

# SHIRE OF KOJONUP e-NEWS

Edition 239 – 29th of July 2022



**Kojonup showing off her beautiful rainbows.**

*Photo credit to Jenny Clark*

**Did you know the unification of colours on a rainbow is often thought to symbolize equality? The rainbow takes all of the visible colours of light and combines them into one unified symbol to demonstrate community and equality.**



## Ordinary Council Meeting and Council Advisory Committee Meeting Dates – 2022

Council has scheduled its Ordinary Meeting and Advisory Committee Meeting dates for 2022 – please see below for details of place, dates, and times.

### ORDINARY MEETINGS OF COUNCIL 2022 MEETING DATES

Ordinary Meetings of Council for 2022 are scheduled (unless advertised otherwise) to be held in the Shire of Kojonup Council Chambers, 93 Albany Highway, Kojonup commencing at 3.00pm, for the following dates:

- 16 August 2022
- 20 September 2022
- 18 October 2022
- 15 November 2022
- 13 December 2022

### ADVISORY COMMITTEES OF COUNCIL 2022 MEETING DATES

Meetings of Advisory Committees of Council for 2022 are scheduled (unless advertised otherwise) to meet in the Shire of Kojonup Administration Reception Lounge, 93 Albany Highway, Kojonup, as follows:

Audit and Risk Committee (commencing at 9.00am):

- 1 November 2022

Bushfire Advisory Committee (commencing at 07:00pm)

- 9 August 2022

Local Emergency Management Committee (commencing at 09:00am)

- 8 August 2022

### ANNUAL ELECTORS MEETING 2022 MEETING DATES

The meeting will be held at the Kojonup Sporting Complex at 6:00pm.

- 16 August 2022

## Council Briefs & Public Notices – 26 July 2022

**Grant Thompson (CEO)**

### Natural Resource Management Advisory Committee

The unconfirmed minutes of the Natural Resource Management Advisory Committee meeting held on the 24<sup>th</sup> of June 2022 was received.

### Information Statement 2022/2023

2022/2023 Information Statement was adopted and will be published in accordance with the Freedom of Information Act 1992.

### Authorisation of Elected members' attendance at the 2022 WA Local Government Convention and Trade Exhibition

Council authorises the following Elected Members to attend the WA Local Government Association Convention and Trade Exhibition on Monday the 3<sup>rd</sup> and Tuesday the 4<sup>th</sup> of October 2022.

1. Cr Ned Radford
2. Cr Paul Webb
3. Cr Parminder Singh
4. Cr Cindy Wieringa
5. Cr Alan Egerton-Warburton

### Audit and Risk Committee

Council received the minutes from the Audit and Risk Committee meeting held 12 July 2022.

### Annual Report 2020/2021 and Annual Electors Meeting

1. a. The 2020/2021 Annual Report incorporating the Annual Financial Statements was adopted; and b. The Chief Executive Officer forward a copy of this Committee and the Council agenda items to the Minister for Local Government and place them on the Shire website in accordance with Section 7.12A (Duties of local government with respect to audits) of the Local Government Act 1995;

2. The information contained within this report relating to the Asset Renewal Funding Ratio was received; and

3. The matters raised in the Auditor's Management Letter was noted and included in the Committee Status Report of future Audit and Risk Committee agendas. 4. The Annual Electors Meeting be held on Tuesday, 16 August 2022 at the Kojonup Sporting Complex commencing at 6:00pm.

## Great Southern Designated Area Migration Agreement (DAMA)

1. Supports the development of a Great Southern Designated Area Migration Agreement; and
2. Requests the Chief Executive Officer (CEO) to advise the West Australian Local Government Great Southern Country Zone Meeting, by 17 August 2022, of the Shire of Kojonup's intent to participate, subject to:
  - a. Regional Development Australia Great Southern undertaking the role of the Designated Area Representative; and
  - b. A contribution of up to \$10,000 be confirmed as the Shire of Kojonup's contribution with the CEO authorised to commit funding up to this amount.

## Weekly Inspiration

"What lies before us and what lies behind us are small matters compared to what lies within us. And when you bring what is within out into the world, miracles happen."

~Henry David Thoreau



## Regulatory Services - Health:

# Foot-and-mouth disease: What can you do to avoid being part of the FMD problem

[https://www.abc.net.au/news/2022-07-08/foot-and-mouth-disease-on-australias-doorstep/101213006?utm\\_campaign=abc\\_news\\_web&utm\\_content=link&utm\\_medium=content\\_share\\_d&utm\\_source=abc\\_news\\_web](https://www.abc.net.au/news/2022-07-08/foot-and-mouth-disease-on-australias-doorstep/101213006?utm_campaign=abc_news_web&utm_content=link&utm_medium=content_share_d&utm_source=abc_news_web)

### Can I contract FMD?

Unlike hand, foot and mouth disease which can be hugely unpleasant for children, the risk of foot-and-mouth disease to humans is extremely rare and does not result in serious disease.

It is possible for humans to carry the virus in their nose for up to 24 hours, according to the Department of Agriculture, which can lead to onward infection in animals.

The department however assures travellers that FMD is not transmitted to humans through meat.

If a person was to eat a burger in Bali made from a cow infected with FMD, they would not contract the disease.

### What about travelling from other countries?

It is believed FMD spread into Indonesia via goats smuggled in from Malaysia.

The Australian government's focus remains on the specific threat of the disease arriving in Australia from Indonesia and is working with authorities there to limit the spread.

There are not presently FMD concerns for travellers arriving to Australia from other countries.

If the disease spreads internationally — or arrives here — Australians could quickly be faced with a changed set of trade and travel circumstances.

### Honesty at the border

As surveillance and biosecurity measures continue to be ramped up, returning travellers — particularly those flying from Indonesia— are being asked to take incoming passenger cards seriously.

**"Nobody wants to be the one that brings it in,"** president of the National Farmers Federation president Fiona Simson told ABC Radio.

She implored travellers to be honest about where they had travelled to and what sort of contact or exposure they might have had with livestock.

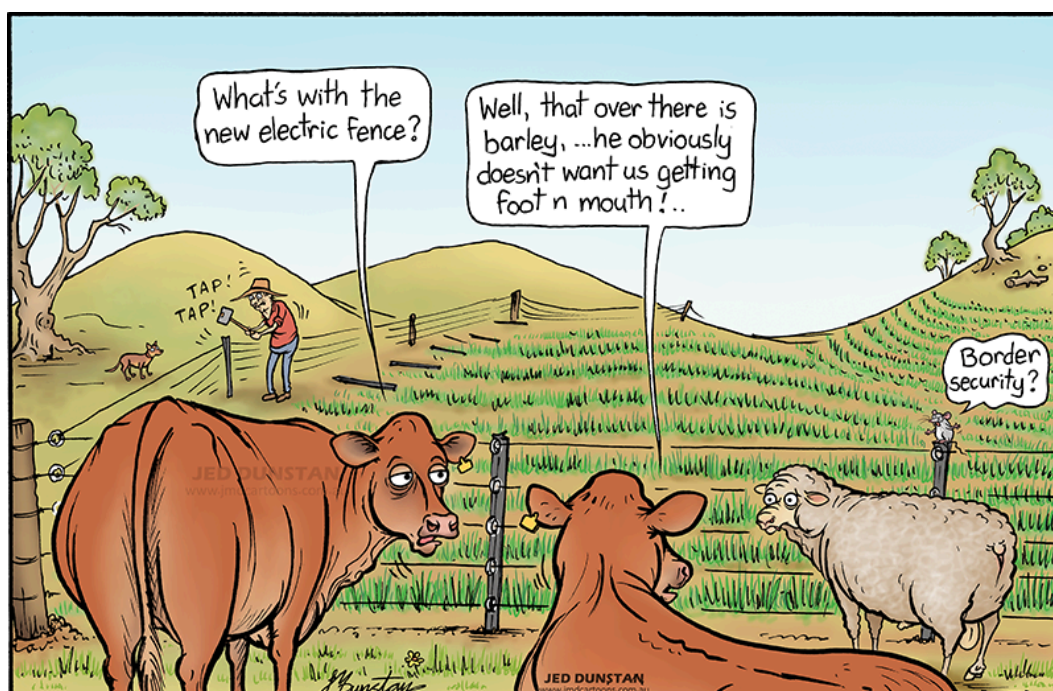
"We need to make sure that people are aware that [FMD] is so easy to carry and that if they have been in contact with an animal of any kind, they need to be declaring it," she said.

"You don't need to have been on a farm to carry FMD. You can be exposed just by any sort of contact with a cow or cloven-footed animal of any kind, or having stepped in some animal manure in the street.

**"You could be the carrier. You could be the one who brings it to Australia."**



**More information and a copy of farm gate sign at the end of this newsletter.**



## LANDCARE

### Future Drought fund

In 2021 the Shire of Kojonup were successful in receiving funding for a – NRM Drought Resilience Grant. This project is aimed at increasing farmer's knowledge and practice of drought resilient pasture and fodder shrubs to fill seasonal feed gaps as well as reduce the impacts of salinity in the region. The two sites – located in the Shire are quite different – with one highly impacted by salt and waterlogging and the other mildly salt affected. Given these two different approaches have been implemented to achieve the best outcome for the sites. They included alleys of mixed species salt tolerant shrubs with perennial pasture seeded between alleys. During July, the landholders planted 8700 seedlings and spread 450kg of pasture seed to cover a combined area of 15ha. Pasture seed is germinating, and recent rainfall will give the seedlings a great start to their establishment. The sheep will be able to intermittently graze the sites once seedlings are established. A field day in Autumn 2023 will be held to inspect both sites and meet with the landholders to discuss the projects progress.



## KOJONUP BUSHFIRE BRIGADES

### Australian Fire Danger Rating System Training

**Date:** 9 August 2022

**Time:** 17:00

**Place:** Shire of Kojonup — Reception Lounge

Compulsory to all brigade FCO's.

If anyone else would like to attend, please email [rsadmin@kojonup.wa.gov.au](mailto:rsadmin@kojonup.wa.gov.au) to book your seat.



August 2022 Training dates available – Contact Kevin Bransby at [kevin.bransby@dfes.wa.gov.au](mailto:kevin.bransby@dfes.wa.gov.au)

| Name                       | Start date        | Number   | Location                     |
|----------------------------|-------------------|----------|------------------------------|
| Fire Control Officer (FCO) | 10-Aug-2022 09:00 | 17103427 | Sports Pavilion Woodanilling |
| Bushfire Safety Awareness  | 13-Aug-2022 08:00 | 17115058 | Denmark Shire Office         |
| Firefighting Skills        | 14-Aug-2022 08:00 | 17117500 | Denmark Shire Office         |
| On-Road Driving            | 20-Aug-2022 08:00 | 16343557 | Old Fire Station Albany      |
| Bushfire Safety Awareness  | 27-Aug-2022 08:00 | 17332010 | Cranbrook Community Hub      |
| WAERN Basic Radio Use      | 28-Aug-2022 08:00 | 16471560 | DENMARK MARINE RESCUE        |
| Firefighting Skills        | 28-Aug-2022 08:00 | 17332110 | Cranbrook Community Hub      |

## Shire of Kojonup prepared to fund new emergency communications tower

Sean Van Der Wielen - Great Southern Herald - Thu, 30 June 2022



The Shire of Kojonup will forge ahead with a plan to build a new communications tower despite having a request for funding rejected by the Department of Fire and Emergency Services. Councillors voted at a June 21 meeting to commit to self-funding a new tower after approaches to DFES were largely unsuccessful.

In his report to councillors, Chief Executive Officer Grant Thompson said staff had been looking into the construction of a new bushfire communications tower “for some time”, as well as its location.



“Council has previously deferred decisions to invest in a new tower based on seeking further information and verification of the tower communications ‘shadow’ as well as trying to secure funding from DFES to co-fund the construction of a new tower,” he said.

The proposal for a new communications tower dates back to at least February 2017, when the council agreed to form a technical working group on the matter. Council staff met with DFES representatives in March this year to make the request for co-funding, which was rejected.

“In its response to the Shire’s request for co-funding, the DFES radio communications team claim they have conducted extensive analysis and service improvement works to the WA Emergency Radio Network during the project and more recently in 2019 and 2020,” Mr Thompson said.

Councillors were told the rejection was due to the tower’s proposed use for the council’s radio communications networks, internet services and as a community radio transmitter.

“Under the provisions of the Emergency Services and Bushfires Acts, DFES can only expend Emergency Services Levy funds relating to the provision of prescribed emergency services, and accordingly, the DFES Commissioner has no authority to allocate funds for the new tower,” a DFES representative said.

However DFES confirmed it was willing to pay to have its infrastructure relocated to the new tower once it was completed. At their June meeting, councillors considered a report which put forward three potential options: co-locating its infrastructure to an existing tower such as those used by WA Police or the National Broadband Network; constructing a new tower on Samson Road; and building a new tower at a new location. The new location option was the council’s preferred option.

Speaking after the meeting, Mr Thompson said there were two key reasons the council was looking at a new location.

“Firstly, the current tower is coming to the point where it is at the end of its useable life,” he said.

“Secondly, we want to increase radio frequency coverage — it has been identified as an issue and it is something we want to improve.”

The Shire will investigate other sources of funding to build the tower, but is willing to fund the entire project.

“As it stands, the current situation is a significant risk and it needs to be resolved,” Mr Thompson said.

“The bushfires we have had during the last two years has shown us how critical communication channels are in an emergency situation.”

A new tower is estimated to cost between \$350,000 and \$500,000, with the exact cost expected to be finalised in the coming weeks.

It is expected to be under construction within a year

## Call for help: Kojonup RSL sub-branch seeks to save town's Anzac Day services amid potential disbandment

Sean Van Der Wielen - Great Southern Herald -  
Thu, 14 July 2022

The Kojonup RSL has issued an SOS to the community as its last remaining members seek to keep the town's Anzac Day commemorations alive despite fears about the future of the sub-branch.

The problems the sub-branch is facing were outlined in a statement published on the front page of Kojonup's community newsletter on June 24.



The sub-branch has about only eight to 10 active members in their late 70s.

Deputy president Robert Sexton said the sub-branch was “getting on the front foot” to start a discussion about the future of Anzac Day and other commemorations in the town.

“With our age group, we don't have a decade left — we have five years left and the present sub-branch has made the decision that it is best for us to do something while we have the wit and the energy to do it rather than wait until something catastrophic happens when we've lost our mettle,” he said.

Mr Sexton said membership had dropped in the past decades as members died or had been unable to continue taking an active role.

“We haven't had a war of a decent size for 50 years or so, so we have a very small amount of ex-servicemen coming in, which is a good thing,” Mr Sexton said.

“We don't wish to have a war just so we can raise our members, but indeed we can have associate members and they can bolster our ranks and keep us going.”

The Kojonup RSL has about 20 associate members who help with its operations but do not play an active role in the branch. Other people are eligible to become members — such as relatives of former service personnel — but they have chosen not to.

One of the suggestions the sub-branch has put forward is for younger people in the community to replace ageing members. Another is for a community organisation to be created to run the town's services.

“If the community wants us to continue, they need to say how we will continue — it is not for us to make a unilateral decision about whether this thing exists or not,” Mr Sexton said.

Mr Sexton said while local schools ran “unfailing high-class” Anzac Day services, they were often not held on April 25 due to clashes with the school calendar.

In Katanning, where the RSL sub-branch has been closed for almost a decade, the local Lions Club organises the town's Anzac Day commemorations.

The Shire of Narrogin took the lead for this year's Anzac Day services in the town after the 105-year-old Narrogin sub-branch closed in March.

Kojonup community service clubs have in the past contributed to commemorations.

Mr Sexton said he believed there was strong support in the community for Anzac Day services to continue.

"The demographics are interesting because you have the babies in arms right through to our elderly people, so quite clearly the community wants to remember on that day," Mr Sexton said.

"It is our only national day where we're just people on that day and we don't hold any other affiliations."

Alongside Anzac Day and Remembrance Day services in Kojonup, the sub-branch organises the Anzac Day service in Muradup, 17km west of the town.

The organisation also provides advice to the Shire of Kojonup on the management of local war memorials, with the group currently involved in the Jingalup War Memorial preservation plans.

Shire of Kojonup chief executive Grant Thompson said the council was open to playing a more active role in commemorations.

"What we can do is help facilitate and enable the day to happen, so we'll make sure that those people who have that history are involved still, but we can actually help with the organisation," he said.

He said abandoning the town's Anzac Day services was not an option.

"We need to do everything we can to maintain those services in town and recognise the veterans and the people who gave their lives for the freedom we have today and keep it in Kojonup," he said.

"As we look at the intergenerational change happening here, I think it's paramount that the community takes on board something as well, not just relying on the RSL, and we do have a role to play in that.

"At this point of time, it is to be seen where that's going to go."

Mr Sexton said the remaining members of the sub-branch were focused on finding the right path forward.

"We will be talking to all of the organisations in the town, principally the ones which have helped us the most in terms of the local government authority and the service clubs," he said.

"We think we have got about a year or more to get it right and that's the most important thing — to get it right."

Anyone with ideas about the future of Kojonup's RSL sub-branch and commemorations is asked to call the Kojonup RSL on 0407 991 922.

### St John WA - Kojonup

Things have a changed a little since this ambulance was on the road but our commitment to keeping our community safe is as strong as ever.

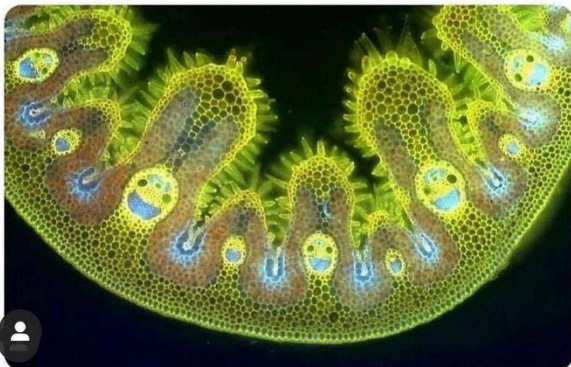
If you've ever considered becoming a volunteer ambulance officer then The Kojonup subcentre would love for you to get in touch. Simply check out the website [www.stjohnwa.com.au](http://www.stjohnwa.com.au).

Or come along to our training night at 7pm on the second and fourth Tuesday of every month for more info.



Bethany Nichols 🌿 Fronds with Bene...  
@DrBethNichols


This is what a blade of grass looks like under a microscope. Next time you take a walk outside, know that the grass is happy to see you 😊



**ANGER MANAGEMENT**

Angry with someone? Think before you talk..

- If the person is junior to you.. count upto 10 and then talk.
- If the person is Equal to you.. count upto 30 and talk..
- If the person is Your senior to you then count 50, then talk..
- If the person is your wife.. keep counting..don't talk!
- If the person is your husband... keep talking don't count!



## The Kodja Place



'Y-INAGN' (Creation) by local Noongar artist Craig McVee

### The Six Noongar Seasons are:

|                           |                             |
|---------------------------|-----------------------------|
| <b>Birak</b> (Summer)     | Mid-December / Mid-February |
| <b>Bunuru</b> (Autumn)    | Mid-February / Mid-April    |
| <b>Djeran</b> (Windy)     | Mid-April / Mid-June        |
| <b>Makuru</b> (Winter)    | Mid-June / Mid-August       |
| <b>Djilba</b> (Windy)     | Mid-August / Mid-October    |
| <b>Kambarang</b> (Spring) | Mid-October / Mid-December  |

# NAIDOC exhibition at The Kodja Place showcases Indigenous culture through the eyes of Kojonup school students

*Sean Van Der Wielen - Great Southern Herald - Thu, 21 July 2022*



From an activity with classmates to an exhibition at The Kodja Place, Kojonup school students have had their artwork showcased to the wider community.

Their work is part of a five-week Cultural and Creative Expressions exhibition at the Kojonup cultural centre coinciding with 2022 NAIDOC Week.

Local artist and novelist Lisa Martello-Hart spent six months guiding local students, with personal expression and cultural connection the key themes of the exhibition.

The Kodja Place manager Jill Watkin said it was important to recognise up-and-coming local talent.

“Our young people are the future of our Shire, so it is of vital importance we provide them with opportunities and encourage them to develop their skills and talent and offer them a platform to encourage this,” she said.

More than 600 people have visited the exhibition since it started on June 27.

“It continues to attract visitors which is fantastic as this is encouraging for our planning of future exhibitions,” Ms Watkin said.



The 2022 **Golden Feather Hunt** is now on! With the help of superstar librarians, we have hidden over 15,000 feather-shaped bookmarks in the children's and young adult sections of libraries all across WA. And when we say all across WA, we mean it. We have a record-breaking number of libraries participating this year from Pannawonica in the Pilbara, Wyalkatchem in the Wheatbelt, Mingenew in the Mid West, and everywhere in between – even Christmas Island! – so, there is bound to be a library near you.

**This year we have released a special Amethyst Feather as part of the hunt. Find this feather and you win an instant book prize!**

# LIBRARY

## Word of the Day

**Gibbous** adjective | JIB-us

**Definition:**

1a: marked by convexity or swelling

1b: of the moon or a planet: seen with more than half but not all of the apparent disk illuminated

2: having a hump: HUMPBACKED

### Did You Know?

The adjective gibbous has its origins in the Latin noun gibbus, meaning “hump.” It was adopted into Middle English to describe rounded, convex things. While it has been used to describe the rounded body parts of humans and animals (such as the back of a camel) and to describe the shape of certain flowers (such as snapdragons), the term is most often used to describe the moon: a gibbous moon is one that is between half full and full.

## Play Cafe - Semester 2 - 2022 Dates:

**Free community event for all to enjoy and join in.**

Wednesday's            3, 10, 17, 24 & 31 August  
                                      7, 14 & 21 September



After a very slow start to our next term of Play Cafe due to both Libby & I being unwell, we enjoyed the most glorious morning of sunshine at the APEX Park. It is always just so wonderful to see parents and children (sometimes grandparents and carers) enjoying this amazing space. Although Libby was still away, she delighted our taste buds with white chocolate & raspberry muffins, made fresh play doh too.

*Master Keith making sure his snake had lots and lots of eyes. And Miss Sophie giving her gums a workout!*



Feeling very excited for next week (3 August 2022) when we celebrate International Children's Day with a visit from Earth Parenting extraordinaire – Kirsty.

Please remember all our mornings are free to our community with thanks from Amity Health and C4C for generous funding, all our families need to bring is water bottles and hats.



**What's new in your library!**

Kerry has been absolutely incredible keeping the library stock exchange on target for your use. We have been using our new (to us) book stand in the middle of the library for our display.



**I feel the world** / [text] / written by Zanni Louise & Dr Ameika Johnson ; illustrations by Nia Gould.

Feelings can be crawly things. Some have spikes and some have wings. Some will creep from nowhere, fast! Some cling tight and some float past. Inside each of us is a whole world of feelings. It is reassuring to know that no matter what we feel in this moment, all feelings are okay. I Feel the World encourages children to explore their feelings with curiosity and acceptance. This book helps to make sense of emotions and open up important conversations with parents, carers and teachers. Bestselling children's author Zanni Louise, and clinical psychologist Dr Ameika Johnson, have created a beautiful resource to help children build resilience and develop a healthy relationship with their feelings.

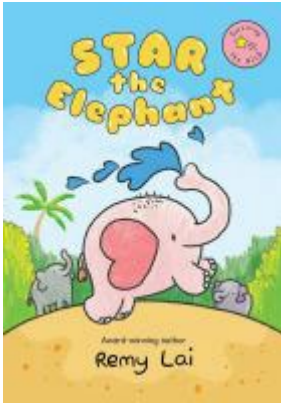


**Party parade** / [text] / Leanne Miller ; Sara Miller.

Counting from one to ten has never been so fun with this hide-and-seek, animal-packed picture book, written by the sisterly duo, Leanne and Sara Miller. Come with us on an enchanting journey, counting all the way to ten and spotting animals along the way! From dazzling deep blue waters to tropical jungles and snowy mountain peaks, count the exotic creatures and spot who else is hiding in their magical world. Join the fun - it's a PARTY PARADE!

**Heartland.** The complete fifteenth series. [DVD] The Bartlett-Fleming family has learned a hard lesson: life is short, and you have to live each day to the fullest. They will put what they learned into practice. Amy said goodbye to the past and now she embraces the future--raising her daughter, working with the horses who continue to heal her, branching out into a new phase of her life and profession. She is moving forward and feels determined to leave a legacy.





**Star the elephant** / [text] / Remy Lai. "Hi! I'm Star and I'm an elephant. There isn't enough food left on my island, so my herd has to split up. But the world out there is so big! Soon I am lost and alone, facing giant spiders and a big, wild ocean and the scariest thing of all, humans! Will I ever see my family again?"



**Reptile memoirs** / [text] / Silje Ulstein; translated from the Norwegian by Alison McCullough.

Liv has a lot of secrets. Late one night, in the aftermath of a party in the apartment she shares with two friends in Aalesund, she sees a python on a TV nature show and becomes obsessed with the idea of buying a snake as a pet. Soon Nero, a baby Burmese python, becomes the apartment's fourth roommate. As Liv bonds with Nero, she is struck by a desire that surprises her with its intensity. Finally, she is safe. Thirteen years later, in the nearby town of Kristiansand, Mariam Lind goes on a shopping trip with her eleven-year-old daughter, Iben. Following an argument Mariam storms off, expecting her young daughter to make her own way home . . . but she never does. Detective Roe Olsvik, new to the Kristiansand police

department, is assigned to the case of Iben's disappearance. As he interrogates Mariam, he instantly suspects her - but there is much more to this case and these characters than their outer appearances would suggest.



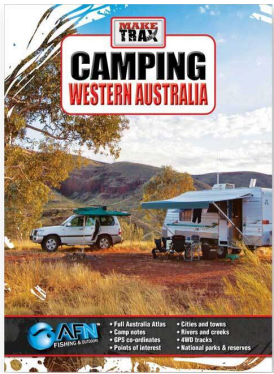
**My fourth time, we drowned:** [text] seeking refuge on the world's deadliest migration route / Sally Hayden. The Western world has turned its back on migrants, leaving them to cope with one of the most devastating humanitarian crises in history. Reporter Sally Hayden was at home in London when she received a message on Facebook: "Hi sister Sally, we need your help." The sender identified himself as an Eritrean refugee who had been held in a Libyan detention centre for months, locked in one big hall with hundreds of others. Now, the city around them was crumbling in a scrimmage between warring factions, and they remained stuck, defenceless, with only one remaining hope: contacting her. Hayden had inadvertently stumbled onto a human rights disaster of epic proportions. From this single message begins a staggering account of the migrant crisis across North Africa, in a ground-breaking

work of investigative journalism. With unprecedented access to people currently inside Libyan detention centres, Hayden's book is based on interviews with hundreds of refugees and migrants who tried to reach Europe and found themselves stuck in Libya once the EU started funding interceptions in 2017. It is an intimate portrait of life for these detainees, as well as a condemnation of NGOs and the United Nations, whose abdication of international standards will echo throughout history. But most importantly, My Fourth Time, We Drowned shines a light on the resilience of humans: how refugees and migrants locked up for years fall in love, support each other through the hardest times, and carry out small acts of resistance in order to survive in a system that wants them to be silent and disappear.



**Maggie Beer's summer harvest recipes** / [text] / Maggie Beer; with photography by Mark Chew.

My philosophy is simple -- to cook from the heart, and to live in harmony with the seasons. Overflowing with memories, musings and recipes, this book is a personal collection of my most treasured food experiences.



**Camping Western Australia** / [text] / Keith Sheldon-Collins. Make Trax Camping Western Australia is the essential guide to WA free and low-cost camp sites. With numerous of budget sites around WA listed, Make Trax Camping Western Australia contains everything you need to know to prepare for a fantastic journey of discovery in the great outdoors. This book will help ensure you travel safely, confident in knowing where you are going and where you can camp on your journey. Detailed up-to-date notes are provided on campsites as well as GPS coordinates. Points of interest at locations are highlighted as well as cities, towns and key topographical features like rivers and creeks. Whether you're a 'grey nomad' planning your dream, once-in-a-lifetime adventure trip to WA, or a seasoned camper looking for the very best locations to stay, Make Trax Camping Western Australia is the essential book to own and carry with you on your journey.

PLUS MANY MORE BOOKS TO DELIGHT YOUR READING STYLE.

## Kojonup Average Rainfall July 2022

|  |              |             |
|--|--------------|-------------|
| July 2022 Total                          | <b>88.0</b>  | 19 day(s)   |
| July <u>1907-2022</u> Average Total      | 87.2         | 18.2 day(s) |
| July <u>1907-2022</u> Wettest Total      | 207.4        | 1926        |
| July <u>1907-2022</u> Wettest 24hr Total | 46.5         | 2nd 1944    |
| July <u>1907-2022</u> Driest Total       | 23.2         | 2012        |
| Jan-Jul 2022 Total                       | <b>293.4</b> | 81 day(s)   |
| Jan-Jul <u>1885-2022</u> Average Total   | 321.6        | 67.0 day(s) |

# Notices and Avertisements



## Wesley LifeForce Suicide Prevention Training – Kojonup

### Essential skills training to recognise and respond to someone at risk of harm.

Educating, empowering and resourcing local Australian communities

#### Program outline

Wesley LifeForce offers suicide prevention training to educate and provide people with the tools to recognise and help someone who is at risk.

Since 2002, we have provided suicide prevention skills training to more than 33,000 people in metropolitan, regional, rural and remote Australia.

#### Training session details

Date: Tuesday, 23 August 2022  
Time: 9:00 am – 2:00 pm  
Morning tea and lunch will be provided.

#### The outcomes

- understand risk and protective factors
- how to identify the warning signs that someone may be at risk of suicide
- how to ask directly about suicide intent
- understand what local and national support resources are available to support a person at risk.

#### Location:

Kojonup Sports Complex  
22 Benn Parade  
Kojonup, WA 6395

Register online: <https://www.eventbrite.com.au/e/368610222097>  
Or email [Chris.Cuttone@wesleymission.org.au](mailto:Chris.Cuttone@wesleymission.org.au) or call 0409 541 357

Wesley LifeForce gratefully acknowledges the funding provided by the Australian Government.

Do all the good you can  
because every life matters.

## WEBINAR BACK TO BASICS

DIGITAL PADDOCK DATA  
PART 2, CROPPING RECORDS

WEDNESDAY 3RD AUGUST  
10AM - 11AM

Hear members share their experiences of various record keeping programs

Zoom details released closer to event

## Practical Driving Assessments

- Bookings are filling fast -



The next practical driving Assessor will be visiting Kojonup on **Wednesday, 17 August 2022** from 8:15am. However, there is only a small number of vacancies available. Contact the Shire Administration Office to book your place 98312400.





## Applications are open now!

The Young Carer Bursary Program supports young carers to continue with their education. The program offers 1000 bursaries of \$3000 each year to assist with education needs and resources.

Applications for the 2023 Young Carers Bursary are now open and will close at 5pm Tuesday 19th September (AEST).

To apply you must [login](#) to your account and complete your application on line.

There are many ways to access the internet:

- at your place of study (school, TAFE, University)
- public libraries
- free wi-fi spots at shopping centres and other major outlets

Need support to assist you with the application:

- approach a teacher
- support worker
- counsellor
- young carer coordinator
- friend or family member

For more information about young carers and eligibility for the bursary please visit the [Young Carers Network](#) website.

The Carer Gateway also offers assistance to young carers and their families by way of advice, services, support and respite. Please contact them on 1800 422 737 to register.

Young Carers Team | Carers Australia

**Sending your kids to school every day is important for their education and future.**

You need to apply to enrol your child in school for 2023 if they are:

**Starting Kindergarten – 4 years old by 30 June 2023**

**Starting Pre-primary, the first year of compulsory school – 5 years old by 30 June 2023**

**Starting Year 7, the first year of secondary school changing schools.**

**Enrolments are now open.**

Contact your local public school to apply to enrol by Friday 22 July 2022.

Visit our website for more information.

<https://www.education.wa.edu.au/>

**2023 school enrolments are open**

**Talk to your local school today**



*Women in Farming* Annual Seminar  
**Find Your Voice, Find Your Passion**

Watch snippets of keynote speaker Bec Bignells  
 Homespun series and hear from  
 Louise O'Neil from Farm Life Fitness

Tickets from <http://events.humanitix.com/women-in-farming-seminar-2022>

Member tickets \$90 on sale 6th July  
 Non-member tickets \$110 on sale 27 July  
**WEDNESDAY 31 AUGUST 2022**

Cranbrook Sports Club, King Street  
 Registrations 8.15am with 9am start  
 Sundowner 3pm



**TICKETS ON SALE NOW  
 CASH ONLY  
 @ Nightingale's Nest & Nursery  
 Single tickets or tables of 8  
 Sorry, no holds**

**KOJONUP THEATRICAL SOCIETY PRESENTS**  
**LET'S GET QUIZZICAL**

The quiz night with live music, questions, musical questions and really bad prizes!

**Saturday, August 6** | **\$40**  
 at Kojonup Memorial Hall  
 Doors open at: 06:30pm  
 Quiz starts at: 07:00pm

per person  
 tables of 8  
 including supper  
 Bar available

**One Night Only**  
 Come dressed as a song, band or artist!  
 Not suitable for Children

# MHFA National Consumers

# Art Competition 2022

NATIONAL  
MENTAL HEALTH  
MONTH 2022



## Theme: Resilience & Mental Health

Create your creative artwork using submit it online in any form be it either paintings, drawings, mosaics, photos, computerised images or other art mediums.

Winning artwork will be selected by a panel of judges for virtual showcase at the Mental Health Month Launch on the 1st of October 2022. Open to all members of the community.

## Winning Prizes & Awards

The winning artwork will be showcased digitally at the respective states and territories launch event on 1 October 2022.

The winning artist in each state will be awarded with prize money and trophy during the National Mental Health Month 2022.

Prize: \$500

Applications close on 31st July 2022, 11:59pm

## Submission

This year, the competition is being conducted **online and nationwide**. You can submit your artwork through the web form link.

Form link: <https://tinyurl.com/NCACM>



[www.mhfa.org.au](http://www.mhfa.org.au)



## CIRCLE OF SECURITY PARENTING

STRENGTHEN YOUR RELATIONSHIP WITH YOUR CHILDREN 0-6 YEARS

Circle of Security® is an 8-session series that focuses on the parent-child relationship, teaching new ways to understand and respond to your child's behaviours and needs.

- Learn to read and respond their emotional needs
- Support their ability to manage their emotions
- Enhance development of your child's self esteem

This workshop is FREE – bookings essential.  
Creche available.

### To book please contact :

Email: [mmorgan@wanslea.org.au](mailto:mmorgan@wanslea.org.au)

Phone: 0448 137 192

Visit: [www.parentingconnectionwa.com.au](http://www.parentingconnectionwa.com.au)

### WHEN:

Wednesdays 9:30am – 11:30am  
3 August – 21 September 2022

WHERE: Kojonup Shire Building  
93 – 95 Albany Highway Kojonup

Supported by



— JOIN THE TEAM —  
**We're hiring!**

The Shire of Kojonup has the following position available:

- **Personal Care Assistant**  
— Springhaven Lodge
- **Registered Nurse**  
— Springhaven Lodge
- **Cook and Kitchen Hand**  
(Part time plus holiday cover)  
— Springhaven Lodge

To view and apply for this position please visit

[www.kojonup.wa.gov.au/employment](http://www.kojonup.wa.gov.au/employment)



G R E A T   S O U T H E R N   T R E A S U R E S

**BLOOM**  
*Festival*



For more information, visit  
[www.greatsoutherntreasures.com.au](http://www.greatsoutherntreasures.com.au)

**KATANNING | KOJONUP | WOODANILLING KENT | CRANBROOK | GNOWANGERUP  
PLANTAGENET | BROOMEHILL | TAMBELLUP JERRAMUNGUP | BREMER BAY**

📌 Expressions of interest are open to include your event in this year's 🌸 Great Southern Treasures 2022 Bloom Festival! 🌸 If you'd like to host an event in the Great Southern Treasures region during September and October and be included in the festival promotion, just scan the code, and complete the online EOI.

[https://www.surveymonkey.com/r/eoi\\_bloom\\_festival\\_2022](https://www.surveymonkey.com/r/eoi_bloom_festival_2022)

Questions? Our Event Coordinator Kahlia is standing by to help you with anything 'bloom' at [bloom@greatsoutherntreasures.com.au](mailto:bloom@greatsoutherntreasures.com.au)



# SUSTAINABLE STREET FAIR

## EXPRESSION OF INTEREST

The Shire of Katanning is calling for businesses to participate in our Sustainable Street Fair.

Join us for a day promoting sustainability and the importance of shopping local in Katanning.

**SATURDAY 17 SEPTEMBER 2022**  
**10 AM - 3 PM**  
**KATANNING TOWN SQUARE**

We're looking for businesses to run stalls, workshops, live demonstrations and more.

For those businesses with a store in Katanning we would love for you to remain open during the event.

For more information and all inquires please email Angela George at [angela.george@katanning.wa.gov.au](mailto:angela.george@katanning.wa.gov.au)



Shire of  
**Katanning**  
Heart of the Great Southern

# SAF 2022 Grants to help children with a disability to play sports are now open. Ready, set, go!

Paralympic Gold Medallist Katie Kelly OAM has opened the Sport Access Foundation (SAF) 2022 grants.

SAF provides annual grants to support 7-17 year-olds with diverse health conditions or impairments on their chosen sporting pathways. The aim is to improve accessibility and inclusion and ensure no young Australian is left behind on the sporting sidelines.

SAF's 2022 grants cover four categories of identified needs for children with a disability to play sport.

- The **No Barriers** and **Kick Start** grants assist with sports participation costs.
- Clubs affiliated with a National Sporting Organisation can apply for the **BlueScope Sporting Club** grants.
- Aspiring Paralympians can apply for the **Compete Performance Pathway to Paralympic** grants, to help them achieve their Paralympic goals.

The 2022 grants program will provide a kick start for many of your young Australians aspiring to qualify for the 2032 Paralympic games in Brisbane. Many of the applicants could join our growing honour roll of grantees who have joined the Australian para sport elite.

Katie Kelly OAM founded SAF in 2017 after becoming the first-ever Paratriathlon Gold Medallist at the Rio 2016 Paralympics. Through her experience of being hearing and sight-impaired, Katie saw the need to provide assistance to young Australians living with a disability keen to participate in sport.

*"Australians love sport, which is at the heart of our culture and identity. But not everyone enjoys the same access to playing and participating. This is what Sport Access Foundation is set up to achieve."*

*Our message is that if you're a young Australian with a disability, SAF is here to help you get started or move to the next level of your sporting goals."*

As well as improving overall inclusion in sport, Ms Kelly said SAF grants are increasingly helping Australian para-sport champions on their road to success.



### BlueScope Sporting Club Grant

BlueScope Sporting Club grant will be awarded to four registered sporting clubs affiliated with a National Sporting Organisation...

4x \$2,000 grants available



### Compeat Performance Pathway to Paralympics Grant

The Compeat Performance Pathway to Paralympics grant is for aspiring Paralympians. This grant will help support two potential Paralympians...

2x \$1,500 grants available



### Sport Access Foundation Kick Start Grant

The Kick Start grants will help young Australians with a disability access financial support to re-join their supporting club and/or sporting...

4x \$1,000 grants available



### Sport Access Foundation No Barriers Grant

The No Barriers grant will help young Australians aged 7-12 with a disability overcome initial start-up costs to participate in sport...

8x \$500 grants available



Get involved

## Wild At Art 2022: threatened species art competition for kids 🌿

**Wild At Art** is Australia's biggest wildlife art competition for kids.

Let children unleash their artistic creativity while learning about Australia's threatened animals and plants - and the threats facing them.

## About the competition

### Wild At Art is back in 2022!

Throughout September and October, children aged 5-12 are invited to create an original artwork of one of Australia's many threatened native animals or plants, along with a short written component on their chosen threatened species.

**Online submissions are open from Wednesday 7 September (Threatened Species Day) to Monday 31 October.**

[Wild At Art 2022: threatened species art competition for kids - Australian Conservation Foundation \(acf.org.au\)](https://www.acf.org.au)



## POSITION VACANT

### Bushfire Risk Planning Coordinator

**Full time 18 months contract position**

The Shire of Kojonup, Shire of Katanning and the Shire of Broomehill-Tambellup have agreed to participate in a Bushfire Risk Management Planning (BRMP) program across WA. The program is responsible for the development, and implementation of 'tenure blind' whole of Shire Bushfire Risk Management (BRM) Plans. We seek a Bushfire Risk Planning Coordinator to develop the BRM plan and assist with its initial implementation to manage risk to the community.

The Shire of Kojonup under the BRMP LG Grant Agreement, will host the Bushfire Risk Planning Coordinator position, however the successful applicant will be required to work across the Shires of Kojonup, Katanning and Broomehill-Tambellup.

An opportunity exists for an enthusiastic and experienced person to become an integral part of three organisations and communities experiencing substantial growth. Applicants will have emergency management knowledge; have an understanding of risk management and be familiar with the roles and responsibilities of bushfire-related organisations.

This is a full time position on a fixed contract basis of 18 months. Regional travel will be a requirement of the role. A vehicle and mobile phone will be made available for use for the duration of the contract.

Interested candidates are requested to submit a detailed current resume detailing experience relative to the position.

To apply please submit your CV and application form to Grant Thompson at [council@kojonup.wa.gov.au](mailto:council@kojonup.wa.gov.au) or by post at Shire of Kojonup, 93-95 Albany Highway, Kojonup. For further information about the positions, please contact Robert Jehu on 9831 2400.

**Applications must be received by 12pm, Thursday 28<sup>th</sup> of July 2022.**

Grant Thompson

*Chief Executive Officer*



## **PUBLIC NOTICE**

### **Annual Electors Meeting**

**16 August 2022**

Notice is hereby given that an Annual Electors Meeting for the Shire of Kojonup will be held on Tuesday, 16 August 2022 commencing at 6.00pm at the Sports Complex, Benn Parade, Kojonup, to consider the Annual Report for the 2020/2021 year.

This report was adopted by Council on 26 July 2022.

Copies of the Annual Report are available from the Shire Office or on the website [www.kojonup.wa.gov.au](http://www.kojonup.wa.gov.au) and additional copies will be made available at the meeting.

Grant Thompson  
**Chief Executive Officer**



**PUBLIC NOTICE**

**Special Council Meeting**

**2 August 2022**

The Shire of Kojonup will hold a Special Meeting of Council in the Council Chambers, 93 Albany Highway, Kojonup commencing at 3.00pm on Tuesday, 2 August 2022 to consider the following:

Budget Adoption – 2022/2023 Fees and Charges

Budget Adoption – 2022/2023 Property Rates

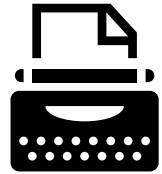
Budget Adoption – 2022/2023 Rates Incentive Prize Draw

Budget Adoption – 2022/2023 Annual Budget

There will be no other business addressed at this meeting.

Grant Thompson  
**Chief Executive Officer**

# Articles from the Kojonup Archives from The Great Southern Herald... 1965



## Missile At Kojonup Show

One of the many attractions at this year's Kojonup annual Show to be held on Monday, October 18, will be the Bloodhound surface-to-air guided missile which has been brought over from the Eastern States by the R.A.A.F. for exhibition in W.A.

The Deputy Director of Loans and Recruiting, Mr R. Shilkin, has advised the Kojonup Agricultural Society that the Bloodhound has been made available for display at this year's Show. The Bloodhound, he said, is manufactured by the British Aircraft Corporation and is used by the R.A.A.F. for permanent site defence against aircraft.

It is 22ft. long and has a span of 9ft. with a range of 70 miles, and reaches more than twice the speed of sound.

Accompanying the Bloodhound will be a display of model aircraft, and some interesting photographs.

Want to learn  
more about  
Kojonup's  
history?

Visit the Kojonup  
Historical Society

[Kojonup Historical  
Society | Past days to  
present times .....](#)

Friday, October 8, 1965

## KOJONUP NEWS

### LARGER WOOL ROOM FOR KOJONUP SHOW

The extensions to the wool room, giving 40 per cent more space, at the Kojonup show-ground have now been completed and, judging by the encouraging entries, will be fully utilised.

Wool is being featured this year at the Show, which will be held on Monday, October 18, and the organisers expect keen competition for the valuable trophies and prizes.

Sheep entries promise to break all records and trade entries should compare with last year.

Exhibitors are reminded that the closing date for entries in the general sections is 5 p.m. tomorrow (Saturday). It has been emphasised that no general section entries will be received on Show Day.

Flower and vegetable section entries and late entries close at 5 p.m. on Saturday, October 16. Horse events are post entry.

Entries for the sheep shearing, always a popular event at Kojonup, must be submitted for novices by 10

a.m. on Show Day and by 11 a.m. for the open class.

The secretary, Mr B. S. Cornell, would appreciate it if any further entries could be forwarded as soon as possible.

#### FREE FLIGHTS

Visitors to the Show can have free trips in a Victoria aircraft on display at a landing strip near the show-grounds.

Some of the trophies to be awarded at the Show are on display at the Kojonup Co-op.

### Tourists Visit Sanctuary

September and October are busy months for the wardens of the Kojonup flora sanctuary.

Children of grade 6 have been busy clearing trails, renewing signs and repainting existing ones.

The Tourist Bureau has organised a series of wild flower tours through the South-West, each accompanied by a botanist.

A parlour coach arrives each Monday, and Thursday, and the wardens conduct parties along the many trails which are ablaze with colour.

Visitors have come from Peru, New Zealand, Tasmania and all the Eastern States.

company at 200  
cutting about 200  
month.

FRIDAY, APRIL 2, 1965

## FINGER-PRINTING BUREAU IN KATANNING

Sgt. R. M. (Don) Lawrence, one-time of Kojonup, has been placed in charge of the State-wide voluntary finger-printing campaign.

Sgt. Lawrence will visit Katanning in the course of a Great Southern tour and is to set up a bureau at the Police Boys gymkhana on Saturday, April 10.

An appeal is made for local residents to present themselves for finger-printing.

Sgt. Lawrence will make a visit to Kojonup on Monday April 12, with the object of contacting the Apex Club with the request it sponsor the voluntary finger-printing drive in that area.

Visits will also be made to Wagin and Narrogin prior to the campaign being extended to the South West.


Also at the gymkhana on April 10 will be Constable Bill Wright who will seek support for the Police Boys Federation drive for £100,000 to provide youth club facilities





# Kojonup Show: Saturday. 15 October 2022

 Act Belong Commit  
Kojonup Agricultural Show  
Section E: Poultry



Chook Sale 3.00 to 3.30pm  
see website for details [www.kojonupshow.com.au](http://www.kojonupshow.com.au)







Clowns!  
Clowns!  
Clowns!  
the little kids  
love those clowns



side show  
alley  
have a go  
and win a prize

 Section Q: **Childrens section**  
**Lego**  
Different classes for different ages,  
Have some fun and be creative  
making something for the Show



[www.kojonupshow.com.au](http://www.kojonupshow.com.au)  
for all sections and information

 Are you going to  
rise to the challenge.  
Enter your Bread  
lots of classes



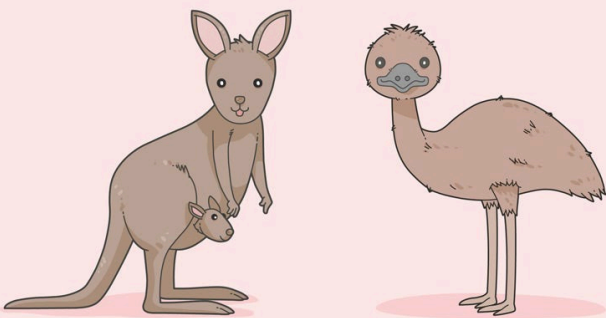
## SAVE THE DATE

K I D S P A G E



#FOCFunFacts

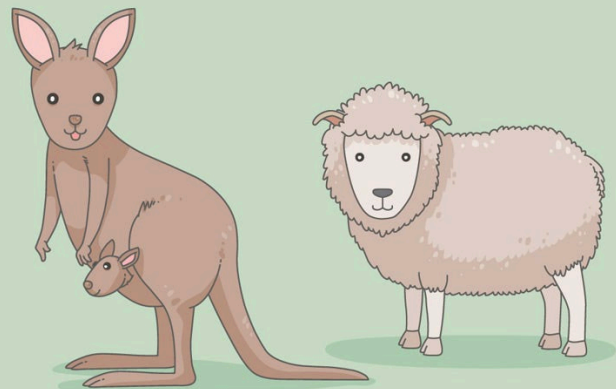
**Kangaroos** and **emus** cannot walk backward, it's one of the reasons that they're on the Australian coat of arms.



FLASH OF CULTURE

#FOCJokes

What do you get when you cross a **kangaroo** with a **sheep**?



**A woolly jumper!**

FLASH OF CULTURE



Department of  
Primary Industries and  
Regional Development

GOVERNMENT OF  
WESTERN AUSTRALIA



## Foot-and-mouth disease: keep Australia free

*Western Australia exports about 80% of its livestock and livestock products annually. Access to these markets depends on Australia being free of foot-and-mouth disease.*

### What is foot-and-mouth disease?

Foot-and-mouth disease is a highly infectious viral disease that affects cloven-hoofed (two-toed) animals including sheep, cattle, pigs, goats, buffalo, camels, alpaca, llama and deer.

Affected animals may survive foot-and-mouth disease, but they take a long time to recover and often do not regain their full productivity. Surviving animals may also become carriers of the virus.

Foot-and-mouth disease could enter Australia by:

- illegally imported meat and dairy products being fed to pigs
- people returning from overseas with the virus on clothing, footwear or equipment.

### What would an outbreak mean?

Western Australia exports about 80% of its livestock and livestock products every year. An outbreak of foot-and-mouth disease would result in:

- closure of livestock export markets
- severe economic impact on the livestock industries and regional communities
- a cost of more than \$52 billion over 10 years.

### What can you do?

- **Reduce the risk of an outbreak:**
  - Do not feed meat, swill or any other prohibited feeds to pigs.
  - Ensure overseas visitors to your farm wear clean clothes and disinfected shoes.
- **Know the signs** of foot-and-mouth disease.
- **Immediately report** any signs of foot-and-mouth disease to a vet.

### Early reporting is key

Recognising and reporting foot-and-mouth disease early can help to contain its spread. Minimising spread will reduce the devastating economic and social costs of an outbreak to producers, the livestock industries (including abattoirs, saleyards, stock agents and transporters) and regional and national economy.

To report signs of the disease, call the:

- emergency animal disease hotline on **1800 675 888** or
- your Department of Primary Industries and Regional Development (DPIRD) vet or
- your private vet.



**Signs of foot-and-mouth disease:** 1. Drooling in cattle. 2. Lesions on cattle gums. 3. Blisters (vesicles) on tongue. 4. Lesions between toes. 5. Lameness in sheep. 6. Lesions where sheep hoof meets leg. 7. Broken vesicle on sheep gum. 8. Lesion where pig hoof meets leg. 9. Vesicle on pig snout. Images 1–5, 7: EU-FMD; 6: DPIRD; 8-9: Foreign Animal Diseases, 7<sup>th</sup> Ed., US Animal Health Association.

## How does foot-and-mouth disease spread?

Foot-and-mouth disease is highly contagious. The virus is present in large amounts in the blisters, saliva, urine, manure, milk and breath of infected animals.

The virus spreads between animals by:

- direct contact with an infected animal
- air-borne particles from infected animals
- movement of infected animals
- movement of contaminated animal products (such as wool or manure), vehicles, equipment and people.

The virus can survive in the environment for several weeks. Virus particles can remain in people's noses for up to 24 hours.

Animals usually show signs of foot-and-mouth disease within 3–5 days of infection, but signs can take up to 14 days to appear. Infected animals spread the virus before they show signs of the disease.

### Important disclaimer

The Chief Executive Officer of the Department of Primary Industries and Regional Development and the State of Western Australia accept no liability whatsoever by reason of negligence or otherwise arising from the use or release of this information or any part of it.

© State of Western Australia (Department of Primary Industries and Regional Development), 2019

## Signs of foot-and-mouth disease

Signs of foot-and-mouth disease vary depending on the species infected and the virus strain. Signs of the disease include:

- blisters in the mouth, nostrils, teats or on the skin between and above the hoofs. (Blisters may not be obvious until they have ruptured.)
- slobbering/drooling
- lameness, reluctance to move
- lack of appetite
- reduced productivity
- sudden death in young animals
- a large drop in milk yield in dairy animals
- abortion in pigs.

In sheep, blisters are usually small and often difficult to see. The signs are often mild and lameness may be the only visible sign.

To report suspicious disease signs, call the:

- EAD hotline on **1800 675 888** or
- your DPIRD or private vet.

# VISITORS

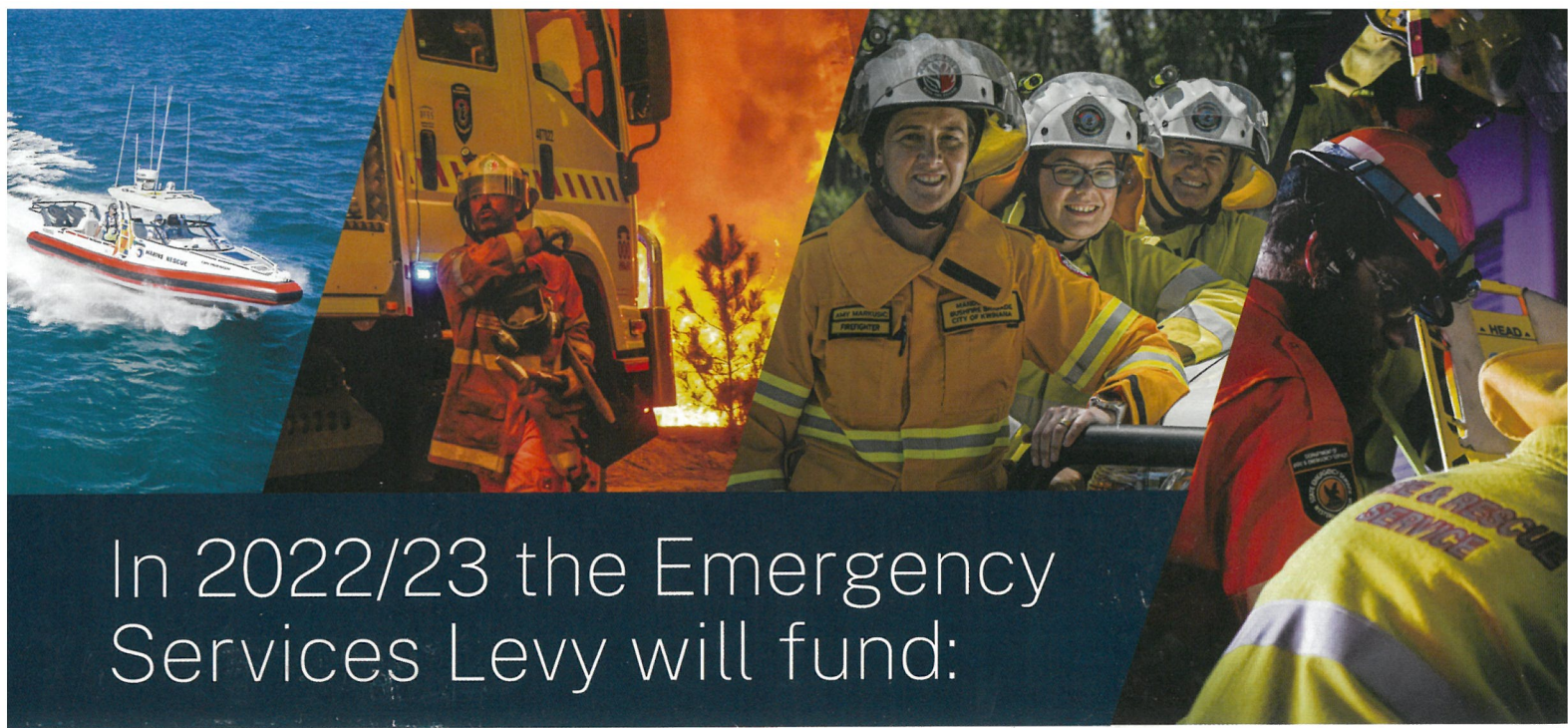
## PLEASE RESPECT FARM BIOSECURITY

Please contact the manager before entering.



Do not enter property without prior approval.  
Keep to roadways and laneways.





# In 2022/23 the Emergency Services Levy will fund:



**Triple Zero (000)**  
24/7 emergency assistance taking over 36,000 calls annually



**Emergency WA**  
an upgrade to the online warning system that delivers more than 3,700 emergency alerts and warnings each year



**Fire and Emergency Vehicles**  
powering the frontline with more than 2,000 emergency response vehicles



**Aerial Fleet**  
dropping 15.1 million litres for bushfire suppression and flying more than 2,450 aerial firefighting, search and rescue and transport missions



**Safety, Education and Training**  
reducing hazards and risks, and developing firefighters and volunteers for frontline response



**Bushfire Mitigation**  
reducing bushfire risk to protect people, property and communities



**Fire and Emergency Facilities**  
operating around the clock to keep communities safe and securing a location for a new fire station to service the growing northern metropolitan population



**Supporting Community Emergency Services**  
providing grants to fund volunteer bushfire brigades, State Emergency Service units and marine rescue groups



**Fire investigations**  
researching more than 100 fire cases annually to minimise future risk



**For more information about the ESL or to request brochures in large print, Braille or another language, please call 1300 136 099 or visit [dfes.wa.gov.au/esl](https://dfes.wa.gov.au/esl)**





# EMERGENCY SERVICES LEVY FOR A SAFER STATE

The Emergency Services Levy (ESL) helps to deliver fire and emergency services across Western Australia to keep our communities safe.

**The ESL protects Western Australians by funding the delivery of services linked to bushfires, severe weather and cyclones, floods, road crashes, hazardous spills and search and rescue missions.**

It also supports the vital work undertaken by this State's 26,000 emergency services volunteers, 1,600 firefighters and Department of Fire and Emergency Services' staff. It contributes to the fire and emergency vehicles and aerial fleet, life-saving equipment and emergency services facilities.

Wherever you live, travel through or holiday in Western Australia, you will see the ESL hard at work.

Your ESL contribution is included within your local government rates notice.

**To learn more about how your ESL is calculated, including information on the different ESL rates, limits and concessions visit [dfes.wa.gov.au/esl](https://dfes.wa.gov.au/esl)**



The ESL enables firefighters and emergency services volunteers to respond to more than 25,000 emergency incidents every year including:



### **Severe Weather**

responding to more than 2,500 community requests for assistance after storm, cyclone, flood and other natural hazards events



### **Fire Response**

fighting over 7,000 fires every year



### **Marine Rescue**

performing more than 1,200 search and rescue missions at sea



### **Road Crash Rescue**

attending more than 2,500 road crash rescues to help save people from road accidents



## Social wellbeing

Health and wellbeing is often separated into four (4) sub-categories – physical, psychological, social and financial.

We tend to focus on physical and psychological health; however social interaction is a major contributor to our overall health and wellbeing. Our experience of the world is influenced by our physical health, mental health, the relationships we have with others, our job and financial security, and the environment in which we live. These factors are all inter-related and can affect our overall wellbeing in a positive or negative way.

When we feel physically well, we are more open to others and to new ideas, relationships, and experiences. This openness is inviting, creating the opportunities for meaningful relationships to develop. When we are exhausted or have low-energy, we tend to be more focused on ourselves, more likely to perceive threat from others, and just less willing to strike up a conversation or extend ourselves to try new things.

### *When physical wellbeing is low, our social wellbeing may suffer.*

Social wellbeing relates to our ability to build positive and meaningful relationships and connections. Humans are social beings, and we need connection to flourish in this world.

Our limbic system (the part of the brain responsible for our behavioural and emotional responses), thrives when we are surrounded by people we feel connected to, particularly if we feel safe, supported and cared for. COVID opened our eyes to this need, and many of us could not wait to socialise with our friends and family and get back to our “normal” way of life.

During COVID, the wellbeing of society was in direct focus, and the line between physical, mental and social health became blurred. There was a huge focus on physical health and protecting the vulnerable, and the side effect of this was a society (and world) which became disconnected, isolated and lonely.



### Did you know?

- ▶ Social isolation is associated with an increased risk of early mortality.
- ▶ Social isolation and loneliness is linked to higher rates of poor physical and mental health

Recent events tell us how important social wellbeing is to our overall health.



### *So how do we improve our social wellbeing?*

Just like physical and mental health, we need to take action and make conscious decisions to improve social wellbeing. Here are three (3) helpful tips to improve your social wellbeing.

#### **1. Make connections**

Embrace social interactions in your day-to-day life. This could be meeting new colleagues at work through social events, getting involved in sporting or community programs to meet new people in your area, or having a brief interaction with a stranger at the shops.

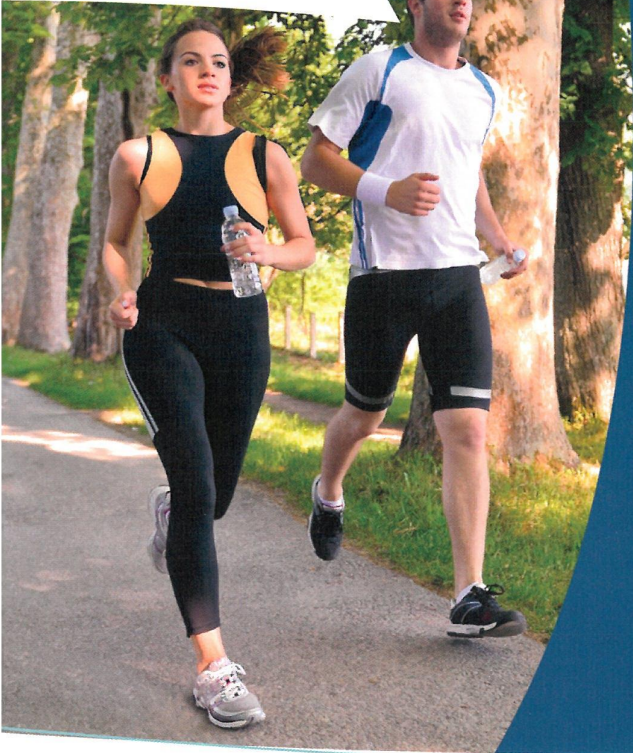
#### **2. Be proactive with your social life**

Be proactive in arranging catch up's with your friends and family. Schedule in time every week or month that is dedicated to social wellbeing. This could be a weekly walk, coffee catch up, or a monthly movie or quiz night.

#### **3. Set shared goals with your colleagues or friends**

Shared experiences can help you create stronger bonds, as you share a mutual goal or focus. Setting physical goals, such as walking 30 minutes per day, can help you improve your physical health and social health.





# Parkrun – get active in your community



Want to increase your weekly physical activity? Want to be part of a community that improves physical, social and mental wellbeing?

## Then parkrun is for you!

Parkrun is a free, weekly, community driven event that is scheduled at multiple locations around WA, Australia and the world. It takes place at local parks and open spaces, and occurs weekly on Saturday mornings, usually at 8am.

Parkrun is a positive, welcoming and inclusive experience where there is no time limit and no one finishes last. Everyone is welcome to come along, whether you walk, jog, run, volunteer or spectate.

In WA, Parkrun events are active in over 30 metro locations, and 13 regional locations.

There are 446 events nationally.

Registration is free and only needs to be done once.

Visit [parkrun.com.au](http://parkrun.com.au) for more information and get moving this weekend!

If your community doesn't have a sponsored parkrun event, you can enquire to start your own event today.

Visit [www.parkrun.com/about/start-your-own-event/](http://www.parkrun.com/about/start-your-own-event/)

## Toastie style chicken tortillas

Are you looking for a more satisfying lunch option? We've got you covered.

Serves 4 / 15 min prep / 5 min cooking time

### Ingredients

- ▶ 1 x small BBQ chicken (remove skin and bone)
- ▶ 8 x burrito tortillas
- ▶ 250g cottage cheese
- ▶ 1 x red capsicum, finely chopped
- ▶ 1 x green capsicum, finely chopped
- ▶ Coriander leaves, chopped (to taste)
- ▶ 310g can creamed corn

### Tip

Serve with a variety of steamed vegetables for a healthy and quick dinner option.

### Method

- ▶ Remove skin and bones from BBQ chicken, and shred meat
- ▶ Prep all ingredients, including chopping capsicums and coriander leaves.
- ▶ Place four burrito tortillas on to a chopping board, cover each of the tortillas with small portion of cottage cheese, shredded chicken, chopped capsicum and coriander, trying to divide ingredients evenly between four tortillas.
- ▶ Spread creamed corn on to the remaining four tortillas, and place corn-side down onto the chicken mixture tortilla.
- ▶ Pre-heat sandwich press, using oil or baking paper as required, and place tortillas (one per serve), onto sandwich press. Cook for 3 to 4 minutes, or until crisp.
- ▶ Serve with salsa



Lvl 3, 170 Railway Parade,  
West Leederville WA 6007

(08) 9483 8888 [lgisw.com.au](http://lgisw.com.au)

*The information in this document is general in nature and is not intended to be relied upon as advice regarding any individual situation and should not be relied upon as such.*

*This information is based on sources we believe to be reliable but we make no representation or warranty as to its accuracy.*

*No part of this document may be reproduced or transmitted in any form by any means, electronic or mechanical, including photocopying and recording, or by an information storage or retrieval system, except as may be permitted, in writing, by LGIS.*

*LGIS is managed by JLT Public Sector, a division of JLT Risk Solutions Pty Ltd (ABN 69 009 098 864 AFS Licence No: 226827) ("JLT") and a business of Marsh McLennan.*

*© 2022 JLT Risk Solutions Pty Ltd. All rights reserved. LCPSA 22/275.*

The LGIS WorkCare Services team are specialist health and wellbeing professionals.

Contact the team on 9483 8888 for more information on our health and wellbeing services.