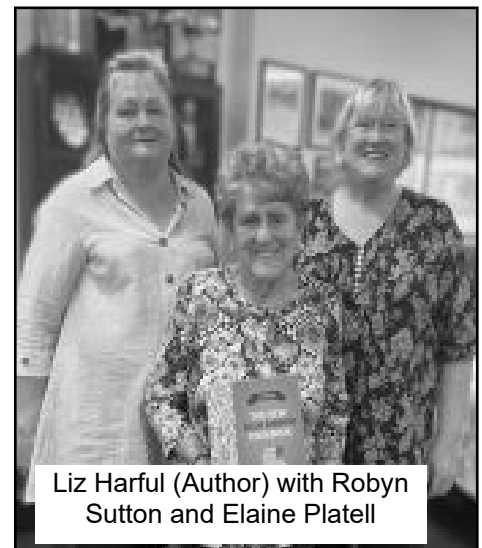
Rural Ambassador update: We are thrilled to report that our 2026 Rural Ambassador, Tegan Strobl has been chosen to represent the South West Zone and the Waroona Agricultural Society at the State Finals which will be held on the 27th September at the Royal Agricultural Society WA during the Royal Show. We are very proud to have Tegan represent us. We wish her well and hope that she enjoys the time spent with other Rural Ambassador representatives from around the State. Tegan has been volunteering at the Waroona Show since she was 12 years old and is now the Deputy Chief Steward in the Children's Hall. Good luck Tegan.

Volunteers: Did you know that this amazing event is organised and run entirely by volunteers. People who put aside their own busy jobs and schedules to lend a hand. Some work tirelessly all year behind the scenes, some belong to other community groups raising much needed funds, others just turn up whenever we need them. They are all important for the safe running of the Waroona Show. So please

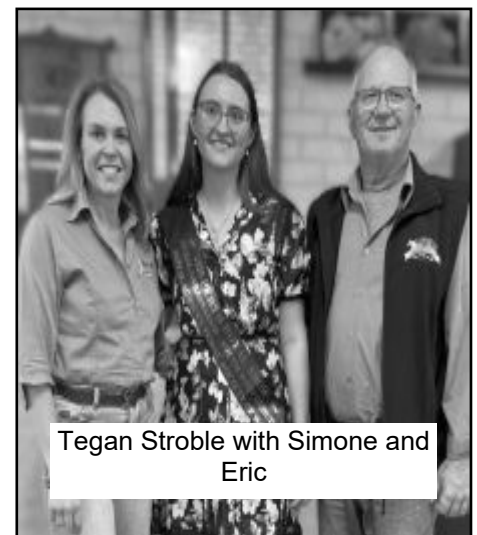
remember to give them a smile and a big vote of thanks. We would not have a Waroona Show without them.

New Country Shows' Cookbook

There is a beautiful new cooking book out now that includes two of Waroona's own great cooks in Elaine Platell and Robyn Sutton. On Sunday the 20th September, the Author, Liz Harfull joined Elaine and Robyn for a chat and author presentation at the Waroona Agricultural Society attended by 20 people. Liz spoke about the history of the CWA and the many country cooks who she interviewed for inclusion into the book. Even though Liz lives in South Australia, she is very knowledgeable about Western Australian country towns and Agricultural Shows. If you would like to obtain a copy of this book, please contact the Waroona Library. The cost is \$40 per book,



Liz Harful (Author) with Robyn Sutton and Elaine Platell

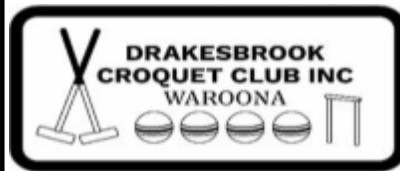


Tegan Stroble with Simone and Eric

Local men's shed has safety in hand

The Waroona Men's Shed recently installed a new 'state-of-the-art' saw with a \$3,500 donation from Wagerup Refinery, ensuring that their members are keeping safety in hand.

The recently installed equipment, 'Saw Stop' saw, uses electrical signals in the blade to stop within milliseconds of skin contact. According to Men's Shed member Terry Wilson, the potential for injuries has dropped significantly. "The saw will alleviate anyone from hurting themselves while using it, as it stops the blade in milliseconds when the blade comes in contact with skin," Terry said. "This saw is probably our most used piece of equipment in the Shed so our chances of an injury just dropped substantially," he added. Alcoa has supported the Waroona Men's Shed for almost 20 years, donating almost \$150,000 to assist with improvements to their facilities and equipment.



Drakesbrook Croquet Club News

Drakesbrook Croquet Club held the final successful wood raffle recently. Congratulations to Ken from Jackson Street who was the lucky winner. Our sincere thanks to everyone for supporting our fundraising by purchasing tickets.

A FABULOUS OPPORTUNITY TO GET IN EARLY FOR YOUR CHRISTMAS SHOPPING!!

**The Drakesbrook Croquet Club is holding a
monster Christmas Garage sale:**

Venue: 114 Fouracre Street

Date 7th November 2026

Start time 9am

Featured items will include Home Produce, Plants, Toys, Bric-a-brac, Electrical Goods, Clothing, Household items, Kitchen items, Books, Magazines, glassware etc. Everything reasonably priced. Get in early to secure some bargains and others treasures. And a flying start to your Christmas shopping.

There will be a raffle with great prizes. A sausage sizzle and much much more.

Our Lake Community Eco-Info Session

Join us to hear experts provide an insightful environmental presentation for landholders & neighbours about our unique local ecosystem, Lake Clifton & the thrombolites.

Light refreshments provided



**Saturday
17th October
2 pm
Dawesville
Community Centre**

**Please Register
FREE Event**

<https://events.humanitix.com/our-lake>



Put the date on your calendar. Saturday 7th November 2026



Anglican Op Shop Waroona
Fouracre Street, Waroona

Opening Times

Monday – Friday 8:30 am – 12 noon
Saturday 9:00 am – 12 noon

We are now accepting **ELECTRICAL APPLIANCES**.
Thanks to **Curtis Electrical** for tagging and testing
our goods.

ALL DONATIONS WELCOME.



10 Henning Street
WAROONA WA 6215
P: 08 9733 3011
E: reception@waroonacrc.com.au
www.waroonacrc.com.au

Monday - Thursday: 9am - 4pm
Friday: 9am - 3pm

Women's Health Week Morning Tea

A huge thank you to everyone who attended and supported our Annual Women's Health Week Morning Tea.

Once again, the event was very well attended and warmly received by the women in our community. It was wonderful to see everyone come together, connect, share information and enjoy a morning focused on Women's Health and wellbeing.

We truly appreciate the support from our community partners, service providers and everyone who helped make the morning such a success.

We look forward to coming together again for another wonderful Women's Health Week celebration next year!

FB: Waroona Community Resource Centre Inc.

Proudly supported by:



Government of Western Australia
Department of Communities



Department of
Primary Industries and
Regional Development



SERVICES AUSTRALIA
servicesaustralia.gov.au



BUSH FOOD WORKSHOP

Learn about native bush foods and their healing properties using your five senses before using them alongside everyday pantry and fridge items to make lunch.



\$20 PER PERSON
INCLUDES LUNCH



DATE
Tuesday, 20 October 2026



TIME
10:00 AM - 1:00 PM



LOCATION
The Big Shed, Rainside Park
95 South Western Highway, Waroona



REGISTER NOW

08 9733 3011
programs@waroonacrc.com.au



Ageing Well Morning Tea

A chance to connect, share, and celebrate living well at every stage of life.

Whether you're planning for yourself or supporting a loved one.

It showcases the information, education, and services available to help you along the way.

Tuesday 10th November
10am - 12pm

@

Waroona Community Resource Centre
10 Henning Street, Waroona

Please direct any queries to:
programs@waroonacrc.com.au
or call
9733 3011 for more info.





Upcoming events and activities at the Waroona Community Resource Centre:

FREE Community Kitchen is open every Tuesday 11:30am - 12:30pm

****Dec 8th is the final Community Kitchen of 2026 and will reopen in Feb 2027****

Youth Centre is open Thursdays each fortnight - Oct 1, 15 & 29 & Nov 12 & 26

**** Dec 10th is the last YC of 2026 & will reopen Jan 21, 2027****

Upcoming events & activities at the CRC:

Tues 20th Oct - Bush Food Workshop - 10am - 1pm * Payment due at time of registration

Tues 10th Nov - Ageing Well Morning Tea - 10am - 12pm

Tues 17th Nov - Scam Awareness Session - 10am onwards ...

Mon 30th Nov - 16 Days in WA - 10am - 12pm

Tues 8th Dec - Cuppa with a Copper *Christmas Edition* - 10:30am



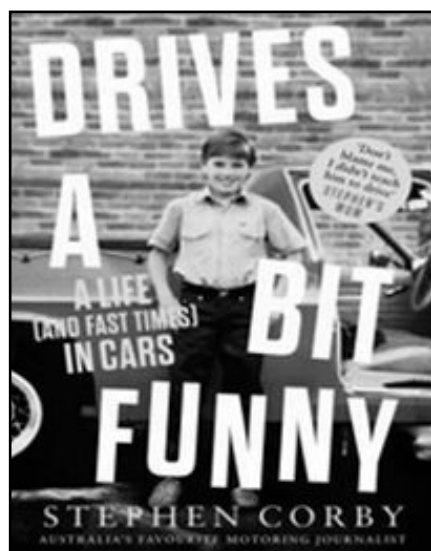
Waroona Public Library
Book Of the Month

"Drives a bit Funny"

By

Stephen Corby

Australia's Favourite Motoring Journalist



For every car tragic out there - this is the one laugh-out-loud book you'll want to read this year

Australia's favourite motoring journalist, Stephen Corby is our Jeremy Clarkson - just a bit younger, funnier and less pompous.

Drives a Bit Funny is part-memoir, part-stories from a car-obsessive. It's a collection of hilarious, self-deprecating, poignant and heartwarming stories that cover Stephen's life in cars: from the battered Land Rover that his grandfather taught him to drive, to the humble Holden Astra he had to buy when his first kid came along; to the car crashes he's been in and why Australia is his least favourite country in the world to drive; the reason why the sight of an old Audi TT makes him cry, and so much more...



20th August was a busy morning for the nine ladies present. Coral, 4 canula sleeves for Bunbury Regional, has covered

10 coat hangers to be donated later and sent 4 adult beanies for the homeless to the Op Shop. Donovan sent three knitted rugs for Bunbury – much appreciated. Chrissy, a child's beanie for Bunbury, Jane V, a canula sleeve, a baby teddy and 2 small beanies for Bunbury and 3 baby jackets for KEMH. Pam, a colourful knitted rug for DCP (Annette) and is working on a blue one; Polly, 7 bags assorted shapes can be used for different purposes; Dianne, a prem size jacket for KEMH; Ella, 2 activity books with pencils, 1 adult beanie and 2 adult bibs and brought along knitted boots from Maryon – thank you Maryon – all these items for Bunbury. Nola was working on 'birds' and has done 7 hearts plus 2 small bags for her Uthando project. Chrissy shared an idea converting a crochet square into a slipper.

3 September – 7 ladies today. Coral, 3 canula sleeves for Bunbury, 9 adult beanies for the homeless, another 4 coat hangers and has almost finished

Coral's Charity Crafters

this project. Donovan sent a baby rug for Bunbury.. Chrissy is busy with items for her community stall; Jane V. 4 small teddies and 5 baby beanies for Bunbury; Lois, a baby beanie for Bunbury and crochet rug for DCP Annette. Nola has put her sewing machine aside, has done 99 sewn bags and is now working on small items. We received a thank you note from Georgia for all her Uthando goodies, Pam, a knitted rug for DCP Annette; Ella, an adult beanie and 2 adult bibs for Bunbury. Judy has not been well enough to get to the group but has done 6 crochet hand towels for the Visitor Centre's fundraising project. She misses everyone and sent her good wishes.

17th September - 9 ladies around the tables. Coral, 2 canula sleeves for Bunbury, 8 adult beanies for the homeless and 6 covered coat hangers which completes that project; Donovan 3 small beanies and 2 knitted rugs for Bunbury; Chrissy is currently "out of action" due to a recent mishap (thankfully no serious injury) and will focus on some R and R. Jane V, 4 small beanies and 2 small teddies for Bunbury and a baby jacket for KEMH. Nola continues working on Uthando items and with

the millions of children in South Africa, the need for support is constant. She also brought news of Judy and we send our love and good wishes to Judy. Pam, a multi-coloured rug for DCP Annette; Polly, 6 assorted toys – mouse, duck etc – and 1 crochet bag for Bunbury; Dianne, a lovely pink prem size jacket for KEMH; Ella called in for a short visit and left an adult beanie and 2 adult bibs for Bunbury 7 and some fruit cake for morning tea. Thank you Ella. Coral has been in touch with Christine and given her the date for our Christmas morning tea (Thursday 26 November) and she hopes to get here. The Bunbury Campus Carers morning tea for volunteers is on Monday 16th

November at Dalyellup and some of our ladies will attend. Birthdays in October are Dianne and Jane V. – good wishes for a very Happy Day. Our next dates at the Library are Thursdays 1st, 15th and 29th October then 12th November 10am until noon. You are welcome to join us anytime.

We are in need of more yarn and if anyone is Spring Cleaning and has yarns of any ply or colour, please drop them into the library.

Take care, keep well and enjoy the spring weather. Jane

EARLY DAYS OF TENNIS IN WAROONA

I loved tennis above all sports that I played, although I was never particularly good. It is a game of speed and accuracy; one you can play with your family and friends; you can have fun and enjoy the day or get serious. I played from the day I first hit at ball in Ludlow in 1925 at the age of 14 and played until I was 74. We played at Hamel on ordinary dirt courts against the Waroona Club in 1930 and in Coolup. I joined the Waroona Club in 1932 and we played on Harold Stacey's court behind the Fan Hostel. In 1934 two courts were constructed next to the Memorial Hall (where Drakesbrook Square is now). We had a thriving Club and played almost every day with matches on Sunday; Coolup was our main opponent. The Hargreaves family had their own court and seemed to have conquered all the intricacies of the game. I was a good doubles player and we had carnivals every year at Pinjarra, Coolup and Harvey. I was the Waroona captain from 1936 onwards. In 1947 new courts were built in Parnell Street by a Perth contractor. Tennis was then the ruling sport in Waroona. It is a pity to see the courts lying idle.

Taken from "My Reflections"
written by Don Alexander 1909
- 2011



Protect Yourself Online

Community Scam Awareness Session

Join our local Bendigo Bank Representative & WA Police

- Build Confidence
- Stay Safe
- Identify Scams
- Understand Red Flags
- Know Your Next Steps

This FREE session is open to all community members.

Tuesday 17th November
10:00 am onwards

@
Waroona CRC

***Followed by FREE Community Kitchen**



Peel-Harvey Biosecurity Group News

5 Rivers NRM has taken the priorities of the Peel-Harvey catchment to

Parliament House, warning that a funding gap would affect the estuary, wetlands, five river systems, threatened species, regional jobs and the community partnerships behind on-ground delivery.

5 Rivers NRM joined NRMWA and regional NRM leaders at the Partnering for Prosperity reception in the Senate Courtyard on Wednesday 16 September. The reception and tailored portfolio briefs gave senators and members of Parliament a closer look at work being delivered across the catchment with landholders, community groups, schools and local governments.

The event was hosted by the office of Senator the Hon Slade Brockman, Deputy President of the Senate, co-convened by Senator Varun Ghosh and emceed by Senator Dean Smith. Attendees included Senator the Hon Anthony Chisholm, Assistant Minister for Resources, Regional Development and Agriculture, Fisheries and Forestry; Senator David Pocock; Rick Wilson MP, Member for O'Connor; and Kate Chaney MP, Independent Member for Curtin, together with other senators and members of Parliament.

Senator Varun Ghosh said NRMWA's hard work, diligence and expertise played a critical role in protecting Western Australia's environment for future generations.

"Western Australia has the most beautiful and diverse natural

environment in the world. It is vital for the health and prosperity of our great State that our environment is protected for future generations," Senator Ghosh said.

5 Rivers NRM works across the catchments of the Serpentine, Harvey, Murray, Hotham and Williams rivers, which flow into the Peel-Harvey Estuary, known to Bindjareb people as the Bindjareb Djilba. The region includes the internationally significant Peel-Yalgorup Ramsar wetlands (Global site #482), productive farmland and fast-growing communities.

5 Rivers NRM Chief Executive Officer Jane O'Malley said protecting the catchment required patient, coordinated work from the rivers in the upper catchment, through to the estuary.

"If funding stops, river restoration and habitat work are interrupted, community groups lose support and the people who hold years of local knowledge may leave. The impact falls on the environment, employment, education and the communities that have helped care for this catchment for decades," Ms O'Malley said.

"Water does not follow funding boundaries. What happens on farms and along the rivers impacts our wetlands and estuary. We need programs that can follow the whole system and stay in place long enough to show real improvement."

5 Rivers NRM highlighted Community On-Ground Projects running from 2026 to 2028, work to improve habitat for numbat, woylie, chuditch and black cockatoos, and the Future Ready Farming program supporting native fodder, soil health and resilient production. Current delivery also

includes river restoration, pest and weed control, citizen science, Noongar participation and protection of the Ramsar-listed wetland system.

5 Rivers NRM is asking the Commonwealth to commission multi-year work through the Regional Delivery Partners Panel. Priorities include coordinated river, wetland and estuary restoration, threatened species habitat, Noongar partnerships, support for community groups and practical programs for farmers to support a healthy catchment and support lives and livelihoods.

Senator Dean Smith said natural resource management depended on practical partnerships with the people who live and work on the land and waterways.

"Natural resource management happens on the ground, with farmers, pastoralists, Traditional Owners, ranger groups, scientists and regional communities working together to protect the land, water and biodiversity Western Australia depends on," Senator Smith said.

Ms O'Malley said the reception and portfolio briefs were well received and reinforced the need for more regular engagement between government, parliamentarians and regional NRM leaders.

"People know the estuary and rivers matter, but they do not always see the years of science, community effort and landholder relationships behind the work. We need decision-makers to understand that local delivery capacity is what turns funding into lasting results," Ms O'Malley said.

"Our relationships with Bindjareb and Wilman communities are central to caring for this country. Those relationships need respect, continuity and funding that supports people to stay involved over the long term."

Next steps

5 Rivers NRM and NRMWA will follow up with parliamentary offices and Commonwealth departments. They will seek a nominated government contact and a program-design meeting focused on multi-year commissioning through the existing Regional Delivery Partners Panel. Western Australia is the only State without a statewide core-funding arrangement for regional NRM delivery. All seven Western Australian regions are already approved.



Drakesbrook Community Garden



Wow! Has the year zipped by or what?. I have been away for the past couple of

months experiencing van life and visiting family on the eastern seaboard; some of whom I have not seen for decades. We managed to do a lap, 15,000kms, a great novelty for my husband who is England born. I think we crossed 3 time zones. We saw some amazing sights, but what I also noticed was the lack of wildflowers; apart from the Flinders ranges everywhere was sparse. Western Australia is truly unique and the season was well and truly in full swing.

I came home to one vegie bed full of swedes. I am not sure how big they can get before they become inedible but my guess the cut off point is way before basketball size. Instructions to my house sitter to "help yourself to anything" was well received apart from the swedes. I can only make so many Cornish pasties. I know we ate a lot of coleslaw on our travels so that is off the menu for a while too.

We are starting to get some gorgeous days, as I write this - the



Lunch

sun is warm and the wind has dropped and all things gardening are springing into action. Everything needs a bit of a tidy up as my grevilleas have gone crazy. Most of my garden is over to natives but I also have a herbaceous border along one fence with a Pierre de Ronsard rose and crepuscular rose, plus 2 plum trees so planting natives there was not an option. This weekend hopefully we will get stuck into it. With the expected blistering hot dry summer ahead, I am hoping to get the corn growing early.

Last weekend was taken up with fencing for the Community Garden. The double gates are the last things to add and then we will be able to start on the infrastructure.

Many thanks must go to our helpers on the day. New members Daniel Old and Martin Rutherford helped and Mel from Roasted Radish eatery provided the beautiful morning tea and lunch. If you swing by the Recreation Centre you will see the black mesh is up. I was so surprised by how heavy it actually is and how easily you can join it. Our fencing guru **Peter Ferrari** from **Ferrari Fencing** is doing a brilliant job. Thanks also to Bronwyn, Teresa, Desley, Neil and Peter. We are getting there. The weather while not atrocious was certainly challenging but we managed to stay dry-ish so thanks everyone for sticking it out. Lion's Community Markets are back in swing, with the first market held on Father's day. Our plant stall did a fair trade

given the weather was cold and windy. The Lions barista coffee van was a definite draw. It is so great to be able to wander around with a hot drink.

Membership for Drakesbrook Community Garden Inc is still only \$2 per annum, and all members are most welcome to come on down to help with the stall or the IGA raffle to sit and have a chin wag. Notices go out on the socials prior, so look for us on Facebook and Instagram. We have our own page but also post on the local pages and WA Community Gardens page.

Happy Happy Gardening Roz Barber



SSWA Hall of Fame Inductee – Gary Sutton

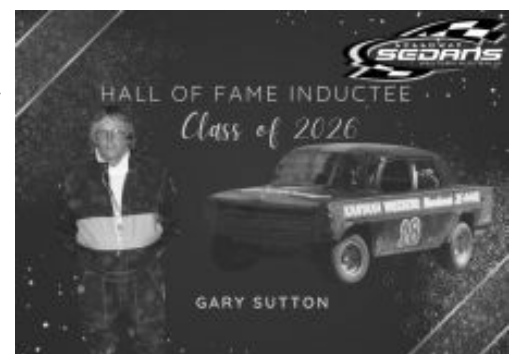
Speedway Sedans Western Australia is proud to announce the third inductee into the 2026 SSWA Hall of Fame – Gary Sutton.

Known to generations of fans as "Possessed", Gary became one of Western Australia's most respected and dedicated Production Sedan competitors. A multiple winner of the Production Sedan Classic, three-time Four Crowns Series Champion and runner-up in the second-ever WA Production Sedan Title, Gary built a reputation as one of the quickest drivers in the country, earning the title of the fastest Production Sedan driver never to win a WA State

Championship.

Away from the results, Gary was admired for his commitment to the sport, racing virtually every weekend across WA and supporting speedway at metropolitan and country tracks alike. From Claremont to Bunbury, Margaret River, Shark Bay and beyond, Gary's passion for Speedway Sedans was unmatched. A former President of Waroona Speedway and a mentor to countless competitors, he was always willing to lend a hand with advice, parts or encouragement, earning the respect of everyone who shared the track or the road with him.

Gary Sutton is the third name to be announced as part of the 2026 SSWA Hall of Fame class, and was officially inducted on Saturday the 12th of September, 2026.





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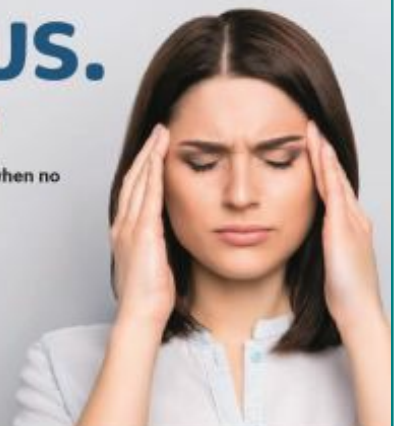
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Good news – we will start accepting donations again around 19th October and we should be back in full swing by Sunday 25th October. Just a heads up, all furniture donations need to be in good/reasonable condition and clean before we can take them. Here's how it works – we'll swing by to check out the furniture first, then we'll sort out a time that works for drop-off. Need to get in touch, call Lisa on 0432 863 560 or Alan on 0407 048 964



95TH WAROONA SHOW 10TH OCTOBER 2026

SHOW WEEK

Important information

THE AGRICULTURAL SOCIETY OFFICE WILL BE OPEN FROM 9AM TO 5PM
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ENTRY CLOSING DATES & TIMES:

HORSES:	WEDNESDAY 7TH OCTOBER	MIDNIGHT
STUD CATTLE:	MONDAY 5TH OCTOBER	5PM
HALL, PHOTOGRAPHY:	WEDNESDAY 7TH OCTOBER	12 NOON
CHILDRENS HALL:	WEDNESDAY 7TH OCTOBER	12 NOON
TRADE CATTLE:	FRIDAY 9TH OCTOBER	12 - 2PM

***Trade cattle entries are to be taken to Mitchell's yards at 443 McNeil Rd, Waroona.**

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What's Happening in Waroona in October 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
X	X	X	X	1 Shopper Bus to Mandurah 9am Always via Coolup, Pinjarra and Carcoola Little Youthie Big Youthie	2 Men's Shed 8:30-12pm /// Drakesbrook Croquet Club 9:30am Bowling Club Scroungers 3;00pm weather permitting	3
4 Drakesbrook Croquet Club 4pm	5 Men's Shed 8:30-12pm ///	6 Shopper Bus to Mandurah 9am Always via Coolup, Pinjarra and Carcoola Community Kitchen CRC 11:30 -12:30	7 Men's Shed 8:30-12pm /// Mobile FoodBank CRC 10-11am ///	8 Shopper Bus to Mandurah 9am Always via Coolup, Pinjarra and Carcoola	9 Men's Shed 8:30-12pm /// Drakesbrook Croquet Club 9:30am Bowling Club Scroungers 3;00pm weather permitting	10
11 Drakesbrook Croquet Club 4pm	12 Men's Shed 8:30-12pm ///	13 Shopper Bus to Mandurah 9am Always via Coolup, Pinjarra and Carcoola Community Kitchen CRC 11:30 -12:30	14 Men's Shed 8:30-12pm /// Mobile FoodBank CRC 10-11am ///	15 Shopper Bus to Mandurah 9am Always via Coolup, Pinjarra and Carcoola Little Youthie Big Youthie	16 Men's Shed 8:30-12pm /// Drakesbrook Croquet Club 9:30am Bowling Club Scroungers 3;00pm weather permitting	17 GSSS at Cypress Farm See page 4
18 Drakesbrook Croquet Club 4pm	19 Men's Shed 8:30-12pm ///	20 Shopper Bus to Mandurah 9am Bush Food W/Shop See page 8 Community Kitchen CRC 11:30 -12:30	21 Men's Shed 8:30-12pm /// Mobile FoodBank CRC 10-11am ///	22 Shopper Bus to Mandurah 9am Always via Coolup, Pinjarra and Carcoola	23 Men's Shed 8:30-12pm /// Drakesbrook Croquet Club 9:30am Bowling Club Scroungers 3;00pm weather permitting	24
25 Lions Furniture Bank 8.30-10am Drakesbrook Croquet Club 4pm	26 Men's Shed 8:30-12pm ///	27 Shopper Bus to Mandurah 9am Always via Coolup, Pinjarra and Carcoola Community Kitchen CRC 11:30 -12:30	28 Men's Shed 8:30-12pm /// Mobile FoodBank CRC 10-11am /// Senior Citizens Meeting and Bingo 1:30pm	29 Shopper Bus to Mandurah 9am Always via Coolup, Pinjarra and Carcoola Little Youthie Big Youthie	30 Men's Shed 8:30-12pm /// Drakesbrook Croquet Club 9:30am Bowling Club Scroungers 3;00pm weather permitting	31

What's Happening in Waroona in November 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Lions Furniture Bank 8.30-10am	2	3 Shopper Bus to Mandurah 9am Community Kitchen 11:30 See page 21	4 Men's Shed 8:30-12pm /// Mobile FoodBank CRC 10-11am ///	5 Shopper Bus to Mandurah 9am Always via Coolup, Pinjarra and Carcoola	6 Men's Shed 8:30-12pm /// Drakesbrook Croquet Club 9:30am Bowling Club Scroungers 3:00pm weather permitting	7
8 Lions Furniture Bank 8.30-10am Drakesbrook Croquet Club 4pm	9 Men's Shed 8:30-12pm ///	10 Shopper Bus to Mandurah 9am via Coolup, Pinjarra and Carcoola Community Kitchen CRC 11:30 -12:30 Ageing Well Morning Tea See Page 8	11 Men's Shed 8:30-12pm /// Mobile FoodBank CRC 10-11am /// Women's Health Week See page 21	12 Shopper Bus to Mandurah 9am Always via Coolup, Pinjarra and Carcoola Little Youthie Big Youthie	13 Men's Shed 8:30-12pm /// Drakesbrook Croquet Club 9:30am Bowling Club Scroungers 3:00pm weather permitting	14
15 Lions Furniture Bank 8.30-10am Drakesbrook Croquet Club 4pm	16 Men's Shed 8:30-12pm ///	17 Shopper Bus to Mandurah 9am via Coolup, Pinjarra and Carcoola Community Kitchen CRC 11:30 -12:30 Scam Awareness See page 10	18 Men's Shed 8:30-12pm /// Mobile FoodBank CRC 10-11am ///	19 Shopper Bus to Mandurah 9am Always via Coolup, Pinjarra and Carcoola	20 Men's Shed 8:30-12pm /// Drakesbrook Croquet Club 9:30am Bowling Club Scroungers 3:00pm weather permitting	21
22 Lions Furniture Bank 8.30-10am Drakesbrook Croquet Club 10am	23 Men's Shed 8:30-12pm ///	24 Shopper Bus to Mandurah 9am Always via Coolup, Pinjarra and Carcoola Community Kitchen CRC 11:30 -12:30	25 Men's Shed 8:30-12pm /// Mobile FoodBank CRC 10-11am /// Senior Citizens Meeting and Bingo 1:30pm	26 Shopper Bus to Mandurah 9am Always via Coolup, Pinjarra and Carcoola Little Youthie Big Youthie	27 Men's Shed 8:30-12pm /// Drakesbrook Croquet Club 9:30am Bowling Club Scroungers 3:00pm weather permitting	28
29 Lions Furniture Bank 8.30-10am Drakesbrook Croquet Club 4pm	30 Men's Shed 8:30-12pm /// 16 Days in W.A. See page 21	X	X	X	X	X

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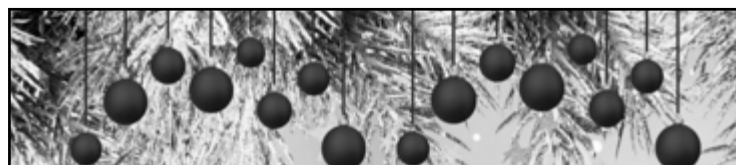


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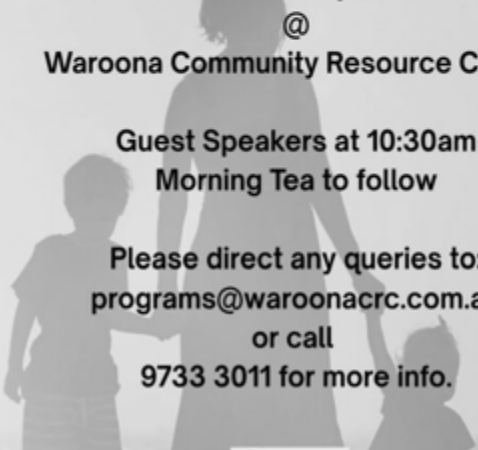
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Weight Management

If you find you are carrying a few extra kilos this time of year, you are not alone! It is hard to be as active in the winter months and what a cold one we have had this year! There is no doubt the weight is a lot easier to put on rather than take off as we age and our metabolism slows down.

Our staff are well versed in these challenges and have undertaken plenty of training to help you with your weight loss journey. Already we have helped many people feel hugely better within themselves after helping them with their weight management.

Achieving your optimal weight can do wonders for your self-esteem and confidence as well as helping your bank balance by fitting into all those clothes you are reluctant to toss because one day you will lose that weight.

More importantly the adverse health effects of being overweight are profound and we will touch on them here.

Diabetes – Excessive weight is the major cause of type 2 diabetes. This type of diabetes usually begins in adulthood but, is now actually occurring in children. Obesity can cause resistance to insulin, the hormone that regulates blood sugar. When obesity causes insulin resistance, the blood sugar becomes elevated. Even moderate obesity dramatically increases the risk of diabetes.

Heart disease – Atherosclerosis (hardening of the arteries) is present 10 times more often in obese people compared to those who are not obese. Coronary heart disease is also

more prevalent because fatty deposits build up in arteries that supply the heart. Narrowed arteries and reduced blood flow to the heart can cause chest pain (angina) or a heart attack

High blood pressure – Additional fat tissue in the body needs oxygen and nutrients in order to live, which requires the blood vessels to circulate more blood to the fat tissue. This increases the workload of the heart because it must pump more blood through additional blood vessels. More circulating blood also means more pressure on the artery walls. Higher pressure on the artery walls increases the blood pressure. Joint problems, including osteoarthritis – Obesity can affect the knees and hips because of the stress placed on the joints by extra weight.

Cancer – Obesity has been proven to be a main contributing factor in developing many different forms of cancer. Including Endometrial, bowel, ovarian, breast, pancreatic, esophageal, pancreatic, liver, kidney, leukemia and prostatic cancer. Basically you name the cancer and obesity increases the risk.

Gastroesophageal Reflux Disease (GORD) – Gastroesophageal Reflux Disease (GORD) causes stomach acid or intestinal secretions to leak into your esophagus. Common GORD symptoms include heartburn, "indigestion", throwing up food, coughing (especially at night), hoarseness, and belching. Excess weight typically puts more pressure on the stomach forcing the acidic contents into the oesophagus.

New treatments for weight loss – You have probably heard of the relatively new class of injectable weight loss medications classified as GLP-1

agonists. Common brands include Ozempic and Mounjaro. Glucagon-like peptide-1 (GLP-1) is a natural hormone released by your intestines after you eat. GLP-1 receptor agonists are medications that mimic this natural gut hormone to help regulate blood sugar, slow stomach emptying, and reduce appetite. These medications are very effective in reducing a patients weight, but like all medications, they may come with side effects. Common side effects relate to the GI tract and include nausea and reflux.

These medications have proven to be very popular and may be a little overwhelming especially as they are self administered by injection. In light of this, TerryWhite Chemmart has developed a weight care program to help patients navigate through their weight loss journey.

Our medical weight care program makes it easier to achieve your goals, with many people losing an average of 8% body weight in just 3 months. The Weight Care Program is complimentary when you have an eligible medical weight loss prescription dispensed at TerryWhite Chemmart.

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Your monthly guide to pests, weeds and diseases



An infestation of cat's claw creeper smothering a fence, flowers in full bloom, and the distinctive 3 pronged 'cat's claw' tendril.

It's clear how cat's claw creeper (*Dolichandra unguis-cati*) earned its name. Each pair of leaflets is armed with a three-pronged tendril reminiscent of tiny cat claws. Originally from Central and South America, it was introduced to Australia in the 1950s as a garden ornamental and it's easy to see why. In spring it bursts into bloom and its profusion of bright yellow, trumpet-shaped flowers are hard to miss.

Clawing its way to the top.

Once established, cat's claw creeper doesn't stay in the garden. It spreads into bushland through wind-blown seeds, water movement, and an underground network of tubers that can reach densities of up to 1,000 per square metre. These persist in the soil for years after the stems are cut. The vine can climb up to 30m into the tree canopy, forming dense mats that smother mature trees and deprive undergrowth of light. When trees die and cause breaks in the canopy, fast growing weeds can then move in and take advantage of the extra light to

establish in these areas. This fundamentally changes the conditions for native plants and animals.

What to look for:

If you suspect you've encountered one of these pernicious vines, look for the tell-tale claws. You'll find them extending from the base of the paired leaves. In spring, bright yellow trumpet shaped flowers make it unmistakable. By late summer these flowers are replaced with flat seed pods up to 45 cm long. They hang from the vine, each holding up to 80 winged seeds which drop around July/August. Older plants have stems that become thick and woody, and the root system underground is extensive with many tubers.

Found it? What to do:

In WA, cat's claw creeper is a declared pest and must be reported. It is not permitted to be propagated or sold in WA and any plants found, are to be eradicated. Cat's claw creeper has previously been found in various localities across Perth including Victoria Park, Como, Guildford,

Hovea, Leederville, Floreat and Forrestfield. Regionally it has been found in Broome, Albany, Giddegannup and Moora. This is the time of year when you're most likely to notice this persistent pest. If you suspect you have found this plant please photograph it, note the location, and report it via MyPestGuide® Reporter (app or website), or by emailing the Pest and Disease Information Service. WA's beautiful native bushland is still largely free of this weed. With the assistance of community reporting, it can stay that way!

Cats claw herb
Dolichandra unguis-cati



Meanings of Nigel's Words

1. Not genuine, false, counterfeit
2. Glory, fame, renown
3. Predict, foresee
4. (1) Food prepared according to Jewish law,
or
(2) Correct, legitimate, genuine



Mini-Plant

**Bobcat & Mini
Excavator**



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Rock Breaker**



**Geoff Plant
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Lynette's Chocolate Slice

Ingredients:

125g melted butter, 1 cup SR flour, 1 cup sugar, 1 cup coconut, 2 tbspn cocoa

Method:

Combine all ingredients and mix well. Press into a slice tray and cook for 10 to 15 minutes, in a moderate oven. Ice with chocolate icing.



Margie's Potato, Leek and Ham Soup

Ingredients:

1 Tblspn oil, 2 leeks, sliced (white part only), 1 kg potatoes, peeled and chopped, 1 litre chicken stock, 375ml Carnation Light & Creamy evaporated milk, 100g lean ham, sliced ¼ cup chopped parsley

Method:

Heat oil in pan, add leeks and potatoes, cook 2 mins. Add stock, bring to boil and simmer covered for 20 mins. Puree vegies and liquid until smooth. Return soup to the boil, reduce heat and stir in evaporated milk and ham, simmer for 1 minute. Stir in parsley before serving.



Lynette's Mandarin Marmalade

Ingredients:

900grams (2lb) mandarins, 2 cups sugar, 1 ½ cups cold water, Peel of x 2 mandarins
2 cups hot water, Salt,, 2 tablespoons lemon juice

Method:

Wash and peel mandarins, remove the seeds, and set aside skin of 2 fruits. Add the fruit, sugar, and cold water to a saucepan. Chop peels into small pieces. Cover with hot water and pinch of salt. Marinate for 10 minutes. Strain peels and add to pan. Mix in lemon juice., Let mixture simmer for 1 ½ hours or until mixture gels. Place a small amount on a plate and run finger through. If it stays apart – it's ready.



Margie's Custard Kisses

Ingredients:

125g butter ¾ cup sugar 1 egg 1 ¼ cups S.R. flour ¾ cup custard powder
Icing: 30g butter ½ cup icing sugar 2 level tbspn custard powder

Method:

Cream butter and sugar, beat in egg. Mix in flour and custard powder to make a stiff dough. Form into small balls and place on greased tray. Dip fork into flour and press on biscuits to mark and flatten dough. Bake in a 180C oven 15 – 20 mins. Cool and then sandwich together with icing. To make icing: combine butter, icing sugar and custard powder with a little boiling water to make a smooth mixture.



Lynette's Pancakes

Ingredients:

1cup SR Flour, ¼ teaspoon salt 1 egg 1 ¼ cups milk 1 lemon sugar

Method:

Sift flour and salt. Make a well in centre. Drop in egg. Stir lightly, adding half the milk gradually, gathering in flour slowly. Beat with wooden spoon for 10 minutes. Add remainder of milk, stir well. Stand in cool place for at least ½ hr. Heat a pan and pour in about 3 tablespoons of mixture. Cook until lightly brown and set. Loosen the edges and turn the pancake over to cook other side. Serve with lemon and sugar, or your choice of topping.

The Power of the Blessing

There is power in the blessing of being empowered by the HOLY SPIRIT.



JESUS lived on earth with kindness and mercy, doing good and setting people free from physical and spiritual oppression. Prior to 680 B.C., Isaiah prophesied about JESUS, the coming MESSIAH, saying, ***'The Spirit of the LORD is upon [HIM], because the LORD has anointed [HIM] to bring good news to the afflicted; HE sent [HIM] to bind up the brokenhearted, to proclaim freedom for the captives and release for those who are bound'*** (Isaiah 61:1 EHV).

Reading from Isaiah's scroll in the synagogue, JESUS publicly declares HE is that anointed ONE prophesied about and announces HIS *mission statement*: ***"The Spirit of the LORD is upon ME (the MESSIAH), because HE has anointed ME to preach the good news to the poor (afflicted); HE has sent ME to announce release (pardon, forgiveness) to the captives, and recovery of sight to the blind, to set free those who are oppressed (downtrodden, bruised, crushed by tragedy)"*** (Luke 4:18 Amplified).

(*Being oppressed is the feeling of being heavily burdened mentally or physically, by troubles, adverse conditions, anxiety, etc*).

JESUS fulfilled Isaiah's prophecy by what HE did whilst on earth. HE and GOD the FATHER had a close partnership, with JESUS receiving Godly endorsement and heavenly support during HIS earthly ministry. Isaiah also prophesied, ***'...the Spirit of the LORD will rest on HIM – The Spirit of wisdom and***

understanding, The Spirit of counsel and strength, The Spirit of knowledge and the [reverential and obedient] fear of the LORD. And HE will delight in the fear of the LORD, And HE will not judge by what HIS eyes see, Nor make decisions by what HIS ears hear' (Isaiah 11:2-3 Amplified).

The *Spirit of the LORD* is the HOLY SPIRIT. Through HIM, JESUS was fully equipped to carry out HIS FATHER's work of redemption, performing many miracles. GOD was always with HIM. Empowered by the HOLY SPIRIT, JESUS preached good news to the (spiritually) poor, announcing the arrival of GOD's Kingdom and offering salvation to any who would acknowledge their need of the SAVIOUR.

HE proclaimed liberty to the captives: freeing those enslaved by satan, sin, guilt and spiritual death.

HE gave recovery of sight to the blind, revealing the FATHER, exposing sin and bringing those who believe into *the light of truth*.

HE came to release the oppressed: those weighed down by heavy burdens placed upon them by sin, demonic affliction, suffering and the unjust systems of a fallen world. During HIS ministry on earth, JESUS addressed both physical and spiritual condition. In HIS mercy HE healed the brokenhearted. By HIS authority, HE defeated the powers that kept people in captivity.

After JESUS' resurrection and ascension, Luke records the Apostle Peter's words when teaching new

believers about JESUS' ministry, death and resurrection, re-iterating: ***"...GOD anointed JESUS of Nazareth with the HOLY SPIRIT and with power, who went about doing good and healing all who were oppressed by the devil, for GOD was with HIM"*** (Acts 10:38 NKJV).

Before JESUS ascended into Heaven, HE commanded the assembled Apostles ***'...not to depart from Jerusalem, but wait for the Promise of the FATHER [the HOLY SPIRIT], "Which," HE said, "you heard from ME; for John truly baptized with water, but you will be baptized with the HOLY SPIRIT not many days from now"*** (Acts 1:4-5 NKJV).

JESUS said, ***"...you shall receive power when the HOLY SPIRIT has come upon you; and you shall be witnesses to ME in Jerusalem, and in all Judea and Samaria, and to the end of the earth."*** ***'Now when He had spoken these things, while they watched, HE was taken up, and a cloud received HIM out of their sight'*** (Acts 1:8-9 NKJV).

Believers are to rely on the HOLY SPIRIT to lead and to guide us, especially in these times of uncertainty and chaos across the globe.

There's power in the blessing of being empowered by the HOLY SPIRIT; power to change the impossible as JESUS did!! HIS saving work gives liberty that no earthly power can accomplish. Partner with, be empowered by the HOLY SPIRIT..... and.....Be blessed to be a blessing.



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The Phoenix Rises Very Slowly



Update:

The negotiations with the Shire of Harvey are taking place between our Administrator and their Director, Community and Lifestyle together with a possible mediator.

Dr Barrington Knight

The main entrance to Yarloop from South Western Highway is Johnston Road. The first road to the left is named after the town's long serving doctor. It is named Barrington Knight Road. This leads to Railway Parade and the Yarloop Workshops' site.



Dr Ronald Barrington Knight OBE
(Photo from Geoff Fortune's collection)

Dr Ronald Barrington-Knight, or Dr Knight as he chose to be known, has come to my attention of recent time because I discovered a collection of photographs from a reunion of the Yarloop Hospital Staff and a request for information about his house from Harvey History Online. We have a box of the Hospital Board Minutes currently stored at the Shire Depot. I also have a copy of a 68-page booklet produced by my curator predecessor, Geoff Fortune. Reading this book reveals a remarkable man, deserving to be remembered and have a road named after him.

Yarloop had several doctors in its history but Doctor Knight is remembered for the length of time that he lived in the town and his involvement in the Yarloop Community. Initially the doctors were paid by the company and were only required to care for the Millar's workers. In 1936 Dr Knight came from Fremantle Hospital as a young, unmarried doctor to the Yarloop practice. By this time the Hospital had been well established and had moved from being there for the Millar's

workers to being the town's hospital. He was also the district doctor covering the towns of Waroona, Nanga Brook and Hoffman. In the period when it was seen a Dr Knight's hospital it grew physically, had increased facilities and its reputation also grew. Dr Knight was in this position for 48 years.

There is much that could be said about the man. The description that comes from Geoff Fortune's book paints a picture of a man who was both brilliant and practical. He had a well-equipped workshop in which he could produce anything he needed. This included his surgical tools, using also the facilities of the Workshops, and other necessary items like autoclaves. It seems that he could put his hand to almost anything, constructing a swimming pool in his backyard or setting up an electrical generator system to provide power throughout the night when the town supply closed down or, later, when the State system failed.

As a doctor, his ability extended well beyond that of a general practitioner. Dr Knight attended to surgery, dentistry, pharmacy, maternity and possibly other categories of medicine. Between himself, the matron, the nurses and the aides as many as 75 babies a year were delivered at the hospital. When I mention Yarloop, I'm often told "I was born in the Yarloop Hospital." Over the long period of his residence at Yarloop there were several epidemics, such as the poliomyelitis epidemic, but the communities he served came through them all relatively unscathed.

Dr Knight was a part of the Yarloop Community. Whether it was a busy-bee or the town ball he was fully involved. Recognised as a capable organizer he played a leading role in many of these activities. Dr Ronald Barrington Knight was deservedly

recognised for all he did during his time as a doctor and who he was as a person. Among these he was awarded the Order of the British Empire.

Dr Knight's story is also linked to the story of the doctor's house. Built soon after the hospital in 1898 it was part of Millars Timber and Trading Company's plan to ensure the health of its employees. His house became part of the Yarloop Workshops who were responsible for its upkeep and its rental.

The book I mentioned is titled "The Legend", and it was written by John Fortune who grew up knowing the doctor. There is also a significant part of it written by John's wife Valerie (Germain) Fortune who, with many other young women, was trained as a nurse at the Yarloop Hospital and continued to serve there working, with Dr Knight. Val described Dr Knight as the cleverest and most dedicated of doctors.

We have this and several other books written by Geoff Fortune on computer. They were copyright to Geoff and to the Yarloop Workshops' Inc. so we hope to have some of them reprinted and made available for sale. This should certainly be one of them.
Allan Ward



The Doctor's House
(PhotoS from Geoff Fortune's collection)



CONSUMER PROTECTION COLUMN -

With SW Senior Regional Coordinator
Annetta Bellingeri

Consumer Protection Level 8, 61 Victoria St Bunbury WA 6230 PO Box 1747 Bunbury WA 6231 T: 9722 2888
Fax: 9791 2263 Email: anneta.bellingeri@dmirs.wa.gov.au www.dmirs.wa.gov.au www.wa.gov.au

Want to know about holiday homes in your area?

Ever wondered how many holiday homes are operating in your local area, or how they are being operated? The good news is you can now get a clearer picture of WA's short-term rental accommodation (STRA) sector with a new interactive reporting tool providing detailed information about these properties. The report, located on the WA Government's allows you to explore registration trends, compare activity between different locations and look at the [STRA Register webpage](https://www.wa.gov.au/organisation/departments-of-local-government-industry-regulation-and-safety/short-term-rental-accommodation-registration-data), (<https://www.wa.gov.au/organisation/departments-of-local-government-industry-regulation-and-safety/short-term-rental-accommodation-registration-data>) different types of accommodation being offered as short-term rentals. You can filter the information by region and local government area, accommodation type, hosted or un-hosted properties, and whether the property is registered by the owner or a tenant. This means you can take a closer look at what is happening in different parts of WA and get a better understanding of how registered STRA properties are being operated. This is the first detailed public

reporting tool of its kind for WA and is designed to improve transparency by making STRA registration data easier for consumers, local governments, industry and the broader community to access and understand. The report is updated monthly so the information remains current and useful for anyone wanting to keep track of STRA activity across Western Australia. It also complements the existing STRA heat map, which continues to provide a visual representation of where registered STRA properties are concentrated throughout the state. Since January 2025, short-term rentals must be registered with the Consumer Protection operated [STRA Register](https://www.wa.gov.au/organisation/departments-of-local-government-industry-regulation-and-safety/short-term-rental-accommodation-register) (<https://www.wa.gov.au/organisation/departments-of-local-government-industry-regulation-and-safety/short-term-rental-accommodation-register>) and display the registration number in all advertisements. The registration number allows prospective guests and the wider community to verify that a property is lawfully registered. This month the first fine was issued under these laws to a STRA provider who

didn't follow the rules. Whether you are interested in what is happening in your neighbourhood, want to compare activity between different parts of WA, or simply want to better understand the sector, the new interactive report makes it easier to explore the data. You can explore the new interactive report and the STRA heat map through the [STRA Register webpage](https://www.wa.gov.au/organisation/departments-of-local-government-industry-regulation-and-safety/short-term-rental-accommodation-registration-data). (<https://www.wa.gov.au/organisation/departments-of-local-government-industry-regulation-and-safety/short-term-rental-accommodation-registration-data>)



Don't forget the receipt

Would you be able to prove you paid for a job if the work wasn't done properly? Imagine paying a business hundreds of dollars in cash to do an end-of-lease clean only to later realise the job hasn't been done to the standard you expected. You contact the business, but they dispute what was done and say they have no record of the job or your payment. This is exactly what a consumer who contacted us recently for assistance told us happened - they realised that without a receipt, proving what they paid for was difficult. Most people think about receipts when buying products or a meal with friends, but they're just as important when paying for services. Whether it's a plumber, electrician, cleaner, landscaper or mechanic, keeping a record of the transaction can save you a lot of stress if something goes wrong. Under the Australian Consumer Law (ACL), businesses must provide a proof of purchase for transactions over \$75, regardless of whether you paid by cash, card or another method. For purchases under

\$75, consumers can still request a proof of purchase and the business must provide one within seven days. A proof of purchase is usually a receipt but can also be: a GST tax invoice, a handwritten receipt or a digital receipt. A consumer must also be given an itemised bill for services if they ask for one. The business has to give them the bill within 7 days and a consumer has 30 days from receiving the original bill to ask for an itemised version. It's important to know that consumers who pay cash for a product or service and do not receive a receipt still have rights under the ACL. They should raise the issue with the business in the first instance. If the matter cannot be resolved, they can contact Consumer Protection for advice and assistance. The best protection is to ask for a proof of purchase at the time of payment, however consumers are also encouraged to keep copies of quotes, texts, emails, bank withdrawal records and any other documents relating to that transaction as proof of purchase should an issue arise. Consumers

should feel comfortable challenging businesses about receipts too. It pays to ask for evidence and question any items you don't understand or don't match with what was originally agreed to. This can be the difference between quickly resolving a dispute and struggling to prove your case. So the next time you're paying a tradie in cash or tapping for your morning coffee, or utility bill at the post office, asking for proof of purchase is one of the simplest ways to protect yourself.



Waroona Golf Club News

August 19 – The Annual 27 hole Sybil Chuard Trophy

Janine took out the coveted award for the third time with Sue runner-up. Thank you to Mandy who presented the prizes on behalf of donor, Maree Plant.

September 2 – Club trophy

Last week was a wash-out – the first for the season. Although some days came close.

If your name began with “J” you were a likely winner. The first being Janine from Jo and Judy won the 9’s comp.

September 9 – It was a 9 hole comp today to allow for a busy bee in preparation for our up-coming Mixed Open Weekend, The winners were Jenny S and Colleen from Jo and Sue.

September 16 – The first round of the Ladies Championships was won by Sharon with Sher runner-up. Lyn took out the cash for her birdie on the designated 17th hole.

September 23 - It was a closely fought out comp with Sharon finishing on 40 pts, beating Sue by a point on 39.

Thank you to trophy donor Lyn.



Birdie Winner Lyn with Jo



Sher with Jo



Jenny S, Colleen and Jo



Sue with Lyn



Janine with Jo



Sharon with Jo



Sharon with Lyn

Visited my doctor today. He told me my sugar was too high. So I came home and moved it to a lower shelf.

Chookyard Farmer Ken



It certainly has been a hectic couple of weeks and I am looking forward to hearing the "Fat Lady" sing as one of the purple army supporters. Fremantle Dockers "Minor Premiers" in the AFL 2026 Competition.

I had a beautiful 7 hours on a Sunday with Grandson Charlie followed by a 2 hour nap with his Mum.

Blowing all the wax out of my ears and fitting two new hearing aids by Audika so I can now hear clearly words spoken.

I had a pain injection by ultrasound in my right shoulder with immediate relief.

13 years ago Fremantle played Hawthorn in the 2013 Grand Final and lost by 16 points or so but a hot start by the Hawks meant the game was basically over by half time. Waroona Demons Football Club conducted the function in the Wright Rural Shed and 13 years later we will endeavour to successfully win the big dance. In a month's time "Charlie" will be

2 years old and his personal development since attending day care 3 times a week has gone through the roof. He sits on Grandma's (MA) lap, being read stories and turns the page over. Would you believe "The Caterpillar" is one of his favourite characters. He can identify fruit objects and gets excited when he gets a cheer from his parents. Poppy K is somewhat biased and Grandma MA receives written reports from his child care centre and we enjoy reading his responses to class activities. I am looking forward to Charlie and my daughter Caitlin's next visit on Saturday watching the Grand Final together. I will need to tone down my language output in front of my Grandson otherwise I can almost guarantee a lecture.

The Chooks have continued a good start to the laying season and ensure Chookyard Hotel creates goodwill by donating dark brown eggs (Maran), blue eggs (Araucana) and Cream Legbar (Blue eggs), tan-light Sussex, White (Faverolle) plus bantams. Eggs are full of protein and good to have as part of a healthy food diet.

I checked out the fruit prices in IGA this week and the best buy was mandarins on special at \$5.99kg, oranges \$6.99 kg, lemons \$9.99 kg, Pink Lady apples \$8.99 kg. I will be saving fruit from "Wally's Orchard" to enter in the Waroona Show. Thanks to the high risk of "Bird Flu" there will be an absence of a Poultry Show at the 95th Waroona Show and it will be replaced by a Triple Cream Legbar chook raffle, sausage sizzle and cool drinks + water plus a smorgasbord of chicken objects including two incubators. Fertile eggs will be on sale for breeding purposes and fresh eating eggs on sale as well. It will be housed on the platform outside the poultry pavilion. Funds will be used by Waroona Poultry Club to build new cages including cCage fronts as well as painting.

I will hopefully catch you at the Waroona Show on Saturday 10th October 2026.

I must sign off as tea is looming on the horizon.

I cannot wait for "Wharfie Time" to sing loud and strong on Saturday night.

Cheers Chookyard Farmer Ken

Fishability Freshwater

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Give Chas Riegert a call to make your booking on 0438 535 848 or book online at Fishability.org.au



We're proud to be sponsoring Fishability Waroona in 2026.

It's great to see the Fishability team out in their new CHC hats, doing what they do best and creating opportunities for people of all abilities to enjoy time on the water.

It was also great catching up with Chas — his knowledge of fishing is second to none and always makes for a great chat.

At CHC, we're proud to support programs that bring people together, encourage inclusion, and make a positive difference in our local community.

If you want to book in a day to join Chas and the team the next dates available are:

3 October 2026 TROUTFEST
7 October, 2026
21 October, 2026



Waroona Playgroup News

It has been another action-packed few weeks at Waroona Playgroup, filled with themed

activities, special visitors, outdoor adventures and lots of opportunities for our little ones to learn through play.

We celebrated Daffodil Day with daffodil crafts, ducks and feathers sensory play, and a wonderful bee-themed rice sensory activity created by Nikki.

For Adventure in the Park, we headed to Railside Park for a morning of outdoor fun, giving the children a change of scenery and plenty of time to explore and play together.

Book Week gave everyone the perfect excuse to dress up. We loved seeing the children arrive as some of their favourite characters for a morning celebrating books and imagination. We kicked off National Superhero Week with a superhero-themed morning, followed later in the week by our Father's Day celebration.

September began with a special International Day of Police Cooperation session organised by Mrs Sutton and Mrs Evans from Waroona District High School. The children painted our police car, put together police officer pictures, explored fingerprints and made stop and go signs, which were a huge hit on the bikes.

We were also very lucky to have our local Waroona Police visit. The children got to see the police vehicle up close and have a look inside. A huge thank you to Waroona District High School and Waroona Police for making it such

a fantastic morning.

For National Teddy Bear Day, we made the most of the beautiful weather with outdoor play and our new parachute and tunnel. The children also decorated teddy bear biscuits to enjoy afterwards. Our Pizza Making Day was thoroughly enjoyed by all. The children made pretend pizzas in their play pizza oven before heading to our veggie garden, which is looking fabulous, to pick fresh spinach and parsley. They then made their own pizza bases from scratch, topped them with ham, cheese and their freshly picked produce, and enjoyed their homemade pizzas for morning tea. A true garden-to-plate experience.

Next was Talk Like a Pirate Day. The children made paper and aluminium foil boats and tested whether they would float or sink, made pirate hats, painted telescopes and enjoyed a fantastic dance party. Our little pirates then followed a treasure hunt to discover a chest filled with chocolate money, which they shared and enjoyed together. For our second-last session of the term, we were very excited to welcome St Joseph's School Waroona to Playgroup for a wonderful morning of spring-themed fun. The children enjoyed plenty of spring craft and activities, including painting a giant flower and butterfly collage, playdough, and planting beautiful flowers in our Playgroup gardens.

We were then treated to a special performance from the St Joseph's School Choir, who sang a selection of songs for us before inviting our Playgroup children to join them for

some favourite nursery rhymes.

There was also lots of playing together throughout the morning, with our little ones absolutely loving having the "big kids" there to play with them. They enjoyed exploring the Playgroup together, spending time outside and having a great game of Duck, Duck, Goose.

It was so lovely to see the older students interacting, singing and playing with our Playgroup children. A huge thank you to St Joseph's School Waroona for coming along and making it such a special morning for everyone. We finished off the term with a relaxed and fun final session together before heading into a well-earned school holiday break.

We hope all our Playgroup families have a wonderful and safe holiday. We'll be back on Wednesday October 14, and we can't wait to share what we have planned for another jam-packed, fun-filled term.

Playgroup sessions are held Mondays and Wednesdays from 9am to 11am at 2 Henning Street, Waroona, and new families are always welcome.

Your first two visits are FREE!

\$5 per family – Casual visit

\$35 per family – Term fee

\$35 per family – Annual insurance, paid directly to Playgroup WA

For more information, follow Waroona Playgroup Inc. on Facebook or email waroonaplaygroup@gmail.com.

See you next term - refreshed, recharged and ready to make another spectacular mess.

**Pizza****Police****Craft****Gardening****Daffodil Day****Water****Swinging**



**From The
Horse's Mouth**

Getting Older and Wiser

Liza brought her mum in to see me when old Judy was looking at aged care facilities to move into in the future. "Some said they won't accept her unless she has an ENDURING POWER OF GUARDIANSHIP and we don't even know what that means", said Liza. So, I sat Judy down and explained to her that since COVID, many nursing homes were insisting that their new residents made an ENDURING POWER OF GUARDIANSHIP before moving in. This was so that everyone there knew who was responsible for Judy's personal, lifestyle and treatment decisions if Judy could not make those decisions herself. "What if I don't want anyone to make decisions for me", Judy said. "Well, if you have a stroke or otherwise lose legal capacity, Liza might have to make an application for guardianship through the State Administrative Tribunal and this could take time and be quite stressful for her. Worse still, a complete stranger could be appointed to look after you – and not Liza at all", I explained. Judy of course agreed she wanted Liza to be her guardian so Liza could make decisions about her care, medical treatment and the support services she could access. Getting old isn't fun but getting caught out really is no fun at all. Understanding your options can only help you get your affairs in order and simplify things for your children.

If you would like to know more about enduring powers of attorney and enduring powers of guardianship, Call NashClavey-Mandurah 9535 1577.



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