

Issue # 8

Bandicoot Express

1st June 2023

\$2.00



Serving the communities of Cunderdin & Meckering



FREE KICK - 2023

UPDATED AGE:

Kids ages 10-16 are welcomed to join us for Free Kick.

-  Skills and games with Perth Football Club representatives
-  Guidance and career development
-  Industry related guest speakers
-  Dinner with your peers
-  Give away's and more



CUNDERDIN OVAL



5.30pm till 8pm



WEDNESDAY FOR 4 WEEKS: 07/06, 14/06, 21/06, 28/06



08 9635 1784
ADMIN@CUNDERDINCR.C.NET.AU

**REGISTER
HERE OR CONTACT
THE CUNDERDIN
CRC**



PLEASE JOIN MAG TO CELEBRATE

A VERY MERRY
CHRISTMAS IN JULY



JULY 1ST 6PM

MECKERING SPORTING CLUB

2 COURSES PLUS GRAZING BOARDS

\$30 ADULTS/\$15 KIDS

CASH BAR

RSVP ESSENTIAL BY 17TH JUNE TO EM

0448 326 211

Bandicoot Express Price list 2023

Newsletter of Cunderdin & Meckering, Circulation approximately 200

Editor: Leechelle Matthews Phone: 9635 1784 Email: bandicoot@cunderdincrc.net.au



Type of Advertisements	Ad Size (pages)	Prices		
		Local	Out of town	
Local: Within Shires of Cunderdin & Tammin				
Out of town: Any town <u>NOT</u> located in the Shires of Cunderdin & Tammin				
Residential • For Sales • Wanted Ads • Garage Sales • Pets	1/8	FREE	\$3	
	1/4	\$6	\$7	
	1/3	\$7	\$8	
	1/2	\$9	\$10	
	Full Page	\$15	\$16	
Sports – Local • 1/2 page fortnightly FREE or • 1 page monthly (Results only) • Extra pages will be charged	Not 4 Profit – Local • 1/4 page monthly FREE • Larger sizes will be charged	1/4	\$6	\$7
		1/3	\$7	\$8
		1/2	\$9	\$11
		Full Page	\$13	\$16
Business Advertising • Private Rental • Job Vacancies • Real Estate • Events	• School Vacancies	1/8	\$9	\$14
		1/4	\$11	\$16
		1/3	\$13	\$24
		1/2	\$16	\$30
		Full Page	\$35	\$60

Colour Page Bookings			
Front Cover Booking – Business	Full Page Only	\$155	\$210
Front Cover/Inside Cover – Not 4 Profit and Sporting Groups	Full Page Only	\$40	\$60
Inside Cover/Back Page – Printed by CRC	Full Page	\$130	\$155
	Half Page	\$65	\$78

Design/Formatting			
Let us help to give your advert a professional look!	Half Hour	\$16	\$16
	Hour	\$32	\$32

Community Notices			
Community notices, thank you notices, birthday greetings, AGM notices and news items of community interest. Community notices on more than 1/4 page or functions raising money will be charged as above.	¼ page	Free	n/a
	Local news/community articles are encouraged please email through.		

Format Preferences:

- Microsoft Publisher
- Microsoft Word
- PDF
- Jpeg/PNG

Deadlines:

- All adverts, articles, etc. must be submitted by 5pm on the Friday prior to publishing date
- Published fortnightly excluding school holidays

Page Margins: A4: Left = 1.27cm Right = 1.27cm Top = 1cm Bottom = 1cm

Internet Payments: Payment is required prior to publication.

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E: bandicoot@cunderdincrc.net.au

W: www.cunderdin.crc.net.au

Letter from the
Editor



2023

This cold weather is good news for the illusive wildflower orchid season coming up... I'm a bit excited. I've got an orchid check list and cant wait to use it, there's still a bit of time to go before I can go on the hunt! I might even pop up a map for everyone in the centre - that's if I'm lucky enough to find one!

Barron's football update: last weeks Friday night game got down to a freezing 4 degrees and I'm pretty sure I saw ice on the oval! I was in my warmest jacket, I had two rugs and the girls wore their oodles, the boys were freezing out there with their singlets and lost by 60 points - I almost made them walk home!

Stay warm!

Leechelle Matthews

Dear Editor

I would like to acknowledge the very good work being done at O'Connor Park, it looks amazing and I cannot wait to see the end result—I am looking forward to the day that the children are allowed back to play!

Cheryl Halse

Travel For Free

Free travel for Pensioners and Veterans.



Transwa

Pensioners

Because travel should be easy and accessible, we're pleased to be able to offer West Australian Pensioner cardholders two free trips every year. Your Free Travel entitlement can be redeemed for two single journeys or a single return journey on any Transwa service.

Bring your pension card to the Cunderdin CRC and we can help you apply for the Pension Free Journey.

School Holiday Activity

Roaming Gnomes

Ages 6 - 12

Tuesday, 11th July

10-11am @ the Cunderdin CRC

Join us in creating a mini Gnomesville at the CRC by personalising two Gnomes for yourself and the Cunderdin CRC Gnomesville Garden.

This workshop is a fun opportunity to bring a little magic to the CRC.

REGISTER HERE OR VIA THE CUNDERDIN CRC



COLLEGE HAPPENINGS



West Coast Fever Cup

On May 11, three female and two male teams competed at the West Coast Fever Cup in Northam. Congratulations to all teams on the day; it was fantastic to see such competitive spirit and sportsmanship throughout the day.

Industry Engagement

Next term, we will again be hosting the WA Competition Shearing Association Training Day here at the College, open to students and general members of the public.

We place importance on linking in with Industry and ensuring we have partnerships that provide opportunities for our students to work with people with a variety of knowledge and experiences.

Gardener

Is there anyone local that would be interested in helping us out when our Gardener is away with the keeping of the lawns, gardens, and general grounds maintenance (either some or all of these duties)?

If you have a love for gardening and are willing to help on the odd few days/weeks, please contact the College on 9635 2100 to discuss with Yvonne Bopp.

MECKERING MUSINGS



Hello Beautiful Bandicoot Browsers!

Meckering has, as usual, been a hive of activity. This Term students read poetry at the Meckering Dawn Service, we held our school ANZAC Day Service, Walk Safely to School Day, Mother's Day Afternoon Tea and Pamper Session, and the Primary Winter Carnival with fellow students from our East Avon Sport Association schools. Next week the Senior Room students will participate in the CSBP Hockey Cup and Thursday is our Good Standing Crazy Hair Day.

WALK SAFELY TO SCHOOL DAY

Walk Safely to School encourages students to be road aware and was co-ordinated by Miss Laurie and Cunderdin Shire. We were lucky enough to have a police escort and the children looked wonderful in their 'stand out' gear. A special mention to Miss Eddy who went above and beyond with her attire. The students were treated to a pancake breakfast upon arrival at the school (thank you Liezel and Amber from the Cunderdin Shire).



CELEBRATING THE SPECIAL WOMEN IN OUR LIVES

Thank you to the wonderful Mums, Carers, Grandmothers and Aunties that came to enjoy an afternoon of pampering with the students on the Thursday leading up to Mother's Day. These wonderful women were treated to Devonshire Tea, massages, manicures and hairdressing, then had the opportunity to create some wonderful art with the special children in their lives.



AUSSIE OF THE MONTH

Our Aussie of the Month for April was Mitchell. Mitchell demonstrated the Habit of Be Proactive, by seeing what needed to be done and doing it throughout April. Mitchell takes his role as Student Councillor seriously and is an excellent role model for his peers. Well done Mitchell!!!

ICT UPGRADE

Exciting news!! Meckering PS has received a grant of \$24 900 to update its ICT capabilities. Allowing us to upgrade all of our portable student devices (laptops and iPads). This will significantly reduce log in times, will be user friendly and superfast. Which will in turn, lessen frustration for students and teachers

I hope seeding is going well for all the farmers in the Cunderdin Shire and that we get some rain soon.

Caroline Whitelock (Principal)

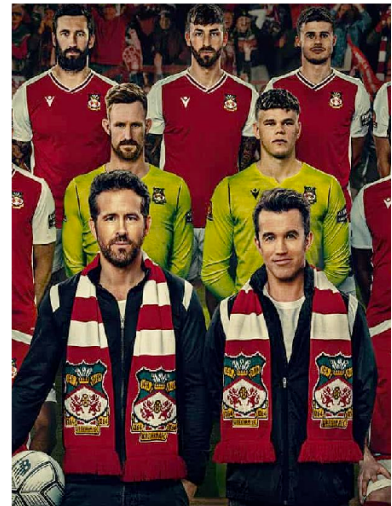
High Yield

Separating the wheat from the chaff so you don't have to.

Those cold winds are here. I recently watched the Cunderdin footy without a jacket, rookie mistake! Luckily a good friend lent me one. This edition is dedicated to entertainment which should keep you warm and fuzzy during the cold nights ahead. - Dee Blom

Welcome to Wrexham - Documentary

I am not a fan of soccer (football to some), until now. More specifically Ryan Reynolds showed me the way. Welcome to Wrexham follows Rob McElhenney and Ryan Reynolds as they aim to bring the 3rd oldest professional football club in the world back to the glory days. You see Ryan and Rob navigate relationships with the players, the staff and particularly the fans alongside the team winning and losing. We all love a good underdog story and this is one to warm your heart with stories from the community that surrounds this club and what it means to them. Documentary making at its finest. Available on Disney+.

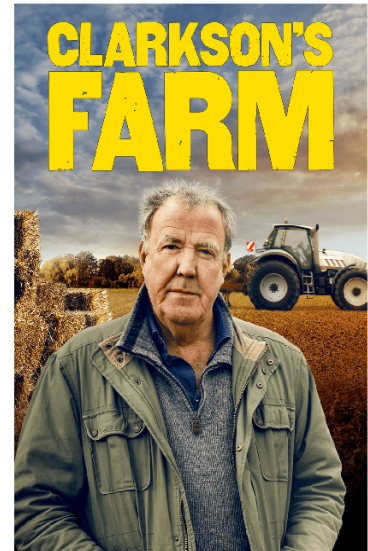


The Martian by Andy Weir - Book

Sci-fi comedy. Never thought that combination of genres would ever work but here we are. Andy Weir works his magic with this novel. Yes there is a film, but please read the book first. The main character, Mark Watney, is stranded on Mars. He can either panic and likely die, or he can attempt to make a go of it all those miles away from help. The level of wit and humour Andy Weir is able to inject into this story is incredible. I found myself loudly laughing out loud while reading. Another underdog story, you learn to love Watney's character and really hope the best outcome for him. This is Weir's debut novel, originally self published in a serialised format on his blog, and now worth millions with book sales and box office profit.

Clarkson's Farm - TV Series

Any shows focused on the tech / software industry are generally a no go for me. This is too close to my work life, and most of the scenarios are too raw and real. You find yourself being taken back to situations at work when you are sat on the coach trying to relax. So I understand if this show feels like work for many. But for me, it was a joy seeing Jeremy Clarkson make a total mess of trying to be farmer with all his millions. Clarkson surrounds himself with some sweet, hilarious and slightly unhinged characters as he causes chaos in the fields of his farm in the Cotswolds. He manages to both insight hatred and love in the local community simultaneously which is very impressive. Two seasons are out on Prime.



Death on the Nile - Film

A beautifully made film based on a wonderful novel by a crime writing legend. The 2022 adaption of one of Christie's most famous novel is everything you would hope for in a "who done it" story. There is all types of characters, which keep you guessing as to who had the most motive. Let's face it, everyone on board could have caused the death(s). The costuming is breathtakingly good, honestly I can just watch it for that alone. Plus the scenery. Egypt will always have an air of wonder and mystery for me. An ancient civilisation and land which is yet to be full understood even to this day.

Annika - TV Series

What feels most warm and fuzzy on a chilly evening is watching a UK crime drama with a hot cup of tea and a biscuit. I put this down to watching episodes of The Bill growing up. If you are similar, you won't be disappointed by this series. Nicola Walker strikes again - she has to be one of my favourite actresses. Walker is a Detective Inspector in the Scottish police, who needs to balance her career with raising her teenage daughter. A beautifully shot series based on an original radio series Annika Stranded which also featured Nicola Walker. Oh and don't be put off by Walker breaking the 4th wall - yes talking directly at you. This will become normal and make you feel like a friend the further through the series you go.

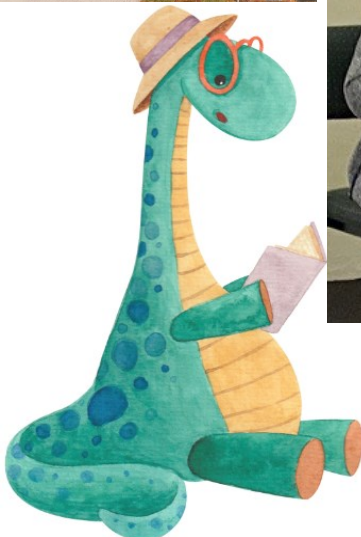
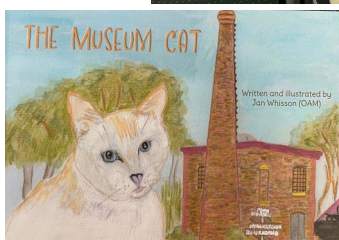


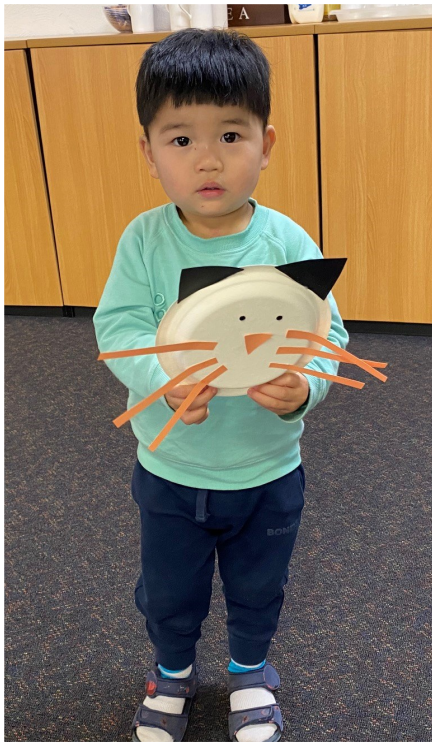
Tales for Tots

Tales for Tots kicked off to a lovely start last week with Jan Whisson coming in to read her book *The Museum Cat*. The kids were intrigued with Boo and her adventures around the Museum and the illustrations were fantastic. Thanks to Jan for stopping by and being patient as the kids asked lots of questions about Boo. *The Museum Cat* is now available for loan at the Cunderdin Library or you can buy a copy at the Museum when they are back in stock.

We had lots of new faces this week with Meckering Playgroup joining us. After reading the kids made paper plate cats and learnt how to draw a cat. Everyone had a go and we had some very interesting cats getting around. Then there was my favourite DIY craft and free play, we had some new tonka trucks and cars for the sandpit keeping everyone busy followed by veggies and water. This week we had broccoli, capsicum, cucumber and celery. I picked up a lot of broccoli from the floor, looks like it wasn't a favourite but 10 points to everyone for trying!

The next Tales for Tots is on June 19th with Julie Mussared. Then next term we hope to have a few more science activities so come prepared!





School Holiday Activity

The **POWER** of **PINK**



Ages 10+

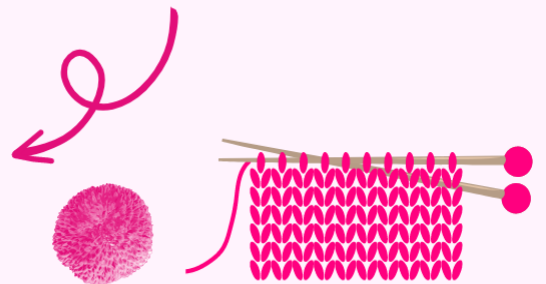
Monday, 10th July ~ 10-11am

At the Cunderdin CRC ~ Free Event

Join us in creating knitting squares and Pom-Poms in preparation for the Pink Up Our Towns event happening in October.

These items will be used to create beautiful displays throughout our towns.

REGISTER HERE OR VIA THE CUNDERDIN CRC



Are you a WA Senior Card holder?

As a WA Seniors Card member you will receive a card that is your WA Seniors Card and Transperth SmartRider in one.



The SmartRider side will give you access to travel on Transperth services for free or on a concession basis.

You can use the WA Seniors Card side to claim a range of State Government concessions and discounts from businesses across Western Australia every year.

You will also be eligible to apply for monthly competitions offered to WA Seniors Card members.

Search the website to apply or head to the CRC for assistance with the application form. You will need 100 points of ID, including a bill with your address.

Some discounts include:



Special offers

Members have exclusive access to special offers provided by participating businesses.



Discounts

Members have access to discounts from participating businesses - search discounts near you.



Competitions

Members can enter monthly competitions provided by our business partners.



Free off-peak travel

Members get free off-peak travel and concession rates at all other times on Transperth. Conditions apply.



Local government rate rebate

Get a State Government rebate on local government rates. Conditions apply.



Water rate rebate

Get a State Government rebate on water service charges. Conditions apply.

Are your details up to date?



Cunderdin and Meckering Community Phonebook 2023-2025

Name:

.....



Phone

.....

.....



Email:

.....

Send to: Cunderdin CRC, 57 Main street, Cunderdin WA 6407
or: admin@cunderdincrc.net.au



WYALKATCHEM RODEO STREET MARKETS

SATURDAY 26TH AUGUST 2023

9AM – 4PM

RAILWAY TERRACE, WYALKATCHEM

(opposite the Wylie Pub)



WANTED - Stall holder's

*An amazing opportunity for the Wheatbelt to showcase
arts, crafts, local produce and much more.*

Please contact Steph at the Wyalkatchem Shire Office 96811166 to register \$10 per stall.

**Wanted –
24-27 August 23**



Rodeo Event Staff and Volunteers

The Shire would like Expressions of Interest from Community Members to:

- CLEAN AND RESTOCK THE PORTALOOS - PAID
- POSITIONS DIRECTING CAMPING TRAFFIC - VOLUNTEERS GET FREE ENTRY
- HELPING TO SET UP THE ARENA - VOLUNTEERS GET FREE ENTRY
- GATE SUPPORT - VOLUNTEERS GET FREE ENTRY

Please contact Stephanie at the Shire of Wyalkatchem if you are interested in working or volunteering at the Wyalkatchem Rodeo Weekend. 9681 1166

2023-2025

CUNDERDIN PHONEBOOK

Release Date: July 1st 2023

All advertisement booking forms to be returned by June 16th to the CRC. Booking forms can be found on the CRC website, Facebook and at the CRC

	Local:		Out of Town:	
	B/W (NFP)	Colour (NFP)	B/W (NFP)	Colour (NFP)
Inside Front Cover		\$275 (\$265)		\$325 (\$315)
Inside Back Cover (Full Page)		\$275 (\$265)		\$325 (\$315)
Inside Back Cover (Half Page)		\$137.50		\$137.50
½ Page	\$100 (\$90)	\$150 (\$140)	\$150 (\$140)	\$200 (\$192)
Full Page	\$150 (\$140)	\$200 (\$190)	\$200 (\$190)	\$250 (\$240)
Alphabetical Listing only	No charge for Business listing in the Alphabetical section. Businesses who advertise in the above block section also get the Alphabetical listing in BOLD for free.			

LOCAL: SHIRE OF CUNDERDIN, SHIRE OF TAMMIN

OUT OF TOWN: ANY TOWN NOT LOCATED IN THE SHIRE OF CUNDERDIN OR TAMMIN

NFP: NOT FOR PROFIT



08 9635 1784



admin@cunderdincrc.net.au

Meckering Ladies Club Cuppa



Our two chances to meet this month have been, as always, filled with spirited discussion.

The first date was just after the Coronation of King Charles 111 and many present had watched the proceedings. Ladies were equally divided in their delight in the pomp and pageantry of the occasion and those who thought it was a big waste of time.

All discussion was said with light banter and was fun to listen to. When we met for the second date, we had decided a couple of days prior to ask those in attendance if they would like to make a contribution to Australia's Biggest Morning Tea. I am very proud to say, that along with some ladies who couldn't attend but wanted to donate, we transferred \$300 to the foundation.

All ladies are welcome to come along and join in the fun.

Venue: Meckering Sporting Club

**Dates for June are:
Monday, 12th and Monday 26th**

GOLDEN FIELDS DISABILITY SERVICES



Hello Community!

We are excited to announce our new service in your area. We are based right here in the Wheatbelt. If you are one of the many people that have been unable to receive Disability Services we are here to help, we even travel on farm. Our services include the following;

- In home cleaning
- Social support
- Transport
- Disability consultancy
- Mentoring
- Activities
- Preparing people for independent living
- Respite
- Capacity building participants/ learning



0488 410 045



goldenfieldsds@outlook.com



My Story

My name is Daniel Marzocchi. In 2010 I had a work accident that rendered me a Paraplegic. Like all disabilities it was a very challenging time. I have had many achievements including a gold medal at the Abilympics. My desire is to help others get the most out of life and to assist other NDIS participants get the most out of their plans. I have had vast experience in NDIS processes. I have worked extensively with People with Disabilities. We hope we can help you.

Instagram



A Stitch in Time · Follow
5d · 🌐

Our resident artist does it again. The incredible Paul Deej worked with students at WA College of Agriculture in Cunderdin to create this masterpiece. If your school or sporting club is looking at doing something that brings the community together that is creative and unique feel free to drop us a note.



Labouroo is in Western Australia · Follow
2d · 🌐

Hard work spotlights the character of people: some turn up their sleeves, some turn up their noses, and some don't turn up at all... See more



👍❤️ 22

mulletsensei
Meckering, Western Australia
Sting · Fields Of Gold · Follow



👍🗨️📌

aussietrucksandtrains
Cunderdin, Western Australia · Follow



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thisterri_takesphotos
Meckering, Western Australia · Follow



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Save the date

TAMMIN FUSE FESTIVAL

SATURDAY, 9TH SEPTEMBER 2023

Stall holders wanted!

Contact the Shire of Tammin for more information on (08) 9637 0300 or via email to cdo@tammin.wa.gov.au



CRC Happenings

P: 9635 1784 E: admin@cunderdincrc.net.au

W: www.cunderdin.crc.net.au



UPCOMING PDA DATES:

June: Thursday 29th and Friday 30th

July: Thursday 27th and Friday 28th

Thursdays can only be booked **in person** at the CRC with ID

Fridays are available online on the DOT website:

<https://online.transport.wa.gov.au/pdabooking/manage>



9am-4pm (3.30pm for Learner's permits)

****Only one test can be booked at one time****

The New Shire Logo number plates can be purchased from Cunderdin CRC for \$200.00

Some available numbers are:

097CM, 117CM, 126CM, 174CM, 200CM

Pop into the CRC with your drivers licence for more info or to order yours.

They make a great gift!!

COMMUNITY FOODBANK

COLLECT, DONATE OR SWAP AT THE

CUNDERDIN CRC TODAY

WE ARE ALWAYS LOOKING FOR

FOOD/TOILETRIES FOR THE FOOD BANK



Western Australia Police Force



Koorda has received two reports of dog attacks on livestock. It is reported that four dogs are involved. Please report all sightings to the Shire of Koorda (9684 1219) & Police 131 444 or Police (000) if you believe there is imminent risk of injury. #FB

Wyalkatchem Police are seeking information regarding a damage offence that occurred over the weekend at the Recreation Centre. We have your prints and DNA. Any information quote 220523 0950 11950

Last weekend a joint patrol at the Moore River by @LancelinPol & DPIRD (Lancelin Fisheries) netted 5 males illegally fishing for Marron. Help protect this fishery by reporting suspicious activity to FishWatch on 1800815507 & understanding the rules at <http://www.fish.wa.gov.au> #FB

Mandurah Detectives are investigating a burglary that occurred at a pharmacy on Great Eastern Highway in Bakers Hill, earlier this year. Between 5pm on Thursday 22 February and 6am 23 February 2023, two men have forced entry to the pharmacy. Once inside, the pair have stolen a number of medical items, before leaving the area. Detectives have released CCTV of two men, who may be able to assist with inquiries.

Please be aware of a group of scammers active in the Wheatbelt that are claiming to be professional bitumen layers.

The group locks parties into work before attempting to scam them out of large amounts of money.

Please always do your research before hiring any company



Tammin Local Legend

Congratulations to Tammin local Pippa Button who has recently played in New Zealand for the 2023 Ocean Trans Tasman Masters Challenge.

Pippa has worked extremely hard in preparation for this tournament and it was fantastic to see her hard work and dedication pay off as being selected to represent Australia.

Her team defeated NZ in all three games declaring them the winner for the over 60s.



Tales for Tots

CUNDERDIN CRC ~ 10AM

**AN HOUR OF FREE STORIES, SONGS AND CRAFT FOR
YOUNG CHILDREN AND THEIR PARENTS/CAREGIVERS**

June 19
-Julie Mussared

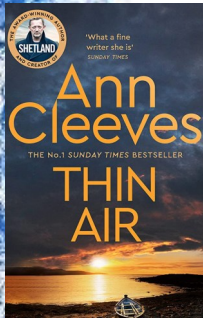
Term 2
**-Dates to be
confirmed**



**ANY QUESTIONS OR DIETRY REQUIREMENTS PLEASE CONTACT THE CUNDERDIN
CRC ON 9635 1784 OR ADMIN@CUNDERDINCRC.NET.AU**

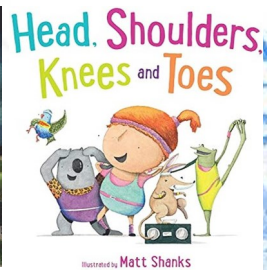
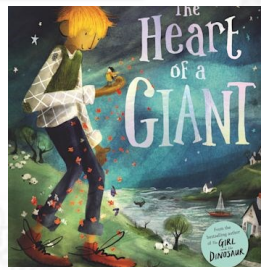
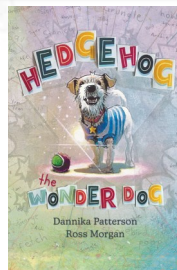
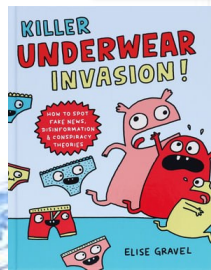
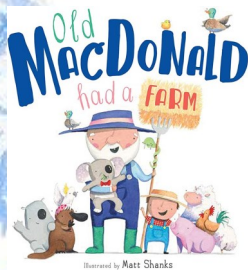
LIBRARY

Recommended Book

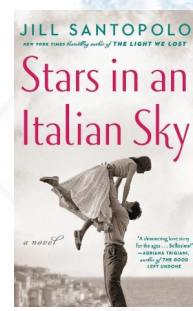
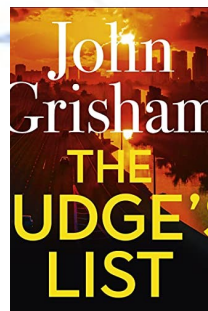


A group of old university friends leave the bright lights of London and travel to Unset, Shetland's most northerly island, to celebrate the marriage of one of their friends to a Shetlander. It's mid-summer, a time of light nights and unexpected mists. But late on the night of the wedding party, one of them, Eleanor, disappears - apparently into thin air. The following day, Eleanor's friend Polly receives an email. It appears to be a suicide note, saying she'll never be found alive. And then Eleanor's body is discovered, lying in a small loch close to the cliff edge.

New Children Books



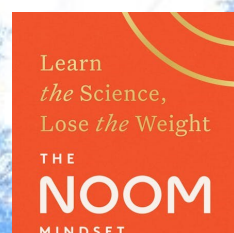
New Books



New DVD'S



New Audio Books



EXPRESSION OF INTEREST

Line Dancing

Are you curious to explore Line Dancing? This 90-minute class held during the week might just be the perfect fit for you! Regardless of your age or dance experience, the class will have a blend of music and choreography that is easy to follow. Whether you have danced before or not, this class is accessible to everyone.

If interested please contact the Cunderdin CRC
9635 1784 or email admin@cunderdincrc.net.au



29th June
Thursday
3.30 PM

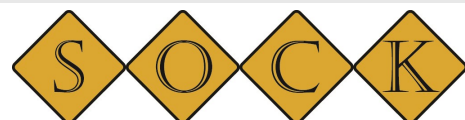


YOUTH CAR SERVICE

Learn how to:

- Oil Change
- Maintenance
- Tyre Change
- Check Engine

An initiative by the



Save Our Country Kids

How to support a friend/client struggling with the cost of living

Sometimes you might not know what to say or how to support a friend/client who is in financial difficulty or struggling with the cost of living. The R U OK? Foundation have put together some tips to help you recognise the signs and have a meaningful conversation to support them.



“Life is expensive”

Working, studying, and socialising on a budget can be challenging, and at times feel impossible. Your friend/client might be struggling with managing their finances for the first time, juggling study and work, having an entry-level income, dealing with inconsistent casual hours, paying rent or trying to balance socialising with prioritising their wellbeing. It’s also becoming increasingly difficult to organise and afford stable, safe housing and that can have a big impact on our wellbeing.

If you think your friend/client might be struggling with money or housing, there are a few things you can do to help.

Spot The Signs

Money troubles can be difficult to talk about, so your friend/client might not feel comfortable bringing it up. But there are signs you can look for that might indicate financial stress.

- **Frequently talking about how expensive things are:** They might not say outright, ‘I’m struggling with money’, but if they are commenting frequently on the expense of groceries, bills, everyday items, events and/or their income it might be a sign they’re having money worries.
- **Hesitant to socialise:** They love hanging out but lately they’ve been declining or not showing up to social events. They could be too scared to tell you why they can’t come, so avoiding events might be their way of managing money.
- **Awkward or argumentative when money is mentioned:** Maybe they’re silent when you and your friends are talking about money/finances, or defensive if you ask them directly how they afford things.
- **Low mood:** Ongoing financial stress might cause a sudden and sustained change in mood, such as feeling down, negative talk or low energy.
- **Overusing credit:** Do they often use credit cards or other buy-now-pay-later mechanisms? It doesn’t always mean they’re having trouble with money, but it might be helpful to check in.
- **Obsessing about making more money:** Are they always talking about ways that they could make more money? Are they taking on too much paid work that leaves them exhausted and with time for nothing else?

What To Say & Do

It can be hard to know what to say or how to support when a friend/client is worried about money. We’ve put together some tips to help you!

Check in: If you notice signs your friend/client isn’t OK, simply asking how they’re doing and starting a conversation is a great first step. You can follow our four steps to having an R U OK? conversation.

Listen: If they’re ready to talk about it, let them share and listen carefully. It might be tempting to offer money or pay for them (if you’re able to) to ‘fix’ the problem. But this isn’t the solution. They will get a lot more out of having you listen to them and talking through solutions together.

Suggest budget friendly hangouts: Socialising every weekend can get expensive, but it doesn’t have to be! Try free activities like; heading to the beach, going for a walk, local free events, movie night in, BBQ in a mate’s backyard, and the list goes on.

Share resources: There are loads of cool articles, apps and videos out there to help set budgets, track spending and manage money. Your friend might not know they exist, so sharing these tools can help them feel in control of their finances. Check out ‘helpful resources’ below.

Encourage them to seek professional help: Remember, you don’t have to have all the answers or get to the bottom of their money stress. Let them know that you want to support them, but you think it might be helpful for them to chat to a professional (such as a free psychologist through school/uni, a financial counsellor or a helpline) to get advice and strategies on how to manage their challenges



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- *We clean boats, caravans, motor homes. We've even cleaned the interior of a D8 bulldozer!*

"Oh, my goodness, Lundy Ave is shiny as a new pin! And the toilet is amazing!! Thank you so much - it's an absolute delight!"

Alison Harris - Cunderdin

Anita Marzocchi

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Warrior Wellbeing Article
Understanding Anxiety

Anxiety is an umbrella term for feelings of fear, nervousness, apprehensiveness or worry such as negative thoughts and seeing potential threats where they don't exist. Everybody gets anxious at times and some anxiety helps us to function well. But anxiety can become a problem when:

- It happens too often;
- It goes on for a long time;
- It stops us from doing things that we want to do.

Symptoms can be *psychological* (frequently feeling worried, tired, irritable and weepy with difficulty concentrating) and/or *physical* (including rapid breathing, rising blood pressure and pounding heart, a sense of restlessness or feeling on edge, muscle tension, sleep disturbance and nausea/sickness).

There is no single cause for anxiety but there are several factors that may contribute to its development:

- Brain Chemistry - most strongly implicated here are imbalances of serotonin and dopamine that regulate thought and feeling - makes for feeling depressed and anxious;
- Heredity - anxiety disorders run in families. Children are at higher risk if parents have an anxiety disorder;
- Life Experiences - any distressing or traumatic experience may be grounds for developing anxiety. Exhaustion and certain medications can also be triggers for anxiety;
- Drug Use - stimulant drugs like amphetamines and caffeine can trigger anxiety. Prolonged amphetamine use can cause feelings of panic and anxiety that last for years after the drug is stopped.

Some tips that may help you deal with your anxiety include:

- Self-awareness - identify the symptoms early. Ask yourself what is making me feel this way? You may be able to change the anxiety-making circumstances but if not, you can deal with it better if you acknowledge it;
- Interpret it positively - anxious about a situation? Instead of viewing it as threatening put a positive interpretation which will reduce the anxiety to a more manageable level;
- A little anxiety is a good thing - too much is damaging but too little can mean you may not perform to your best ability. View anxiety as a resource you can manage;
- Diet - the gut flora can get out of balance i.e. use more probiotics and omega-3 foods. Research has shown maintaining a balanced diet can reduce anxiety symptoms;
- Exercise - boosts levels of vital brain chemicals like serotonin, dopamine and norepinephrine that may reduce stress and anxiety;
- Relaxation and meditation programs – can help reduce stress, anxiety and depression. You can find many resources for these online; i.e. progressive muscle relaxation;
- Therapy - there are some good programs that are offered by psychologists and counsellors that help to re-program those unhelpful and negative ways of thinking that underpins anxiety.

Situations, or life events, can come from many places including relationship issues, financial burden, physical health, trauma, or just dealing with difficult times (like seasonal conditions). As these situations develop, we need to take steps to reduce anxiety for ourselves and for those close to us. Remember... *before it all gets too much... Talk to a Mate®!*

The Regional Men's Health Initiative
P: (08) 6314 1436
E: menshealth@4blokes.com.au





SHIRE OF
CUNDERDIN

SHIRE SNIPPETS

1 June 2023



News

Community

Public Notices

Events



Shire Number Plates – order now

Looking for a Shire number plate for your vehicle? Shire number plates with the new Shire logo are now available for order. Drop into the Cunderdin CRC and the team will be able to help you with your number plate order.



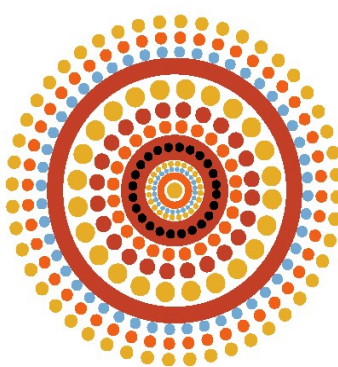
Community Events

Youth Group
Cake Off



23 JUNE 2023

NAIDOC
Celebration



3 JULY 2023

Pink Up Town
Meeting



12 JULY 2023





Verge Rubbish Collection

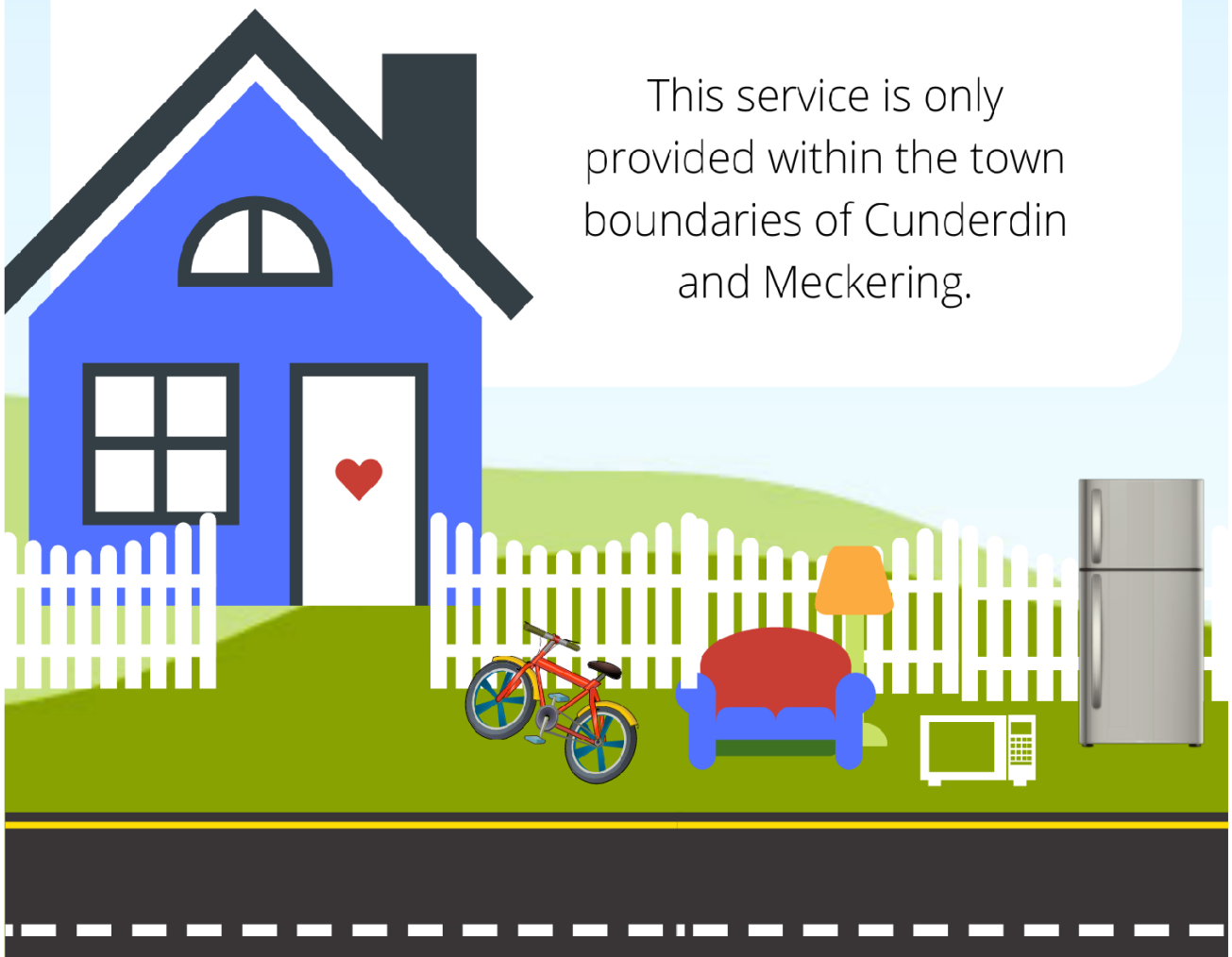
Tuesday 13 June 2023

If you have waste or rubbish that you would like to dispose of, please neatly stack it on the verge for collection.

Please note:

No tyres, oils, paints, broken glass, building rubble, asbestos, hazardous waste, chemicals or branches (longer than 2m) will be collected.

This service is only provided within the town boundaries of Cunderdin and Meckering.





We are **HIRING** join our team

General Hand/Plant Operator

Trainee Gardener

For more information visit:
www.cunderdin.wa.gov.au/employment



Road Safety Week

The Shire of Cunderdin would like to thank everyone who assisted and took part in our Road Safety events! It was great to see so many young faces dressed in fluro walking to school...and eating pancakes! Thank you to the Cunderdin Police who joined the youth in their walk to school - it is always the highlight for the younger children. A massive shout out to Courtney from the CRC - who helped cook about 180 pancakes at CDHS! Thank you to our Cunderdin Youth Council for helping on the day serving pancakes - you did a fantastic job.

Also a big thank you to the Cunderdin College of Agriculture and our lovely volunteers who helped with the construction and painting of our 'road safety sheep'. Feedback from the community was very positive and it was lovely to see such bright sheep around both towns.

Thank you to Cliff who joined and ran our Road Safety Seniors Cuppa session. Congratulations to all the winners of the gift vouchers.

And finally a thank you to our grant provider, Road Safety Commission & RAC, who made all of these activities possible.



PINK UP *our towns*

The Pink Up Our Town Group are planning some wonderful fundraising events and activities to be held during the month of October. Our aim is to pink up our towns in recognition of the impact breast cancer has on individual lives, families and our community as a whole.

Do you want to help but are time poor? Not too worry, there are some other ways in which you can assist!

Donate a bra

Drop your pink or white bra into the donation tub at the Cunderdin CRC.



Share your journey or story

We are looking for community members to share their story or journey with breast cancer. If you or anyone you know has been affected by breast cancer, share how this has impacted you, your family, your friends or community.

Sharing can be any form of video; written or audio - talk to Courtney at the CRC for more information!

You are welcome to submit your story anonymously.



Donate craft:

We would like to yarn bomb trees within town...but will need a lot of pink craft and materials:

- pink wool
- pink granny squares
- pink pom-poms
- pink craft flowers

All donations can be dropped into the pink tubs at the Cunderdin CRC

Join our group

Next meeting: 12 June 2023

Venue: Cunderdin CRC

Time: 6 pm

Everyone welcome, no previous events or committee experience needed. We are just a group of people who would like to increase breast cancer awareness.

More event details will be advertised soon!

For more information contact Courtney at the CRC or Liezl at the Shire



BreastScreen WA

coming soon to

Cunderdin

Women aged 40 years and over, make your appointment now for a **FREE** screening mammogram.

06/06/2023 - 12/06/2023

(Dates may be subject to change)

Bookings open now!
phone 13 20 50



BreastScreen WA's mobile will be located at:

**Cunderdin Health Centre,
55 Lundy Avenue**



Book your free screening mammogram online
www.breastscreen.health.wa.gov.au
or phone 13 20 50



Public Notice – Unrestricted Burning

The Shire of Cunderdin wishes to advise you that as of the 1st of April, we have entered the unrestricted burning period, this period runs from the 1st of April till the 19th of September. Please be mindful of the weather conditions when burning, and ensure you have an adequate water supply. If you could also put a message in your local BFB whatsapp or message the CESM when conducting burns, this will minimise the chance of mobilising crews to controlled burns.



Baarley's Joke Corner

Why were the sheep arrested on the freeway?

Because she did a ewe-turn!

What do you call a flying sheep?

A muttonbird.

Don't forget to subscribe to the online Shire Snippets! It is easy just fill in your details at:
www.cunderdin.wa.gov.au/the-shire/latest-news/newsletter-subscribe.aspx



Shire Information



Administration Open Hours

Open Monday - Friday 8.30am to 4.00pm

Department of Transport and State Library Services are available from the Cunderdin Community Resource Centre located on 57 Main Street, Cunderdin.

Councillors

Shire President:	Alison Harris
Deputy President:	Tony Smith
Councillor:	Natalie Snooke
Councillor:	Todd Harris
Councillor:	Norm Jenzen
Councillor:	Bernie Daly

Staff

CEO:	Stuart Hobley
Deputy CEO:	Hayley Byrnes
Manager of Works	Craig Robertson

Further Information

Contact details for Councillors or staff is available from the Shire of Cunderdin website at: www.cunderdin.wa.gov.au

We encourage you to subscribe to the Shire Snippets or consult the website to keep up to date on Council matters or events.

Restricted Burning Periods

The dates below may change due to seasonal fire conditions in which case the details of the changes will be published locally and on Council's website.

Permits available from:
Shire Administration Office
Chief Bush Fire Control Officer:
Ashley Burges
Deputy Bush Fire Control Officer:
David Beard

OPEN BURNING PERIOD
01 April - 4 October 2023
NO PERMITS REQUIRED

RESTRICTED BURNING PERIOD
4 October - 1 November 2023
PERMITS REQUIRED

PROHIBITED BURNING PERIOD
2 November 2023 - 14 February 2024
BURNING PROHIBITED

RESTRICTED BURNING PERIOD
15 February - 31 March 2024
PERMITS REQUIRED

Waste Transfer Stations

MECKERING TRANSFER STATION

Opening Hours:

Wednesday: 11:00am-5:00pm

Saturday: 11:00am-5:00pm

Sunday: 11:00am-5:00pm

CUNDERDIN TRANSFER STATION

Opening Hours:

Wednesday: 09:00am-5:00pm

Saturday: 09:00am-5:00pm

Sunday: 11:00am-5:00pm



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You will be working on assembling hydraulics and PTO systems used in tippers

HD MECHANICS

You will be responsible for repairing road transport equipment along with site base machinery.

You will be involved in maintenance of braking systems including ABS/EBS system

SPRAY PAINTERS

You will be responsible for prepping surfaces for paint application, mix and colour match paints to meet the requirements of the job.

You will spray paint and sand blast equipment and brush touch, paint/blend any defective areas of coated items.

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E: hr@brucerockengineering.com.au

P: (08) 6169 1688

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current vacancies
and apply online.



BOB DAVEY

Real Estate

CUNDERDIN			BLOCK SIZE
125 Main	\$245,000	3x1 plus 4 th bedroom/family /games plus enclosed patio, separate lounge, kitchen/dining, shed with power concrete floor, carport, split reverse aircons throughout, solar panels recently installed,	893sqm
22 Lundy	<u>U/OFFER</u>	3x1 hallway separate lounge, kitchen with new kitchen, dining room, evap duct aircon, split aircon in lounge, front porch, full length back patio, double carport, shed, fully fenced ,deep sewer block	1012sqm
96 Mitchell	\$245,000	3x1 spacious lounge, kitchen/dining, duct aircon, split reverse in lounge, tile fire, solar hws, front verandah, back patio, bbq area, separate built room for extra accommodation, double garage, carport	2000sqm
24 Hodgson	<u>\$159,000</u>	3x1 kitchen/dining office lounge/family room new colourbond garage with three roller doors solar panels solar hws patio g/shed fenced	1012sqm
3 Olympic	<u>U/OFFER</u>	4x1 Home kitchen/dining/lounge open living, solar panels, solar hws, duct aircon, plus split reverse aircon, carport, garage, fully fenced	1012sqm
12860 Great East Hwy	<u>U/OFFER</u>	Spacious Home 3x1 kitchen ample cupboards, dining/lounge plus granny flat/office suit home business hwy frontage high brick fence ZONED SERVICE COMMERCIAL	2024sqm
28 Lundy	\$239,000	Spacious Home 3x1 kitchen/dining office theatre room aircon two driveways 4 car carport workshop garage bbq area rainwater tanks	1012sqm
1 Olympic	<u>U/OFFER</u>	3x1 revamp kitchen and bathroom colourbond roof & exterior walls back yard blank canvas to put in workshop double garage	1012sqm
9 Olympic	\$245,000	3x1 kitchen/dining/lounge, cooktop/wall oven, new carpets in 3 bedrooms with aircons, family room with concrete floor/wood fire/ceiling fan, front/back porch, carport, ,garden sheds, lots paving	1012sqm
2 Johnston MECKERING	\$40,000	Block fully fenced, power, water, passing block.	2000sqm
31 Dreyer TAMMIN	\$35,000	Block power water passing block	2000sqm
14 Cubbine CUNDERDIN	\$70,000	Block power water passing block, owner will remove rumble	1600sqm

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Sporting Events:

Football & Netball:

Cunderdin vs Quairading - Sunday 4th June

Federals vs Cunderdin - Sunday 11th June

Hockey:

3rd June

Meckering vs Cunderdin

Tammin - bye

10th June

(F) Kellerberrin vs Meckering

Cunderdin vs Tammin

Nippers:

Cunderdin vs Quairading - Sunday 4th June



Hockey results Round 6:

Kellerberrin vs Cunderdin 1 - 4

Quairading vs Tammin 2 - 0



Cunderdin Football and Netball Club Round 7 results

Coming fresh off a bye we came home from York with 2/3 wins.

Reserves boys had an inaccurate start to the game kicking 6 points before their first goal but finally found some rhythm and got some goals on the board with Jedd Reynolds kicking 10 and the young blokes showing us how to do it again. Boys had a solid 126 point win.

Awards:

AF Irving & Co- Mason Sullivan

Afgri- Jedd Reynolds

Goodfield's Quality Meats- Angus Webster TRF Haulage (players)- Kade Smith

Netball girls had a hard fought game against a quality York side, but unfortunately couldn't get the job done going down by 10 points.

Bailiwick Legal- Maddi Corsini

Elders/Farmways - Sophie Rogers

League had a solid team win with everyone doing their job. Was a great display of football which resulted in a 121 point win!

Awards:

DKT Cunderdin- Kaidyn Fullgrabe

Kamballie Merino Stud- Zak Meloncelli

Spreadmaster- Jarrod Kayler-Thomson

Viterra- Josh Palette

Fuller Bros (players)- Blake Johnson

Thanks to all our sponsors and volunteers!!



FROM THE RED TEES

Ladies Wednesday Golf - 18 Hole and 9 Hole Competitions

Captain - Julie Mussared ** Vice-Captain – Carol Bridge

Wednesday 17th May – Nancy Denton Trophy – Stroke and 1st Putting (12 players)

Nett Winner	18 Holes	Corrina Baxter	83
Nett Winner	9 Holes	Helen Darmody	31
Putting Winner	18 Holes	Marilyn and Corrina	32
Putting Winner	9 Holes	Vicki Quinn	17

Best 2nd Shot No 3: Marilyn Scarlett, Longest Putt No 7: Marilyn Scarlett, Longest Drive No 12: Corrina Baxter, NTP No 16: Christine Fulwood.

Wednesday 24th May – Kit Beard Memorial Trophy – Stab (13 players)

Nett Winner	18 Holes	Sandy Thomson	40pts
Nett Winner	9 Holes	Christine Fulwood	17pts c/b

NTP No 2: Julie Mussared, Best 2nd Shot No 5: Marilyn Scarlett, Longest Drive No 8: Christine Fulwood, Best 3rd Shot No 15: Marilyn Scarlett.

Coming Events

Wednesday 7th June - Karen Jasper Trophy (Stab)

Wednesday 14th June– Corrina Baxter Trophy - 1st Round of Championships (Stroke)



Men's Golf Notes

Weekend Men's Golf – 18 Hole Competition 1pm Hit Off (Names in by 12.45)

Saturday 20th May – Thornton Partners Trophy (16 Players)

Nett Winner	Tony Dean	44 pts
Nett Runner-Up	Ben Elliott	39 pts
Gross Winner	Rowan Fulwood	30 pts

NTP No.4: Mark Sullivan, NTP No.11: Adam Whisson, Longest In No.18: Rod Quinn.

Birdie Pool: No. 6 Kane Corsini

Saturday 27th May – Donovan Engineering Trophy (8 Players)

Nett Winner	Mark Sullivan	37 pts
Nett R/Up	Victor Bridge	35 pts
Gross Winner	Rowan Fulwood	28 pts

NTP No.4: Stuart Mussared, NTP No.11: Mark Sullivan, NTP No.16: Mark Sullivan

Birdie Pool: No.15 Rowan Fulwood

Coming Events

Saturday 3rd June – Spreadmaster Trophy with Quairading @ Cunderdin – 4BBB

Saturday 10th June - RSM Championship Mixed Foursomes - Stroke

Saturday 17th June - Presidents Trophy - Talk to a mate

Quiz Eight

1. From which country did the United States purchase Alaska in 1867?

Mexico Canada Spain Russia

2. Which of these is the maximum amount that something can contain?

Capacity Volume Density Area

3. What is a motorway called in France?

Autoroute Freeway Autobahn Interstate

4. What is the name of the largest island to the northwest of Iceland?

New Zealand Greenland Redland Switzerland

5. Which country's flag is all red except for five stars?

Brazil Canada China Egypt

6. What kind of creature is a hake?

Fish Bird Rodent Insect

7. What does the "A" stand for in the military abbreviation AWOL?

Attack Armed Accurate Absent

8. A sou'wester is a type of what?

Hat Cat Bat Mat

9. Which of these nursery rhyme characters is described as "old"?

Bo Peep King Cole Boy Blue Miss Muffet

10. Which country lies entirely outside the Arctic Circle?

United States Canada Iceland Austria

11. In mythology, who sailed with Jason to fetch the Golden Fleece?

Dreadnoughts Cosmonauts Astronauts Argonauts

12. Which sea did the Israelites cross on escaping from Egypt?

Red Black Caspian Dead

13. Who is one of the suspects in the board game Clue?

Major Marjoram Captain Cumin Colonel Mustard Brigadier Basil

14. What is the name of the male part of a flower?

Carpel Stamen Stigma Stem

15. The code in The Matrix comes from what food recipe?

Sushi Dumplings Stir-fry Pad Thai

Answers on page 40

PUZZLES

Winter Word Search

S	L	D	B	S	T	E	L	R	F	S	A	E	S
E	L	Z	O	I	C	I	C	L	E	C	A	K	F
D	E	F	O	A	E	A	E	K	D	Z	R	A	R
C	R	F	T	Y	L	L	I	H	C	F	J	L	O
F	S	A	S	M	I	T	T	E	N	S	A	F	S
R	W	R	Z	F	L	A	N	N	E	L	C	W	T
A	E	E	N	Z	N	A	N	C	F	E	K	O	Y
C	A	T	E	E	I	E	E	O	L	C	E	N	O
S	T	N	F	O	Z	L	L	L	N	R	T	S	W
A	E	I	B	O	Y	O	B	D	K	Z	E	O	E
L	R	W	R	A	E	E	A	R	M	U	F	F	S
A	T	F	Z	A	F	R	F	D	E	L	S	E	S
H	A	A	L	C	F	I	R	E	P	L	A	C	E
A	R	T	I	C	N	B	L	A	N	K	E	T	O

COLD
BOOTS
FROZEN
FIREPLACE
BLIZZARD

SNOWFLAKE
EARMUFFS
CHILLY
BLANKET
MITTENS

ARTIC
ICICLE
SWEATER
FLANNEL
SCARF

FROSTY
JACKET
SLED
WINTER

Think IT Think	$\frac{WALK}{H_2O}$	VAD ERS
Mind ^{ur} Mind ^{ur} Mind ^{ur}	KEEP <i>smiling</i>	$\frac{IT}{+ IT}$?

How many squares are there?



Happy birthday!

5th June	Brody Moore
6th June	Tiarn Skinner
11th June	Kaitlin Sheminant
12th June	Ken Baxter
16th June	Cameron Snooke
17th June	Leanne Priestman
20th June	Amanda Godfrey
	Jocelyn Elliot
24th June	Emma Elliot
	Jose Catilo

Email your birthday to bandicoot@cunderdincrc.net.au



Dr Andrea Roberts BVMS, PO Box 543 MERREDIN WA 6415 Ph:0428212945 ABN23036138418

Cunderdin Tammin Mobile Vet Visiting Dates 2023

Tuesday 27th June, Tuesday 26th July

Please contact Dr Andrea Roberts on 0428212945 for booking via text or phone call.

Appointments for your pets and livestock right to your front door.

Cream of chicken soup

30m prep | 1h 30m cook | 4 servings ★★★★★



Ingredients:

- 2 cups Massel chicken style liquid stock
- 3 (900g) chicken marylands, skin removed
- 1 large brown onion, chopped
- 2 celery stalks, chopped
- 1 medium leek, trimmed, halved, washed, chopped
- 50g butter
- 1/3 cup plain flour
- 1/2 cup pure cream

Method:

Step 1

Place 3 1/2 cups cold water stock, chicken, onion, celery and leek in a large saucepan over medium to high heat. Bring to the boil. Reduce heat to medium to low. Simmer, covered, for 1 hour. Transfer chicken to a bowl. Cool slightly. Remove and discard bones. Shred meat. Set aside. Strain stock mixture into a large heatproof jug. Discard solids.

Step 2

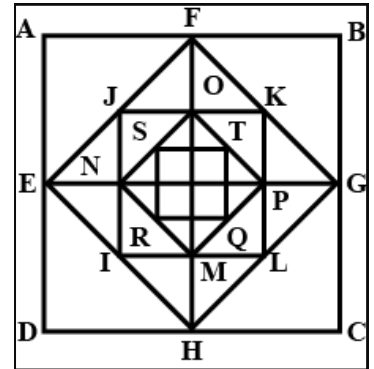
Melt butter in pan over medium-high heat. Add flour. Cook, stirring, for 1 minute or until bubbling. Gradually stir in stock mixture and cream. Cover and bring to the boil. Reduce heat to medium. Add chicken. Cook, stirring occasionally, for 15 minutes or until soup thickens slightly. Season with salt and pepper. Sprinkle with parsley. Serve.

Answers



Issue 8 Quiz Answers

1. Russia
2. Capacity
3. Autoroute
4. Greenland
5. China
6. Fish
7. Absent
8. Hat
9. King Cole
10. Austria
11. Argonauts
12. Red
13. Colonel Mustard
14. Stamen
15. Sushi



Bamboozle:

1. Think Twice About It
2. Walk on Water
3. Space Invaders
4. You Are Always on my Mind
5. Keep on Smiling
6. It Doesn't Add Up

How many squares are there?

Answer: 17

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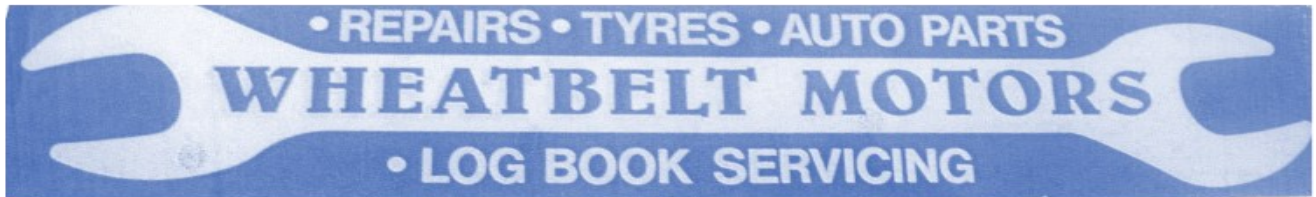
Domestic / Commercial / Industrial

George Argent
EC: 9302

Phone: 0438 589 802
Email: argentelectrical@bigpond.com

Cunderdin and surrounding districts

COMMUNITY CLASSIFIEDS



John, Gienia & Damian Fissioli

49 Main Street

Cunderdin 6407

Email: countryford@wn.com.au

Ph: 9635 1203

Mobile: 0409 889 979

A/Hours: 9635 1384

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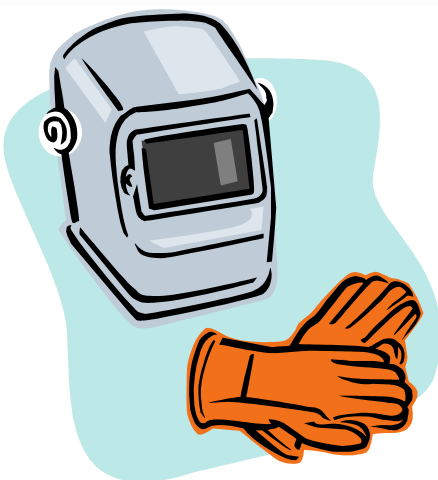
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Monday – Friday : 9.00am – 5.30pm

Saturday : 9.00am – 12.00pm

CLOSED on Sundays and Public Holidays

 08 9635 1497

 08 9635 1929

 cunderdinpharmacy@westnet.com.au

 facebook.com/cunderdinpharmacy

EC 010402

AMJ INDUSTRIES
ELECTRICAL WORKS

Tony Jasper

22 Bedford St, Cunderdin, W.A

Phone: 9635 1322

Fax: 9635 1344

Email: amjindustries@mail.com

A.B.N. 50 582 506 765



**MASTER
ELECTRICIANS
MEMBER**

Influenza vaccinations are free for everyone aged over 6 months during the month of May

COVID AND INFLUENZA VACCINATIONS CAN BE GIVEN AT THE SAME APPOINTMENT


Phone 96351352 to book an appointment or head to our new HotDoc appointment booking app

COVID Boosters Still Available

ATAGI recommends a booster dose for adults 65 years and over or adults aged 18-64 years who have medical needs that increase their risk of severe COVID-19 if their last COVID-19 vaccine dose or confirmed infection (whichever is the most recent) was 6 months ago or longer. We now have the Bivalent COVID-19 Pfizer vaccination for those adults needing a booster. This offers protection against the Omicron variant.

Opening Hours

Monday – Wednesday 9am – 12.30pm and 1.30pm to 5pm, Thursday 9am to 1pm



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ATTENTION
PEOPLE WITH HEEL AND ARCH PAIN

Plantar Fasciitis (planar heel pain) is a common condition that causes pain under the heel of the foot, and may extend into the arch area.

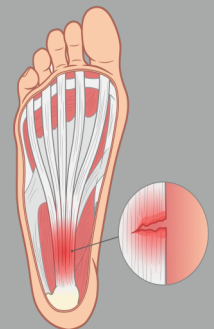
WHAT ARE THE SYMPTOMS?
 The pain under the heel is worse when the person first steps out of bed in the mornings, or after sitting for long periods of time. It is relieved after walking about for a few minutes, then returns towards the end of the day. Resting will ease the pain, until you get up again.

WHAT IS THE CAUSE?
 The exact cause of plantar heel pain is unknown, but we do know this is a degenerative process in which micro tears occur within the plantar fascia. Several risk factors including over-pronation (rolling inwards of foot), tight calf muscles and long periods of standing/walking hard floors have been well established.

TREATMENT
 Some of the more common treatments we offer are:

- Custom foot orthotics
- Corticosteroid injection
- Dry-needling
- Rehabilitation

WHY SEE WA FOOT CLINICS?
 Plantar heel pain is a complex issue and treatment varies depending on the cause. At WA Foot Clinics we have Podiatrists that are highly trained foot professionals who see and treat heel pain on a daily basis.



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Shire of Cunderdin Defibrillator Locations:

- Cunderdin sports & Recreation Centre
 - Cunderdin Swimming Pool
 - Cunderdin Co-operative
 - Cunderdin Men's Shed
 - Cunderdin Museum
 - Cunderdin District High School **+24 Hours**
 - Cunderdin Water Corporation
 - Cunderdin St John Sub Centre **+24 Hours**
 - Cunderdin Seed Cleaners
 - Cunderdin CBH Weigh Bridge **+24 Hours**
 - Cunderdin Police Mobile Unit
 - Cunderdin Ag College **+24 Hours**
 - Cunderdin Gliding Club
- Meckering**
- Meckering Sporting Club
 - Meckering Roadhouse
 - Meckering Primary School
 - Meckering Men's Shed
- Tammin**
- Tammin Shire Office



EMERGENCY
DEFIBRILLATOR



AED

****Information updated from first responders App provided by St John**

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Shane Murray
0417 256 852

Cunderdin Office
(Central East)

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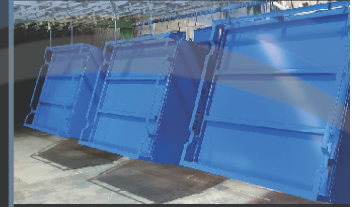
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BANDICOOT NOTICES

Date & Issue	Proof Reading (2 People) 11.00am Tuesday	Despatch & Collection 9am Thursday
Issue 9	Pam Jones & Helen Mussared <i>13th June</i>	Nicole Taylor <i>15th June</i>
Issue 10	Jane & Kate Dodsworth <i>27th June</i>	TBA <i>29th June</i>
—	<i>School Holidays</i>	—
Issue 11	<i>Les Rogers & Marion Scaddan 25th July</i>	<i>Julie Mussared 27th July</i>

Bandicoot Deadlines 2023

Issue	Deadline Friday	Publication Day Thursday
Issue 9	9th June	15th June
Issue 10	23rd June	29th June
School Holidays		
Issue 11	21st July	27th July
Issue 12	4th August	10th August

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Any article which maybe considered controversial must have the authors full name supplied/printed, any photographs being placed in the Bandicoot must have the photographers permission, if photographer requests to be acknowledged in the Bandicoot the Editor must be notified (due to copyright infringement laws).

Any pricing or pricing agreements can be reviewed at the discretion of The Bandicoot Express & the Committee of the Cunderdin Resource Centre, with notification to our advertisers and subscribers as soon as possible after the review has been made.

Any alterations to advertisements made by the editor, at the authors request, will incur a secretarial fee.

Ph: 9635 1784, Email: bandicoot@cunderdincrc.net.au



COMMUNITY NOTICES

Cunderdin Community Mission & Opportunity Shop

The Op Shop is again taking donations of clothes and shoes in GOOD CONDITION

"If you would give it to a mate, it is good to donate"

02/06/2023	<i>Verna Cunnold</i>	<i>Kerry Skelcher</i>	<i>Marion Evans</i>
03/06/2023	<i>Ann Millea</i>	<i>Pauline Boyd</i>	<i>Barb Davidson</i>
09/06/2023	<i>Daphine Skinner</i>	<i>Liz King</i>	
10/06/2023	<i>Kay Maxwelll</i>	<i>Heather Matthews</i>	<i>Floss Gibsone</i>

Friday and Saturdays 9.30am –12pm, Corner of Bedford and Pemberton St, Cunderdin

If you are unable to do your rostered shift please try and swap or phone extra helpers:

Kerry Cooper (Saturdays Only), Leanne Bell, Cathy Winterswyk

FURNITURE COMMITTEE: John Denton 9635 1074.

MISSION SHOP CONTACT: Jan Jasper - 0488053719

Cunderdin UNITING CHURCH

8.30 am—All Welcome

Morning Tea after every service

- 1st Sunday of the month - Michelle Diver
 - 2nd Sunday of the month - A. Jones & Jan Whisson
 - 3rd Sunday of the month - Alan Carter
 - 4th Sunday of the month - Music service
 - 5th Sunday of the month -
- Joined with Meckering -No service in Cunderdin

HOLY CROSS PARISH

Date/Time	Offertory	Reading	Cleaning (C) & Set Up (S)
4th June Sunday 10am	TBC	H Mico	Catilo Family
11th June	---	No Service	-----
18th June Sunday 10am	TBC	J Mussared	(C) L Caneda (S) J Mussared
25th June	---	No Service	-----
2nd July Sunday 10am	TBC	L Morrell	L Morrell

CHRISTIAN FELLOWSHIP BIBLE STUDY MEAL

WHEN
Thursdays
6:30pm

WHERE
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Building

3 GabbedyPlace Meckering 6405
Contact: 0400175198

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CUNDERDIN CRC TRANSWA TICKETING AGENTS

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Ph: 9635 1784

Book Today



57 Main Street, Cunderdin WA 6407

JUSTICE OF THE PEACE

MECKERING

Caroline Whitelock - 0421 630 450

CUNDERDIN

Craige Buegge - 9635 1341

Peter Darmody - 0418 958 086

Clive Gibsone - 0409 290 786

Alec Fissioli - 0477 455 008

Alison Harris - 0427 362 030



Cunderdin Police encourage all local businesses to regularly check their security cameras are in good working order. Footage from these can be extremely helpful in police investigations.

Things to check regularly:

- Cameras are recording and saving footage
- Cameras are appropriately positioned
- Footage is able to be downloaded
- Team members are able to access footage

To find out more about CCTV footage and how you can register your cameras with police, go to: <https://cam-mapwa.police.wa.gov.au/>

Thank you for your help in keeping our community safe.



*A reader lives a
thousand lives
before he dies. The man who
never reads
lives only one.*



EVENTS CALENDAR ~ 2023

JUNE

3RD: MEN'S GOLF -SPREADMASTER TROPHY

4TH: KELLERBERRIN CUP@12PM KELLERBERRIN RACE TRACK

5TH: WESTERN AUSTRALIA DAY

6TH: BREASTSCREEN BUS @CUNDERDIN HEALTH CENTRE

7TH: FREE KICK @CUNDERDIN OVAL 5.30PM

7TH: LADIES GOLF: KAREN JASPER TROPHY

8TH: OPTOMETRIST ON CALL

12TH: PINK UP OUR TOWNS MEETING @6PM CUNDERDIN CRC

14TH: FREE KICK @CUNDERDIN OVAL 5.30PM

14TH: LADIES GOLF: CORRINA BAXTER TROPHY

17TH: MENS GOLF - PRESIDENTS TROPHY - TALK TO A MATE

19TH: TALES FOR TOTS @CRC 10AM

21ST: FREE KICK @CUNDERDIN OVAL 5.30PM

28TH: FREE KICK @CUNDERDIN OVAL 5.30PM

29TH: SAVE OUR COUNRTY KIDS CAR SERVICE @ CUNDERDIN CRC 3.30PM

JULY

1ST: SCHOOL HOLIDAYS

1ST: CHRISTMAS IN JULY @ 6PM MECKERING SPORTING CLUB

10TH: THE POWER OF PINK KNITTING WORKSHOP @ 10AM CUNDERDIN CRC

11TH: ROAMING GNOMES PAINTING WORKSHOP @ 10AM CUNDERDIN CRC

HAPPENING EVERY WEEK:

TUESDAY: CUNDERDIN MENS SHED

TUESDAY: CONTAINERS FOR CHANGE (11:30AM TO 12:30PM)

TUESDAY: CUNDERDIN PATCHWORKERS (FROM 10:30AM @ MUSEUM)

WEDNESDAY: CUNDERDIN DISTRICT SPINNERS

WEDNESDAY: WEDNESDAY ACTIVITY GROUP (WAGS)


FRIDAY/SATURDAY: CUNDERDIN MISSION SHOP OPEN (9:30AM - 12PM)

**TO ADD YOUR EVENT TO OUR COMMUNITY CALENDAR AND UP COMING
EVENTS BOARD EMAIL: BANDICOOT@CUNDERDINCRC.NET.AU**

ORGANISATIONS IN OUR SHIRE

Bush Fire Brigade Captain Cunderdin: Adam Whisson Captain Ygnattering: Digby Willmott Captain Meckering/Chief Bush Fire Control Officer: Ashley Burges - 0428 251 236	Cunderdin Men's Shed Inc. President: Bernard Daly - 0488 079 334 Secretary: Tony Smith - 0487 316 448 9:00 am – Tuesday @ Museum Workshop	Meckering Ladies Hockey Club President: Rowie Snooke – 0417 881 710 Meg Reynolds – 0447 805 261
Catholic Church Contact: Julie Mussared - 0429 635 119 E: mussareds2@bigpond.com	Cunderdin Museum Manager: Michelle Samson - 9635 1291 2nd Tuesday 6pm	Meckering Men's Shed President: David Foord - 96251119 Secretary: Brenton Bain - 9625 1000
Child & Community Health Clinic (Serving Cunderdin, Meckering, Tammin) Cunderdin Health Centre, 55 Lundy Ave. Contact Nurse Donna Jasper - 9635 2216 for appts.	Cunderdin Nippers President: Mash Jasper Vice President: Jason Dumbrell Secretary: Lara Morrell	Meckering Playgroup President: Nat Mackin - 0433 748 492 Secretary: Em Fulwood - 0448 326 211 Monday 9.30am @ Meckering Primary School
Cunderdin 100 Mile Club Inc. President: Troy Boromini - 0401 176 167 1st Wed of the Month @ 5:30pm New members welcomed	Cunderdin Patchworkers Meet every Tuesday at the Museum	Meckering Primary School P & C Chantelle Leeson 0428 924 049 Meckering Primary School
Cunderdin Basketball Association President: Cody Fulwood - 0439 962 512 Secretary: A-J Williams - 0400 342 225	Cunderdin Playgroup President: Shanade Farrar Secretary: Sophie Rogers Every Monday of the school term	Meckering Sporting Club President: Jeff Snooke - 0407 251 379 Sec/Treas: Sharon Reynolds - 9625 1301
Cunderdin Bowling Club President: Clive Gibsone Secretary: Vic Bridge Treasurer: Jan Harvey	Cunderdin RSL President: Graham Cooper - 9635 1443 Secretary: Norm Harvey	Meckering Tennis Club President: Neil Carter - 0428 251 207 Captain: Louise Snooke 0418 960 088
Cunderdin Christian Fellowship Sunday 10am @ CWA Hall Contact: John O'Hare - 9635 3233	Cunderdin Sports and Recreation Centre Manager: Laurise Wilson Ph: 9635 1155	Meckering Trinity Church Available for special occasions. Anglican - Di Kelly (0429 910 342), Uniting - Sandie Laird (0428 251 122), Roman Catholic - Aimee Leeson (0409 278 015),
Cunderdin Community Mission Shop: Open Fri & Sat 9.30 – 12 noon @ Uniting Church Hall President: Mrs Les Rogers Secretary: Mrs Jan Jasper 0488 053 719	Cunderdin Tennis Club President: Adam Whisson Email: cunderdintennisclub@gmail.com	Reed Cunderdin Supervising Coordinator: Robyn Stanik Tuesday - Friday 7.45am - 5.15pm
Cunderdin District High School P & C President: Sandrine Pasfield Secretary: Jamie Tindal cunderdindhspandc@gmail.com	Cunderdin Women's Hockey Club President: Hannah Davey Secretary: Ashlei Otway - 0408 544 886 Email: cunderdinhockeyclub@outlook.com	Shire of Cunderdin: Monthly meeting 3 rd Thursday @ Council Chambers' President: Alison Harris CEO: Stuart Hobley Contact No: 9635 2700
Cunderdin District Spinners & Crafting Group Contact: Ms Daphne Skinner - 0474 512 915 Meet on Wednesdays	Cunderdin Volunteer Fire Services Captain: Brandon Skinner Last Monday of the Month @ Fire Station	Shopper Bus Operates Thursday mornings, for HACC recipients only. Contact Cunderdin Hospital 9635 2222
Cunderdin Football / Netball Club President: Jeff Snooke 0407 251 379 Secretary: Tim Fulwood	Lions Club: 1 st Thurs of month at 7.30 pm President: David Godfrey Secretary: Vic Bridge	St John WA, Sub Centre Cunderdin Operating Fridays: 8.30am - 4.30pm Phone: 9635 1600 Email: cunderdin.subcentre@stjohnwa.com.au
Cunderdin Gliding Club: Operate most weekends Cameron McDonald - 0409 683 159	Meals on Wheels Contact: Hospital: 9635 2222	Uniting Church Contact: Alan Carter - 9635 1329
Cunderdin Golf Club President: Darren Jasper - puff@wn.com.au Secretary: Corrina Baxter - cundygolfclub@gmail.com	Meckering Action Group President: Nat Snooke Secretary: Em Fulwood - 0448 326 211 actiongroupmeckering@gmail.com	Wednesday Activity Group (WAGS) For seniors contact the hospital 9635 2222
Cunderdin Gym Aaron Cooper: 0400 793 570 Bernie Daly: 0488 079 334 Axel Thomson: 0408 822 889	Meckering Bowling Club President: Mervyn Burges - 0427 881 778 collingully2@bigpond.com	Have your details changed ? Contact us on: bandicoot@cunderdincrc.net.au 9635 1784
Cunderdin Meckering Clay Target Gun Club President: Chris Chant	Meckering Golf Club Neville Burges - 0427 946 275	
Cunderdin Meckering Cottage Homes President: Ros Coleman Secretary: Julie Mussared 3rd Tue Quarterly @ Museum 5pm	Meckering Ladies Club Cuppa Meckering Sporting Club. Every second and fourth Monday in the month, Between 9am – 11am Contact: Sandie Laird - 0428 251 122	



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SUNDAY 4 JUNE 2023
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