

# SHIRE OF KOJONUP e-NEWS

Edition 243– 7<sup>th</sup> October 2022



## KOJONUP SHOW

**Don't miss out on the show of the year!**

**From Gumboot toss to Billy Cart Racing, Music by Andrew Bradshaw and Brandy Newton to Bush poetry by John Watkinson.**

**Loads of entertainment for young and old!**

**Please see the Show programme:**

<http://www.kojonupshow.com.au/wp-content/uploads/2022/10/Kojonup-Show-Programme-2022-2.pdf>

**A community event encouraging involvement of young & old promoting and assisting the development of the Kojonup district resources and people.**



**Mentally Healthy WA**

## 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:

- 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

## Meet the Team:



*Stacey Hawkes & Anna Byrne*

### Customer Service Officers

If you've not met these two lovely ladies, please do pop in at the Shire of Kojonup Admin Offices and meet Stacey and Anna.

Stacey recently returned to the Shire from maternity leave, while Anna joined the offices from South Australia. With their infectious smiles they strive to serve our community with the best customer service in the Great Southern.

Anna is manning the counter on Mondays – Wednesdays.

Stacey takes the reigns on Thursdays and Fridays.

## Shire notices:



### PUBLIC NOTICE

Due to COVID-19 cases causing staff shortages, the Shire of Kojonup will not be able to provide  
Department of Transport licensing services on  
Friday afternoon, 7 October 2022.

Grant Thompson  
Chief Executive Officer

5 October 2022

## Practical Driving Assessments - Bookings are filling fast -



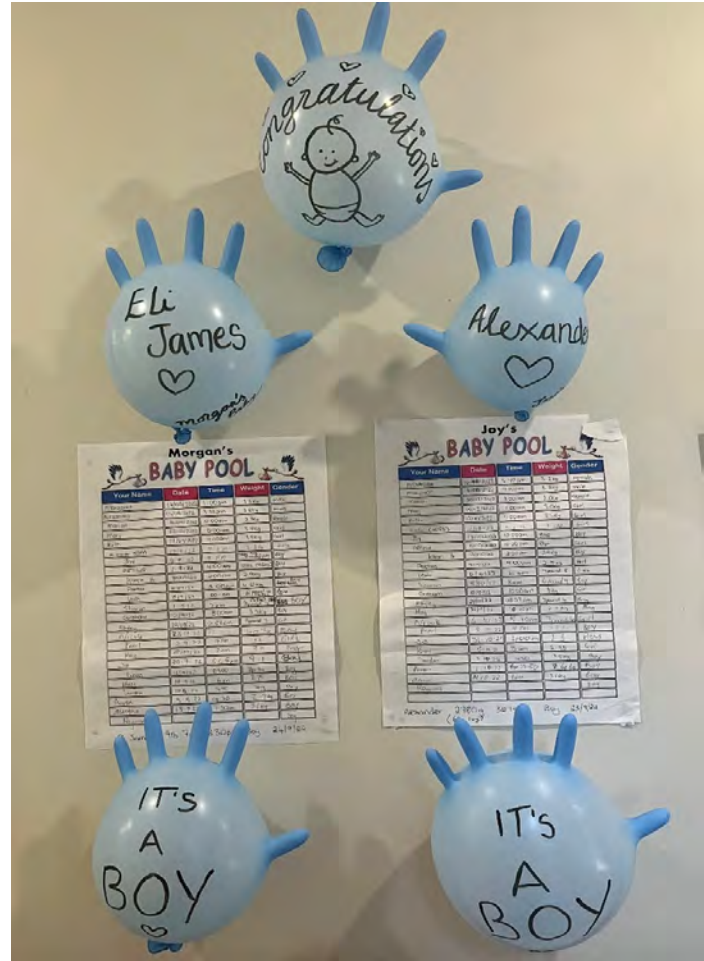
The next practical driving Assessor will be visiting Kojonup on **Wednesday, 12 October 2022** from 8:15am. However, there is only a small number of vacancies available. Contact the Shire Administration Office to book your place 98312400.



## Springhaven Update

It's been a busy few weeks at Springhaven Lodge, with lots going on for both staff and residents!

Two of our wonderful care staff have welcomed baby boys into their families. We cannot wait to meet them, and we're glad to hear of their safe arrival.



We too have added to our Springhaven family, with the addition of two chickens! Lorrie Prandi and Robbie McGuire very kindly donated the chickens and a lovely home for them. Our residents are thrilled and are taking great care of them. We are holding a competition for the residents to give them names, with some very creative options already. Salt and Pepper, Nugget and Kiev, and Chick Jagger and Eggatha Christie, to name a few!

# KOJONUP BUSHFIRE BRIGADES



**BUSH FIRE SERVICE**  
W.A.

Join our training  
**Bushfire Awareness**

Kojonup Bushfire Brigades



One community, many choices.


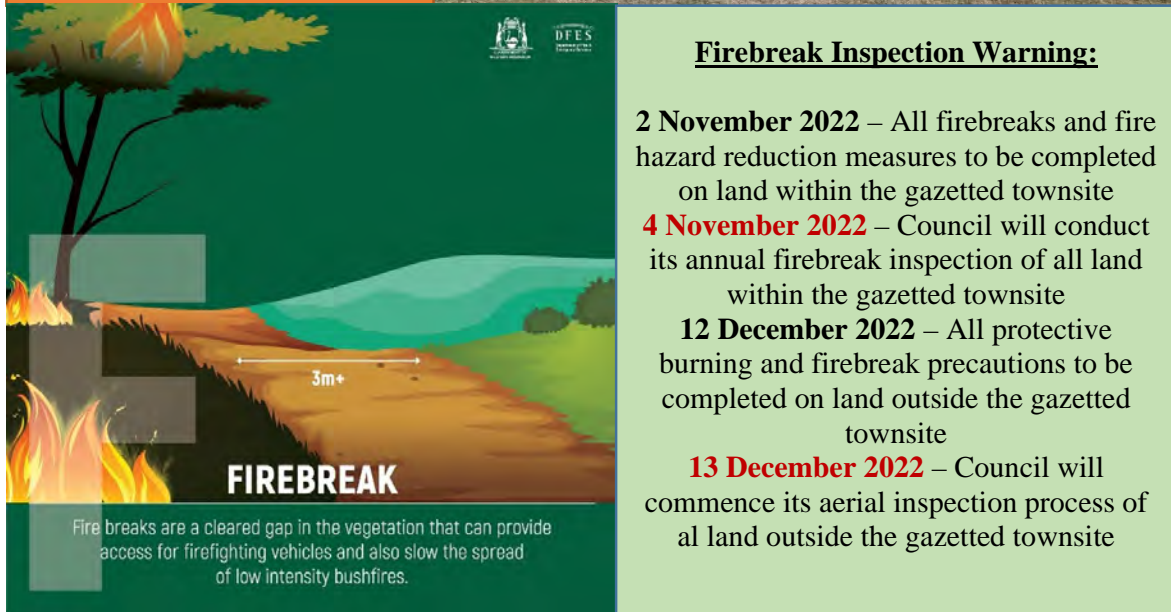
27 SEPTEMBER 2022  
9AM - 1PM  
31 OCTOBER 2022  
9AM - 1PM  
MEMORIAL HALL

RSVP - 9831 2400  
RSADMIN@KOJONUP.WA.GOV.AU



**All BFB  
Volunteers  
Water Bomber  
Reloader Training  
2022**

**Friday 4<sup>th</sup>  
November 2022  
08:30**



**FIREBREAK**

Fire breaks are a cleared gap in the vegetation that can provide access for firefighting vehicles and also slow the spread of low intensity bushfires.

**DFES**

**Firebreak Inspection Warning:**

**2 November 2022** – All firebreaks and fire hazard reduction measures to be completed on land within the gazetted townsite

**4 November 2022** – Council will conduct its annual firebreak inspection of all land within the gazetted townsite

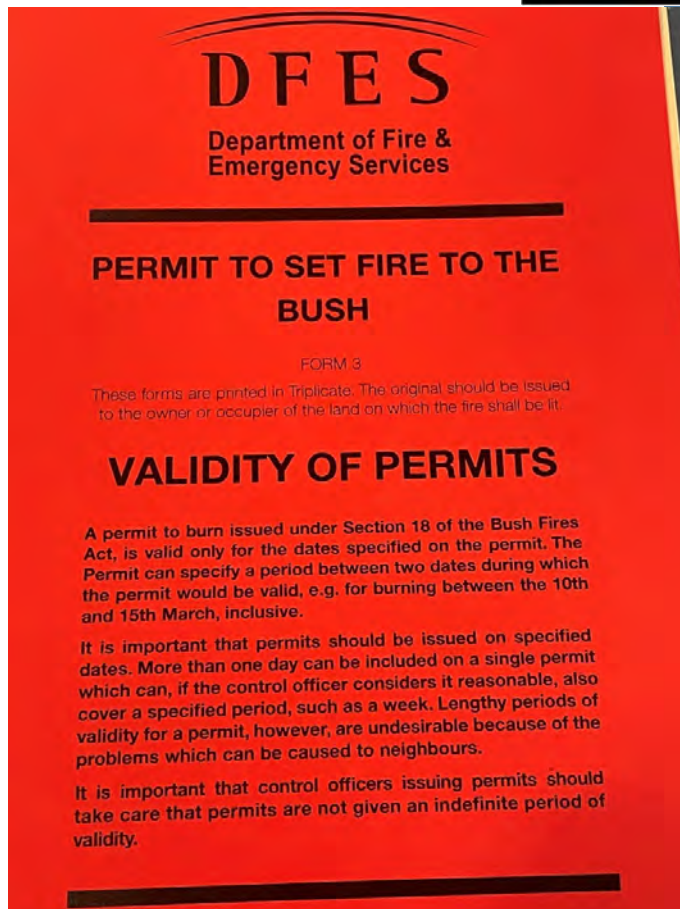
**12 December 2022** – All protective burning and firebreak precautions to be completed on land outside the gazetted townsite

**13 December 2022** – Council will commence its aerial inspection process of all land outside the gazetted townsite

**Permits** are required for all fires lit during these Restricted Burning times and must be obtained from your local Fire Control Officer who will explain the conditions under which fires may be lit.

**Permits** will not be issued for town site burning between these dates.

Please note restricted burning times may be extended by the CBFEO, you should consult with your local Fire Control Officer or ring the hotline on 9831 0145.



**Please note:**  
**All FCO's must return their old permit books to the Shire's admin office and collect their new copies.**

**BUSH FIRE BAN PHONE LINE: 9831 0145**  
**EMERGENCY SMS LIST: Shire 9831 2400**  
**BUSH FIRE EMERGENCY: 9831 1580 / 000**



Department of Biodiversity,  
Conservation and Attractions

## FAUNA NOTES

### Magpies – Swooping and Safety Issues

#### Identification and Distribution

The Australian magpie *Cracticus tibicen* (or *Gymnorhina tibicen*) is a large butcherbird with a black head, body, wing tips and tail tip with patches of white. The bill is blue-grey in colour, the legs are black and the eyes are brown. Males have a white nape, whereas females have a grey nape. Magpies are characterised by strong, rich and varied carolling.

The Australian magpie occurs throughout much of Australia, including bushland, farmland towns and other urban areas. Two of Australia's five sub-species occur in Western Australia: the western magpie *Cracticus tibicen dorsalis* occurs in the south-west and the black-backed magpie *Cracticus tibicen tibicen* is found in the central and northern regions. These two subspecies interbreed where their ranges meet. Refer to [www.naturemap.dpaw.wa.gov.au](http://www.naturemap.dpaw.wa.gov.au) to find further information on the species distribution.



Photo. P. Curtis/DBCA

#### Behaviour

The diet of the Australian magpie includes some plant material, but consists mainly of small animals that are found on the ground, including beetles, ants, spiders, lizards, frogs and carrion. They have very good hearing which allows them to locate lawn beetle larvae. They also eat other garden and farm pests and are valued as natural pest control agents.

Magpies breed between August and October and at least 2-3 ha (0.02-0.03km<sup>2</sup>) of territory is needed for pairs to successfully raise young. The female selects the nest site, which is usually in a tall tree, and constructs the nest from sticks lined with grass, roots and other fibres. Up to 6 eggs are laid and a new clutch may be laid if the first brood fails. The female incubates the eggs for about three weeks and feeds the chicks for about four weeks. Young magpies are forced to leave the territory by their parents within two years. They then join another group or take over a territory as part of an adult breeding pair. The young are vulnerable and many die within the first months of independence due to poor weather conditions, lack of food, road hazards and natural predators.

Magpies have a complex social structure and form tribes and flocks. Tribes consist of 2-10 birds of both sexes, which defend a territory of up to 8 ha (0.08km<sup>2</sup>). They vigorously defend this territory against other magpies because this is the area in which they obtain their food, build nests and rear their young. Flocks consist of birds that are young or too old to breed and are unable to form a tribe or gain access to a territory. These birds live in areas that do not contain sufficient water, feeding or nesting resources. The flock is nomadic as it moves from place to place in search of food.

#### Environmental Law

All fauna native to Australia, including fauna that naturally migrates to Australia, are afforded protection under both State and Commonwealth legislation.

Depending on the type of fauna-related activity, a licence issued by the Department of Biodiversity, Conservation and Attractions may be required. It is an offence to intentionally or recklessly kill, injure, trade, keep or move them unless authorised by a permit. To obtain a licence, the applicant needs to demonstrate that all reasonable non-lethal methods have been attempted and environmental impacts have been assessed. Further information is available on the Department's website.

#### Magpie-Human Interactions

Magpies swoop to protect eggs and young from potential predators during the nesting season. They rely largely on intimidation to deter human intruders by flying low and fast, often clacking their bill as they pass overhead. The sound of their wings whistling past and the movement of air can be alarming, but is usually just a bluff.



## FAUNA NOTES – Magpies – Swooping and Safety Issues

Like dogs, magpies seem to sense fear and may capitalise on this by pressing on with harassing any perceived threat. Occasionally, a magpie will actually strike an intruder on the head with its bill. While such strikes are rare, magpies can inflict serious injuries. Information collected at hospital emergency departments has shown that the eye was the most common target. Magpies are more likely to swoop cyclists and postal workers.

If you find a sick or injured magpie contact the [Wildcare Helpline](#) on (08) 9474 9055 for information on registered wildlife rehabilitators and centres who can assist you with your enquiry.

### Reducing the risk from swooping magpies

If you have problems with a swooping magpie, several avenues of action are open to you. Keep in mind that the birds swoop only during the nesting and rearing period (from August to October) and each bird generally only swoops for a few weeks during this time. If we can understand the catalysts and the patterns of magpie behaviour, we can greatly reduce the risk.

### Living safely with magpies

The following steps can be followed to avoid or reduce the impact of a swooping magpie:

- Never deliberately provoke or harass a magpie. Throwing sticks or stones usually makes them more defensive. Magpies have good memories and they may continuously swoop a potential aggressor.
- Avoid areas where magpies are known to swoop. Remember, magpie hostility lasts only a few weeks and they usually only defend a small area of about 100m radius around their nest.
- Locate the bird and keep watching it when entering its territory. If it swoops, don't crouch in fear or stop: move on quickly but don't run.
- If you are riding a bike make sure you wear a helmet, and dismount and walk through nesting magpie territory.
- Wear a hat and sunglasses or carry an umbrella for protection. Magpies initially attack from behind but can swoop back around.
- Adopt a confident stance as this can have a strong deterrent effect.

Remember that the magpies are just trying to protect their young. Learning to live alongside wildlife is an important step towards building a better living environment, and observing and listening to magpies can be an enjoyable experience.

Taking a bird or nest from the wild is illegal without a permit and while such actions may temporarily stop attacks, it is not uncommon for another nesting bird to move in. It is better to avoid the area or live with the swooping bird for six to eight weeks until the chicks learn to fly and the problem ceases.

### Citation

Department of Biodiversity, Conservation and Attractions. (2017). *Fauna notes: Magpies – Swooping and Safety Issues*. Retrieved from <http://www.dbca.wa.gov.au/>

### Disclaimer

The State of Western Australia and its employees do not guarantee that this publication is without flaw of any kind or is wholly appropriate for your particular purposes and therefore disclaims all liability for any error, loss or other consequence that may arise from you relying on any information in this publication.

For more information see the department's website [www.dbca.wa.gov.au](http://www.dbca.wa.gov.au)



Department of Biodiversity,  
Conservation and Attractions



# Drone Workshop

21st of October 2022

8:30 am arrival, starts 9 am - 5 pm,  
Tambellup Pavillion.



This event is sponsored by

StirlingAg

Nutrien  
Ag Solutions



## PUBLIC NOTICE

### SALE OF ABANDONED VEHICLES – EXPRESSION OF INTEREST

The Shire of Kojonup is seeking expressions of interest for the outright purchase of the following vehicles:

			
<b>Item Number # 1</b> Holden Astra Sedan Silver	<b>Item Number #2</b> Ford AU Falcon Sedan Silver (mostly)	<b>Item Number #3</b> Hyundai Tucson SUV Silver	<b>Item Number #4</b> Kia Carnival 8 Seater MPV Black

For further information or to arrange inspection, please contact Regulatory Services on 9831 2411 between 8:00am and 4:00pm, Monday to Friday.

Expressions of interest are to be:

- Received in writing by the closing date;
- Clearly indicate the Item Number;
- Include the purchase price offered (including GST); and
- Marked attention to the CEO.

**Closing Date: 4:00pm, Friday, 7 October 2022**

These can be:

- Mailed to 'Shire of Kojonup, PO Box 163, Kojonup WA 6395'
- Emailed to [council@kojonup.wa.gov.au](mailto:council@kojonup.wa.gov.au)
- Or delivered to the Shire Office at 93-95 Albany Highway, Kojonup.

Council reserves the right to not necessarily accept the highest or any offer.

*Grant Thompson*  
Chief Executive Officer

# LANDCARE



## Shade, Shelter & Shrubs show-and-tell

2pm-5pm Tuesday Oct 11

Brickhouse Road, Cranbrook



Cranbrook farmer Sam Lehmann has been hosting a series of projects that are focussed on forage shrubs and filling feedgaps. But can his 'edible shelter' be used to manage heat stress and improve lamb survival? Come for a look to see if this applies at your place:

- Hear how Sam Lehmann is managing his ewes during lambing and filling feed gaps
- See the new research site just after planting the legumes and shrubs
- Hear about the results from the recent lambing-in-crops experiment
- See some of the nifty tech that monitors sheep behaviour and internal temperature
- Walk through a site investigating the next gen forage shrubs for sandy/saline soils
- Join us for a wrap up and casual discussion at the Cranbrook Sports Club

**You are invited to join Sam, a couple of fellow farmers who are learning new ways to provide shelter for ewes, and the research team from CSIRO, Murdoch and UWA - to see just how much has changed in five years.**

This is an all-weather event – we walk the paddocks irrespective – talking as we go - with wrap-up discussions and hospitality to follow at the Cranbrook Sporting Club. This field tour is part of the collaborative shade and shelter project and is proudly supported by WALRC and Gillamii.

RSVPS to Esther Price at WALRC on [eo@walrc.com.au](mailto:eo@walrc.com.au) or text 0418 931 938

**Note: There will be biosecurity plans in place. Please help us by ensuring you have clean boots for the paddock walks.**

**We aim to be back at the Cranbrook Club by 4.30pm for final discussions and hospitality to follow**



## Great Southern Development Commission

The Inland Great Southern Drought Resilience Plan is nearing completion, and we are looking for your feedback! The draft plan outlines the impacts of past drought and dry periods on the region, potential future impacts of drought, and a range of projects and actions to support economic, community and environmental resilience to drought.

You are encouraged to follow the links below to read the draft Inland Great Southern Drought Resilience plan and complete a short 2-minute survey to provide your feedback. This is your opportunity to offer feedback to inform the final plan and help guide future investment into drought resilience. Feedback survey closes 5:00pm Friday 14 October 2022.

READ THE PLAN: <http://www.gsd.c.wa.gov.au/.../regional-drought.../>

PROVIDE FEEDBACK: [www.surveymonkey.com/r/droughtresiliencefeedback](http://www.surveymonkey.com/r/droughtresiliencefeedback)

[www.gsd.c.wa.gov.au/project/regional-drought-resilience-plan/](http://www.gsd.c.wa.gov.au/project/regional-drought-resilience-plan/)

# INLAND GREAT SOUTHERN DROUGHT RESILIENCE PLAN

Help inform the final plan and guide future investment into drought resilience

✉ [gsdc@gsdc.wa.gov.au](mailto:gsdc@gsdc.wa.gov.au) ☎ +61 8 9842 4888



## merinotech

# Annual Open Day

Thursday October 13<sup>th</sup>  
"Yarrak" Kojonup  
Woodenup Road.  
Commencing 9.30 am - 3.00 pm

Measuring to Manage On-Farm Carbon Emissions

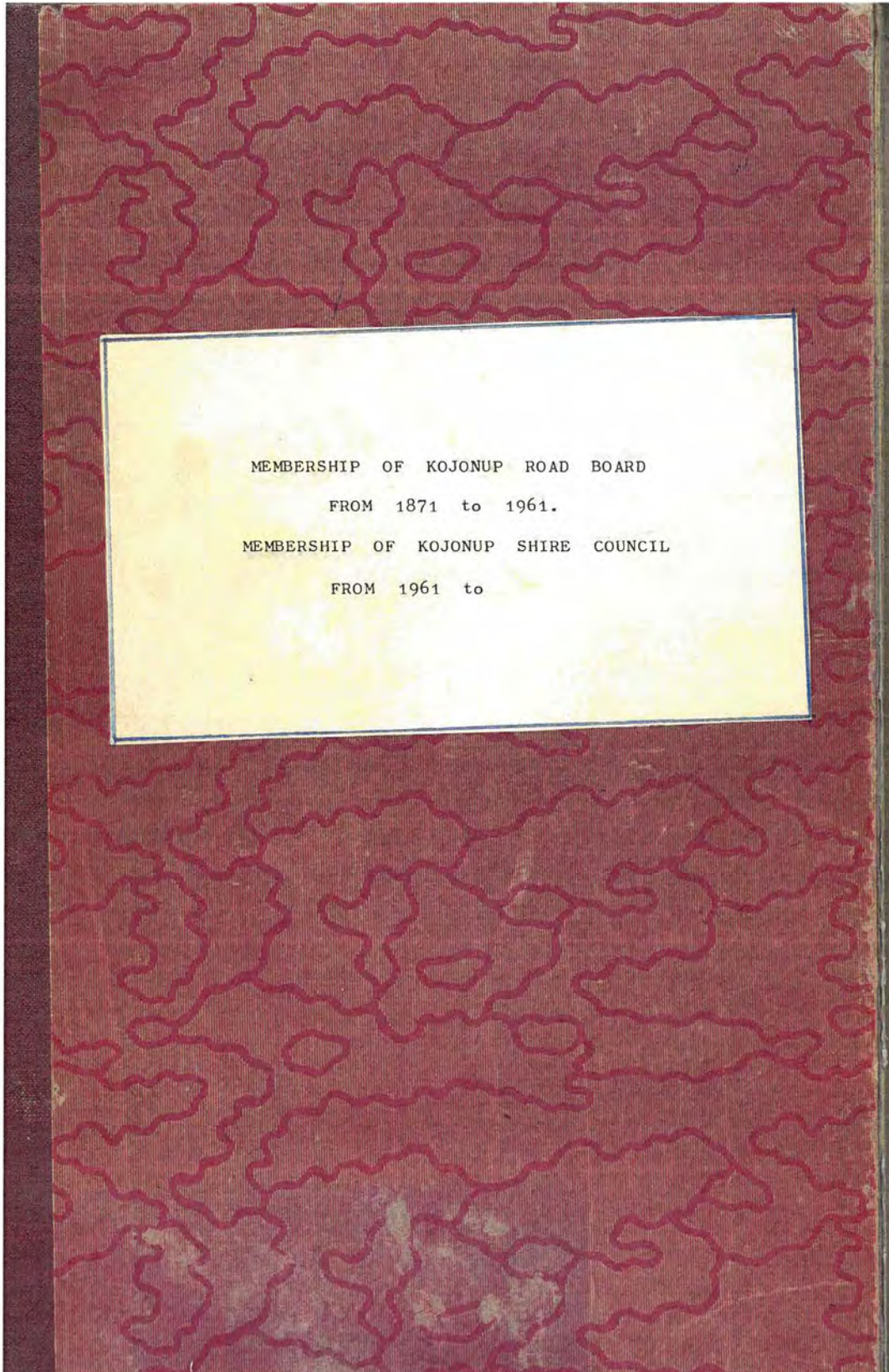
- Mandy Cumow – AgWA
- Ian Robertson – MTWA genetic achievements to date

Morning tea, lunch and afternoon refreshments will be provided on the day.  
Contact: Ian Robertson 08 9833 6251  
Ben Webb 0427 987 273  
Rivers Hyde 0428 908 041

By attending, you will go into a draw to win a voucher drawn on the day.  
Proudly sponsoring the Open Day prizes.

KOJONUP AGRICULTURAL SUPPLIES BOYUP BROOK AGRICULTURAL SUPPLIES

## Archives – Focus on Kojonup Road Board



92

1960/1961.

Chairman. G. D. Harrison.Members. W. H. C. Archer, L. P. Treasure, S. Cook, H. H. Harrell,  
S. C. Pease, L. J. Gilks, H. N. O'Halloran, D. B. O'Halloran.Secretary. L. MacBride.

At the end of business the Chairman drew the attention of Board members and Staff that this meeting was the last meeting of the Kojonup Road Board. The Kojonup Road Board, he said, has been in force for the past 90 years and was established in 1871. It was only right that at the end of this era a tribute be given to the founders of the Board and of past members who have served faithfully the Community. He continued to say that he was astounded at the good and hard work our predecessors had achieved when the district had no surveyed roads, a revenue not exceeding £300 and kangaroos everywhere. They must have toiled to build us such good and sound foundations and leave us such a prosperous legacy. Members of this Board such as J. J. Treasure, W. Brakauer and John Delaney should be remembered with great respect. He continued to say that he was pleased to see that the spirit of communal work has been inherited through the generations and see now sons of respected Board members such as Mr. L. E. Treasure, Mr. G. N. O'Halloran and Mr. D. E. O'Halloran starting the era of Shires as their Fathers founded the Road Board. To conclude, Mr. Harrison sincerely hoped that the tradition will be carried on in the District throughout the years to come as successfully as it was done in the past.

As a last resolution the Chairman wished it to be remembered with the glory and success of past Board members, the hardship and wonderful co-operation given by past and present officers of the Board, a special mention to be made of Mr. L. V. McBride's 26 years of faithful service. It was also wonderful to see that Mr. A. E. G. Walker followed the steps of his late father and has become Foreman of the Board. The Chairman wished the Shire of Kojonup fame and success.



ONE STORY MANY VOICES - FRIENDS OF KODJA PLACE  
[Instagram@Kodjaplace](#) / [Facebook@Kodjaplaceculturalcentre](#)

## THE BLACK COCKATOO CAFE UPDATE



It's hard to believe a week can pass so quickly and boy, what a fabulously frenetic week it's been! Seeing the courtyard at the Kodja Place full of laughing, happy families and holidaymakers enjoying the recent extended sunny long weekend has given everyone a real buzz and sense of 'mission' fulfilled. The punishing hours put in by all involved have reaped dividends and whilst there have been inevitable teething problems, the incredible Black Cockatoo staff and volunteers have risen to the challenge with their hard work and dedication...Thank you to every last one of you!

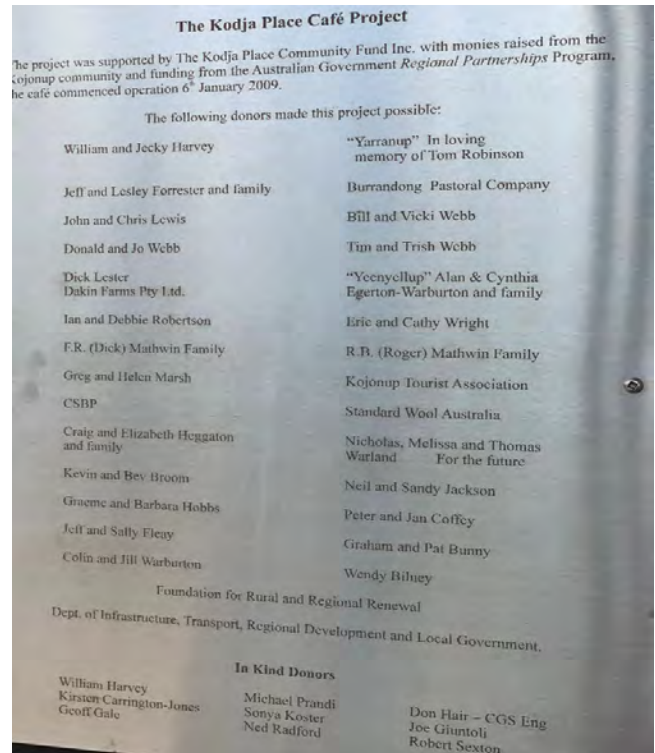
The Kodja Place Precinct is once again united and what I mean by that is, we have restored what was the original intention back in 2000, when the community worked together fundraising to build this dynamic and inclusive community asset...The Kodja Place; an asset that included the Black Cockatoo Café. The group who built the Kodja Place Precinct believed that having a Café would encourage people to stop and visit the Kodja Place as well as our town of bringing in not only additional revenue, but also offering an income source to help fund our fabulous precinct.

As a new resident of Kojonup, I'm filled with great pride to be the new Manager of The Kodja Place and look forward to working with our staff and hard-working volunteers to create a dynamic community cultural precinct for all of us to enjoy and to show those visiting Kojonup what a wonderful place our town is! Watch this space!

## Low Key Celebration to mark the 20<sup>th</sup> birthday of Kodja Place

There was a small celebratory re-union of some of the original volunteers involved in the early days at Kodja Place. It was great to reminisce with some of our original supporters and volunteers over food and a glass of wine and beer.

We have come full circle in 20 years with Friday 30<sup>th</sup> September marking the beginning of a second and exciting Phase in the history and development of the Kodja Place. We will celebrate our coming-of-age next year on our 21<sup>st</sup> birthday which will also mark the end of our first year in partnership with Lotterywest. This long term and ongoing relationship will enable us to continue the development of the Kodj Gallery and Story Place, adding a space in which to hang visiting art exhibitions and update exhibits and our media displays whilst adding a 'second layer' of stories in the Story Place.





**Featured Garden**  
**Pine Avenue**  
**‘Welcome to a very English Garden’**



*Photograph courtesy of Kim Woods-Rabbidge*

You approach this magnificent and well-established garden through an avenue of *Prunus Pinaster*, which leads you through to lawn through a large pergola. Your eyes are immediately drawn to the stunning views across open farmland. Cathy and Eric are passionate gardeners, and their beautiful garden has graced the pages of many magazines.

A long *Prunus Nigra* walk complemented by deciduous trees and heritage roses creates year-round seasonal interest. Eric's dry-stone walls are a feature and provide both structure to the garden and protection for plants. The generous use of timber from the property provides climbing roses, glory vine and wisteria ample opportunity to romp and weave their magic. Deciduous trees are an important element in the garden providing both welcome summer shade and autumnal colour.

You can either enjoy this garden as part of our open gardens weekend on the 29/30 October alongside 6 other hidden garden gems in Kojonup or why not join Leftie and Cathy over champagne and Canapés on Saturday evening the 29<sup>th</sup> October between 5pm and 7pm and watch the sun set in this glorious garden.

**Bloom Sundowners**  
**Gardens of Pine Avenue, Saturday 29<sup>th</sup> October 5-7pm \$50 pp**

Photograph Courtesy of Kim Woods-Rabidge

Enquiries for both tickets for all the Open Gardens and Sundowners at Pine Avenue please contact the Kodja Place 9831 0500



**THE KODJA PLACE** ONE STORY MANY VOICES - FRIENDS OF KODJA PLACE  
Instagram@KodjaPlace / Facebook@KodjaPlaceCulturalCentre

## SPRING has Sprung

A Picnic amongst the Roses

Sunday 23<sup>rd</sup> Oct 10.30 – 4.30pm

**FAMILY FUN & FUNDRAISER**  
Bush Poets - Live Music - Skits - Stalls - Food

Entry by Donation

**ALBANY'S ONCOLOGY UNIT**  
FUNDS GOING TO THE ALBANY RADIATION MACHINE PROJECT & THE KODJA PLACE ACTIVITIES 50% EACH

Kids ART Trail Exhibition in the foyer - Yarn Spinning & Music - Face Marking - Treasure Hunt - Maze Merry-go-Round - Food Tastings - Damper, Billy Tea & More

Bring a Picnic Rug or Chair & Enjoy!

Sponsored by: BLOOM, Flinders, WEP Civil, WESTERN AUSTRALIA, GREAT SOUTHERN, RedDots, HAN, Shirley Payne PLC

**SPONSORS & DONATIONS WELCOME**

Please ring Jill at Kodja Place or Lisa Hart - 0428131974 to enquire!

Leading sponsors have their LOGO FEATURED on all event promotions.

LOGO'S REQUIRED ASAP!  
PUT YOUR LOGO HERE  
lisajamiehart@yahoo.com

Donations Welcome - 100% Tax refundable receipt available

**ALBANY'S ONCOLOGY UNIT**  
FUNDS GOING TO THE ALBANY RADIATION MACHINE PROJECT & THE KODJA PLACE ACTIVITIES 50% EACH

This event supports our 'Get Belonging' - Asset Building Community Development approach

Sponsored by: BLOOM, Flinders, WEP Civil, WESTERN AUSTRALIA, GREAT SOUTHERN, RedDots, HAN, Shirley Payne PLC

Please come and join us at the Kodja Place on SUNDAY 23/10/22 for a **Community Fun Day and Fundraiser** with a difference.

We aim to support more community led events and activities for everyone to enjoy, in the region irrespective of your age, whilst at the same time helping better the lives and health of all living within the Great Southern. Cancer affects 300 people or more annually in this region and a staggering 1 in 2 Australians will experience cancer in their lifetime.

The new Linac Suite opening in Albany at the end of this year will be a game changer, offering people living in the Great Southern the opportunity to access state of the art treatment on their doorstep, rather than making the more arduous journey to either Bunbury or Perth at what is already an extremely difficult time.

Please dig deep and help us lift community spirit through an act of giving.

Although entry is by donation, we are looking to our local businesses, farmers and others who are more fortunate to dig deep and please get in touch with either Lisa Hart or Jill at the Kodja Place.

## Save the Date

- ❖ Native Wreath Making Friday 21<sup>st</sup> October 2022 with Sally Wilson 10.30 – 12 noon
- ❖ Spring Has Sprung Sunday 23<sup>rd</sup> October 2022
- ❖ Open Gardens 29/30<sup>th</sup> October 2022 - See poster for details
- ❖ Pine Avenue Sundowners Saturday 29<sup>th</sup> October 2022
- ❖ Twilight Markets Sunday 27<sup>th</sup> November 2022
- ❖ Carols in the Courtyard Friday 16<sup>th</sup> December 2022
- ❖ Kojonup's Got Talent – back by popular request 25<sup>th</sup> February 2023



ONE STORY MANY VOICES - FRIENDS OF KODJA PLACE  
Instagram@kodjaplace / Facebook@kodjaplaceculturalcentre

# 7 Open GARDENS

Sat 29<sup>th</sup> & Sun 30<sup>th</sup> OCT 10.00 – 4.00pm



More Information The Kodja Place: 9831 0500

**THE HACIENDA**    
Mary Jones, 63 Newstead Rd

**GLENLOSSIE HOMESTEAD**    
Colin Rourke, 21294 Albany Hwy

**STARHAVEN**    
Simon and Diane House, 3306 Darkan-Kojonup Rd

**PINE AVENUE**   
Eric and Cathy Wright, 20417 Albany Hwy

**DOREENUP COTTAGE**  
Anita and Tim Eyres, 696 Katanning Rd

**KARRAWEERA**  
Roberta McGuire, 5 Stock Rd

**SUNSHINE HOUSE**   
Wayne and Peta Zadow, 21621 Albany Hwy **SAT Lunch Available & SUN Open 1 - 4pm**

**\$10 Cash Entry**

**Children Free**

**Plants cash sale only**



Powered by



WCP Civil



WESTERN AUSTRALIA



GREAT SOUTHERN

RioTinto



Hon. Shelley Payne MLC



ONE STORY MANY VOICES - FRIENDS OF KODJA PLACE

[Instagram@kodjaplace/](https://www.instagram.com/kodjaplace/) / [Facebook@kodjaplaceculturalcentre](https://www.facebook.com/kodjaplaceculturalcentre)

# WREATH Making



Friday 21<sup>st</sup> Oct 10.30 – 12.00pm

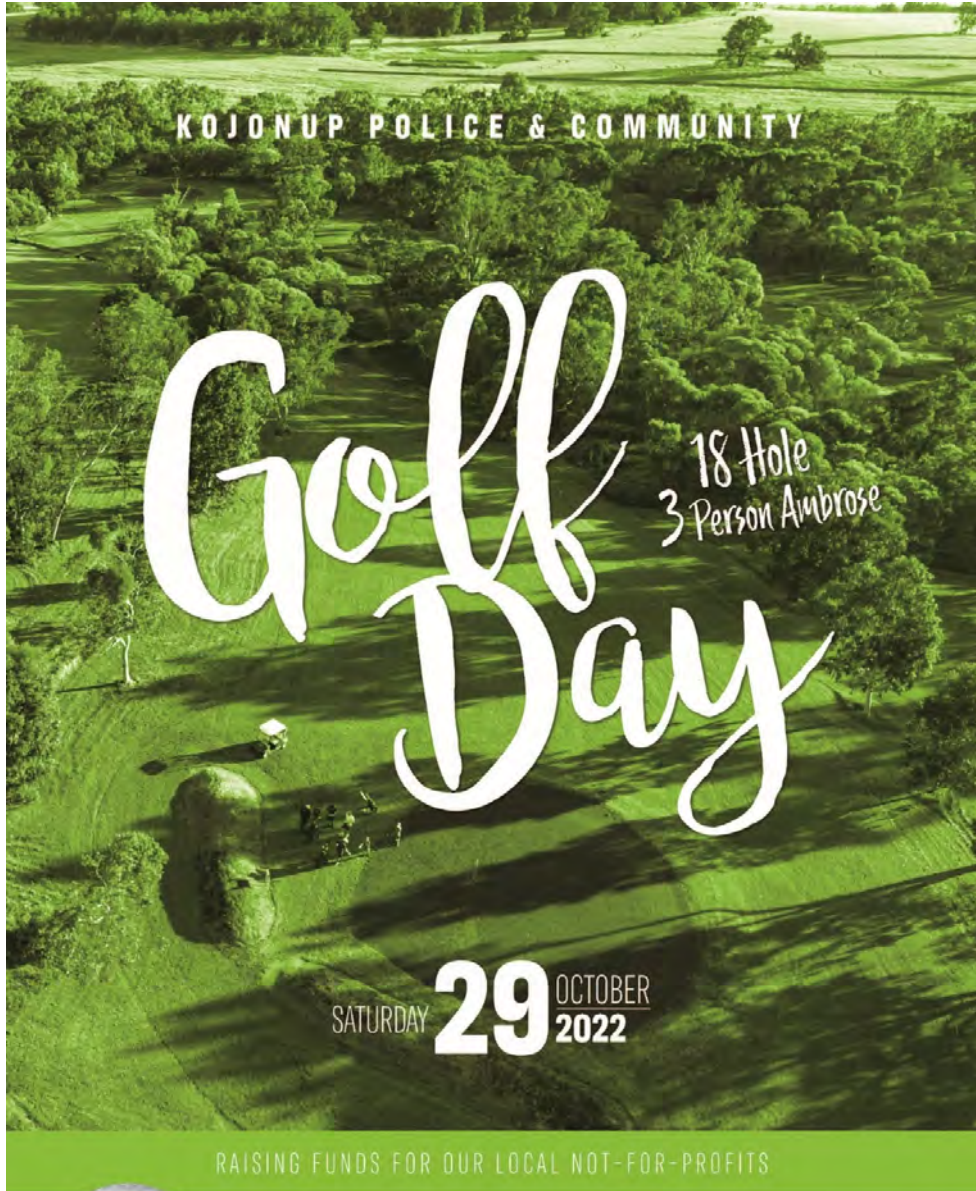
Where: *The Kodja Place*

\$100 ticket pp - Booking Essential

Join talented London trained florist Sally Wilson for a morning of floral fauna and design your own personal and unique native wreath to hang on your door this spring.

Enjoy the company of liked minded people and use local flora to make your own beautiful creation.

**Contact The Kodja Place For Tickets & Info 9831 0500**



10:30AM - 11:00 AM - REGISTRATION & SAUSAGE SIZZLE  
12:00PM - TEE OFF

DINNER INCLUDED

\$45.00 PER PERSON

**REGISTER YOUR TEAM**  
WARREN PORTER 0408 934 214  
KOJONUP POLICE 8831 2555



## Don't ignore the yawning signs

This year's Act Belong Commit Kojonup Agricultural Show is proudly supported by the **Road Safety Commission**, who are dedicated to tackling road trauma – our biggest and most sustained cause of death and injury.

Fatigue is a silent killer on **WA roads**, with around 20 lives lost annually in fatigue related crashes.

The main cause of fatigue-related crashes are micro-sleeps, where drivers drift in and out of sleep without knowing it. A five second micro-sleep at 110km/hr is like travelling the length of an **Aussie Rules oval** with your eyes closed.

Your risk of being involved in a fatigue-related crash increase if you:

- Work night shifts,
- Get less than 7.5 hours sleep per night or have poor quality sleep,
- Are driving between midnight and 6am, or for extended periods,
- Use medications that cause drowsiness,
- Have been awake more than 15 hours, or
- Have a new car (air emissions from the interior can cause drowsiness).

Signs of fatigue include wandering thoughts, missing gears or exits, slowing down or speeding up unintentionally, or braking too late.

To stay safe on our roads, take a break if you are yawning, blinking a lot, having trouble keeping your head up, closing your eyes, or forgetting driving the last few kilometres. Use the Road Safety Commission's [Test Your Tired Self](#) game to check you are okay to get back on the road.

To learn more, check out the Road Safety Commission stand at this year's show on Saturday 15<sup>th</sup> October. **Enter the quiz for your chance to win a \$100 meal voucher at Hillview Roadhouse.**



# KOJONUP POLOCROSSE TOURNAMENT

**OCTOBER 22/23**

**ENTRY IS ON US!**

REGISTER ON DATABASE BY TUESDAY 18<sup>TH</sup> OCT 7PM  
NO NOMINATION FEE  
\$100 FUEL CARDS FOR WINNERS

GRADES: A-JUNIOR E & SUBBIES  
WHEELIE BIN RACES SATURDAY NIGHT  
FULL CANTEN AND BAR  
LOTS OF YARDS

CAPTAINS MEETING 7PM FRIDAY  
GRADES SUBJECT TO NUMBERS  
MULTI-HORSE

ENQUIRES TO BETA  
0418 186 687




KATANNING COUNTRY CLUB PRESENTS A FREE COMMUNITY EVENT

# GRAND OPENING

Katanning Country Club would like to invite you to join us at our free Community Event and Family Fun Day. Come and have a go at Lawn Bowls, Tennis, Golf and Squash.



**Free Family Fun Day**

- Food Vans
- Ice cream
- Bouncy Castles
- Bar facilities
- Prizes
- Junior Coaching
- Fun activities

**COMPETITIONS**

- Golf
- Tennis
- Squash
- Bowls

**OFFICIAL OPENING  
12.00PM**

Supported by the Australian Sports Commission

**SUNDAY 16TH  
OCTOBER 2022  
11AM - 5PM**



**MORE INFORMATION**  
Email [kcclub@outlook.com.au](mailto:kcclub@outlook.com.au)  
FB @katanningcountryclub  
or call Ian 0427215076

**Supervisor: Do you have any special skills?  
Me: Look, a turtle!**





## Focus on physical fitness for mental wellbeing

Physical and mental health go hand in hand, and the 2017-18 National Health Survey conducted by Australian Bureau of Statistics showed this relationship, suggesting a strong overlap between poor physical health and mental health problems. This means that people who reported having a mental illness were more likely to report having a chronic medical condition, and vice versa.

“The most common chronic conditions reported included back problems, arthritis and asthma,” the survey stated.

These results show the importance of focusing on the physical part of health to keep your mental wellbeing intact. And what better time than right now! As spring is setting in and the days are a bit longer, it’s the perfect time to head out and look after yourself with physical activity, such as park runs, hiking and walking at the beach.

Outdoor light is also good for your mental health. A 2021 study by Monash University found that more time in outdoor light was associated with fewer depressive symptoms, lower odds of using antidepressant medication, better sleep and fewer symptoms of insomnia.



## Exercise and mental wellbeing

According to Australia’s physical activity and sedentary guidelines, adults should stay active on most days, aiming for a total of 2.5-5 hours of moderate to vigorous physical activity per week. This could include a brisk walk, swimming, jogging and cycling. It is ideal to combine both moderate and vigorous activities in a week.



Releases stress and lowers anxiety



Distracts you from negative thoughts and boosts positivity



Helps you get a good night’s sleep



Provides an opportunity to socialise and interact with new people



Livens up your mood, giving you a sense of self-confidence







Life years

## Quit smoking



Smoking kills! When an advertisement like that is so blunt and direct, we need to take it seriously. Australian Bureau of Statistics (ABS) suggests that tobacco smoking is one of the largest preventable causes of death and disease in Australia. According to ABS' 2020-21 report on smoking, one in three (32%) daily smokers aged 18 years and over had a mental and behavioural condition compared to 17.8% who had never smoked.

Make today the day you start your quit journey!

### Make a plan

Having a quitting strategy is really important. To devise your own plan, start by setting a quit date. Write down the reason why you want to do it. Next talk to your doctor to deal with withdrawal symptoms. Also, list down your smoking triggers. The final step of the plan is to choose a method of quitting.

### Choose a method

Going cold turkey, gradual slow down, nicotine replacement therapy, prescribed medications and quitting apps are just a few methods stated on the Australian government's Department of Health and Aged care website.

### Coping with the quitting process

Even if you're determined and driven to quit smoking, coping with the process can be tough. If you have withdrawal symptoms, try delaying your urge for a few minutes. Practice deep breathing, distract yourself or drink water; these activities will surely decrease your urge.

If you know someone who is struggling to quit smoking, you can suggest them the following options.

**Quitline:** call on 13 7848 or visit [quit.org.au](http://quit.org.au)

**My Quit Buddy:** Download the app for free

**Quit Now Calculator:** Available on [quitnow.gov.au](http://quitnow.gov.au)

## Fig and mozzarella salad

A refreshing spring lunch salad recipe to liven up your mood and taste buds!

Serves 4/ 20 min prep

### Ingredients for salad

- ▶ 200g fine green bean, trimmed
- ▶ 6 small figs, cut into quarters
- ▶ 1 shallot, thinly sliced
- ▶ 1 ball of mozzarella, drained and ripped into chunks
- ▶ 50g hazelnuts, toasted and chopped
- ▶ Small handful of basil leaves (turmeric or smoked paprika powder)

### Ingredients for dressing

- ▶ 3 tbsp balsamic vinegar
- ▶ 1 tbsp fig jam or relish
- ▶ 3 tbsp extra virgin olive oil

### Method

- ▶ Fill a large sauce pan with water and let it boil. Also add a pinch of salt to the water.
- ▶ Add the beans to the water and blanch for about 3 minutes.
- ▶ Rinse them in cold water and then dry on a kitchen paper towel.
- ▶ Arrange the beans on a platter and then top it with figs, shallots, mozzarella, hazelnuts and basil.
- ▶ For the dressing, take a small bowl or jar with a fitted lid. Mix vinegar, fig jam, olive oil and some seasoning into it.
- ▶ Shake well and pour over salad just before serving.



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. LCPA 22/187.

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.