



SHIRE NEWS

Walkin' and talkin' in Toodyay's reserves



Last year, a group of Toodyay Parkrunners was chatting over coffee at the bakery when one mentioned they'd like to climb Mt. Anderson. Shortly afterwards, said climb was organised and the walk – with its scenic views over town – whet their appetite for more. Pelham Reserve and the Bilya Walk Track soon followed. Keen to explore other areas in the Shire, the group sought out our Reserves Management Officer, who was more than keen to come on board – and so 'Toodyay Take-a-Hike' was born.

So far, the group has explored more than 18 reserves, with a walk usually scheduled each month. Participant numbers range from 10 to 20, with walk difficulty levels ranging from easy to hard depending on the terrain and distances spanning 5km to 8km, with an important pause for picnic morning tea. Toodyay's diverse vegetation and landscapes always ensure interesting walking, and talking too.

You'll find monthly walk details posted in the Toodyay 5K Facebook group, or feel free to contact Shire RMO Greg on 9574 9368 or via email to rmo@toodyay.wa.gov.au.

Let's make fire season safer together

Together, we all have a part to play for a safer Toodyay this fire season. The community, Emergency Services Volunteers, and Shire Rangers all contribute to preparing, maintaining, inspecting or using fire-breaks over the high-threat bushfire period.

If fire threatens your home or property, Emergency Services Volunteers not only need to access your property, but also need to move around it in order to fight and defend against fires.

The Rangers conduct annual fire-break inspections, ensuring you have prepared your property in a way that reduces risks to your personal safety and allows Volunteers to navigate it as safely as possible.

Not sure what your compliance requirements are? Visit the Shire website to see how you need to prepare and maintain your property before and during fire season. Want to talk to someone instead? Give the Rangers a call on 9574 9370.



Shire takes the crown at Crown with second consecutive Road Safety Award

The Shire of Toodyay has received the RoadWise Road Infrastructure Improvement (Rural/Remote) Road Safety Award at the 2023 WA Local Government Association (WALGA) Convention, held at Crown Perth from September 17-19.

This award acknowledges the safe system approach of our Bindi-Bindi-Toodyay Road realignment project, which involved our Infrastructure & Assets team reconstructing the road, removing roadside hazards, and installing signage in addition to audio-tactile edge lines, guideposts, and reflective pavement markers to significantly reduce risk in a known crash location.

Our road safety improvements were also commended at last year's convention, when we received a Road Safety Award for the Julimar Road realignment project.

The Road Safety Awards are a joint initiative between WALGA's RoadWise and the Institute of Public Works Engineering Australasia,

acknowledging achievements by local governments in the area of road safety and recognising engineering innovation that



WALGA President Cr Karen Chappel presents the award to the Shire's Coordinator Civil Works & Maintenance, Aldo Lamas, at Crown Perth on September 18.

contributes to safe system implementation. To view a full list of the 2023 winners, visit www.roadwise.asn.au.

Congratulations to all staff involved in the Bindi-Bindi-Toodyay Road realignment project, and to everybody else making Toodyay a safer place to drive.

2023 Council Election: Have your say by October 21

The Shire of Toodyay's 2023 Ordinary Election will be held on Saturday October 21, via postal voting. The Western Australian Electoral Commission (WAEC) is conducting this postal election on the Shire's behalf, and has now sent out voting packages to all electors. If you are eligible to vote but have not received a voting package, please contact WAEC on 13 63 06.

Voting in local government elections is not compulsory in Western Australia, but all local electors are strongly encouraged to have their say. To be included in the count, ballot papers must be filled in and sealed as per the included instructions, and received by 6pm on election day via post (preferred) or by deposit in the ballot box at the Shire Administration Centre.

Remember, there are two State Government reforms in place for this election: optional preferential voting (see your voting package for more information) and a reduction of Council representation that means, once filled, our three vacancies will take the total number of Councillors to 7 (formerly 9).

Visit www.toodyay.wa.gov.au/council/local-government-elections.aspx for more information about local government elections and reforms, and to view candidate profiles for the upcoming election.

Local art up in lights

If you took a trip to the city in September and passed by Yagan Square, you might have spotted a larger-than-life portrait of Toodyay in your travels...it was hard to miss displayed on the square's 45-metre digital tower!

"Thriving in August", by local artist Jessica Edwards Parker, was the Shire's first-ever entry for WALGA's ShoWcAse in Pixels – an annual art competition celebrating creatives from local governments across WA. 16 finalists were selected for inclusion in the Yagan Square slideshow this year, which ran daily from September 4-24.

These artworks were also in contention to win a ShoWcAse category award – either Lower

Primary, Upper Primary, Secondary, Community Group/Non-Professional, and Professional/Digital – with results announced at the WALGA Convention last month. Congratulations to the Shire of Tammin, Shire of Chapman Valley, City of Joondalup, City of Wanneroo and City of Bayswater on winning their categories for 2023.

Miss the city slideshow? You can view all of the artworks on WALGA's Facebook page. Toodyay's submissions are also available to view on the Shire website. Thank you to all entrants, and a special thank you to Jessica for submitting such a wonderful piece to represent us on those supersized city screens.

Dog Attacks and Management in Toodyay

Our Shire, renowned for its scenic landscapes and rich history, has also been grappling with concerns surrounding dog attacks. As in many communities, responsible dog ownership is vital to the safety and harmony of both humans and animals. Dog registration, sterilisation and confinement are all at the forefront of management solutions.

Dog registration – mandatory for all owners – not only helps identify and return lost dogs, but also enables local Councils to keep track of the canine population. By registering their pets, owners make a commitment to uphold responsible pet ownership standards. This is a crucial first step in preventing attacks and making sure owners can be held accountable if their dog does pose a threat.

Sterilisation can greatly reduce aggressive tendencies, especially in male dogs. This not only decreases the likelihood of dog attacks,

but also helps control the stray dog population. By choosing to sterilise their pets, owners contribute to a safer community and a reduced burden on shelters.

Lastly, the importance of **confinement** cannot be overstated. Ensuring dogs are safely contained within their property, either through fencing or other means, drastically reduces the chances of unexpected confrontations or escapes. An adequately confined dog is less likely to pose a threat to neighbours, passers-by, and other animals.

As the Shire of Toodyay continues to grow and evolve, residents must recognise their role in ensuring community safety. Through compliance with these essential dog management steps, we can collectively create an environment where both humans and dogs coexist harmoniously.

Operation Clean-Up tidies the town



Friday September 15 saw around 40 members of the Emergency Services Cadet Corp, based out of Toodyay District High School, perform an important community service: Operation Clean-Up, organised by Doug McGhee (School Chaplain and Cadet Unit Leader) and supported by the Shire's Reserves Management Officer. Three groups of cadets picked up litter all over town on the day, before descending on Duidgee Park for a well-deserved sausage sizzle – with all lunchtime refuse going straight into the rubbish bin, of course! Shire President Cr Rosemary Madacsi and Cr Susan Pearce were on hand to thank the cadets for their fantastic efforts, and we are equally appreciative.

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ENVIRONMENT

Bugs among the flowers at Wongan Hills. Photo: Sharon Richards.

Nats bug-eyed at colourful display

Toodyay Naturalists' Club
Desraé Clarke.

SATURDAY September 16 was a delightful spring day for club members to visit Wongan Hills and enjoy the wildflowers.

It was gratifying to have environmental scientist Rowan Du Boulay and Wheatbelt NRM Ranger Coordinator Judd Davis and his wife Aeala join us.

Two grey butcherbirds welcomed them on arrival – a wonderful start to an exciting few hours.

The group walked along Wongan Hills Wildflower Walk led by Dowerin farmer and amateur botanist Lyn Phillips.

Cameras were clicking on a variety of orchids, golden buttercups, purple paper flowers, fringed lilies and colourful native plants together with native bugs of all shapes and sizes going about their work.

Over lunch Judd spoke of his work with the Wheatbelt NRM Rangers and the resulting environmental achievements.

Judd also speaks to school children on understanding the environment and the value and uses of native plants.

Four Nat's Club members attended York

Town Hall on Wednesday September 20 for the Granite Rock Symposium organised by the University of Western Australia and Perth Natural Resource Management.

The presenters emphasised the beauty and cultural significance to the Noongar, their history of using granite outcrops for precious water catchment and the flora and fauna found in these unique areas.

Unfortunately four-wheel-drive vehicles and motorbikes are causing damage to these rocky outcrops.

Education around the value of the granite outcrops, beginning at school level, may help reduce this destruction.

The meeting also called attention to advertisements that emphasise the thrill of driving off-road with little care of the natural landscape.

Come visit the Environment Matters marquee at the Toodyay Agricultural Show with Julimar Conservation and Forest Alliance, Friends of the River and Bethan from Seed Orchard.

You will enjoy the interesting photographic and beautifully descriptive displays.

For Nat's Club contact details see *Where and When*, page 28.

Busy working bee weeds Pelham Brook waterway

Toodyay Friends of the River Inc
Bridget Leggett

MONDAY'S working bee volunteers had a lovely surprise last month.

Past president Rev. Peggy Ludlow came to help weed our revegetated area at the Pelham Brook Outlet and joined us for coffee afterwards.

Peggy, who now lives and works in England, played a pivotal role in the Pelham Brook Project when she was in Toodyay.

She was delighted to see we were still maintaining and improving the area.

During our Sunday working bee we finished our initial sorting and hanging of the maps inherited from the Department of Water.

Our work and storage space at Toodyay Junction is now functional again.

One of the new projects we are undertaking in 2023 is a study of Julimar Brook.

The brook starts in Julimar Forest north of Bindoon-Dewars Pool Road, flowing through forest and farmland before entering the Avon River on the eastern edge of the Avon Valley National Park.

Just south of Julimar Road the brook has its own, little-known reserve created a few decades ago as a subdivision requirement.

We have partnered with Chattering Landcare Centre and Ellen-Brockman Integrated Catchment Group for the water quality

monitoring element of this project, using their equipment to measure pH and salinity levels at two sites along the brook.

Samples were also collected and taken to the ChemCentre where they are being analysed for nutrients and metals.

The results will be entered onto the Department of Water and Environmental Regulation database.

Landholder engagement has been productive.

A small group of us are walking our way along the brook studying its condition and taking photos as we go.

It's slow going in parts.

If you are heading to the Toodyay Agricultural Show, be sure to look in at the Environment Matters marquee.

You will find much of interest, including ideas for bird baths for your back garden, a display about revegetation, and a feature on the Julimar Forest.

We'd love to see you there.

We have a working bee from 8am on Monday October 9, when we will do marking and maintenance work on the West Toodyay Wander walk track.

This is one of the walks that was suggested at the Walk Tracks Forum held in 2022, so it is very rewarding to see it has come to fruition.

Details of the meeting place for this working bee will be posted on the Drummond House notice board and emailed to Friends.



Water quality being monitored in Julimar Brook. Photo: Liz Kingston.



LOCAL GOVERNMENT ORDINARY POSTAL ELECTION NOTICE Shire of Toodyay (Local Government Act 1995, s4.64)

The Shire of Toodyay is holding an election by postal vote on Saturday 21 October 2023 to fill vacancies in the offices of Councillors as listed below:

District, 3 Councillors

DIVAL, Shelly
PEARCE, Susan
RUTHVEN, Beth
PRATER, John
MILLS, Ray
MADACSI, Rosemary

Election Packages will be sent to all electors on the local government electoral roll where there is an election in their electorate.

You may hand deliver your postal voting papers, or **obtain a replacement package** (if the package is not received, or should any papers be missing), **during business hours before election day** from the following location(s): Shire of Toodyay Administration Building, 15 Fiennes Street, TOODYAY.

Post your vote early. Completed postal voting packages must reach the Returning Officer by 6.00pm on election day, Saturday 21 October 2023.

You may hand deliver your postal voting papers to an electoral officer, or **obtain a replacement package** (if the package is not received, or should any papers be missing), between 8.00am and 6.00pm **on election day** at the following location(s):

Chief Polling Place: Shire of Toodyay Administration Building, 15 Fiennes Street, TOODYAY

The count of votes will commence after 6.00pm at the Shire of Toodyay Council Chambers, 15 Fiennes Street, TOODYAY.

Electronic Counting Place 30 Beaufort Street, Northbridge **may** be used as an electronic counting place.

ROBERT KENNEDY
ELECTORAL COMMISSIONER
13 63 06



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Please forward expressions of interest and your CV/Resume to our Nursing Manager Carrie at AdminYork@heartlandsvet.com.au

Green thumbs bring Coondle property back to life

Toodyay Garden Club
Judy Rowston

NORM and Gloria Green welcomed 56 Garden Club members and two visitors to their neat and pretty garden in Coondle last month.

With a September spring breeze blowing it was a chilly start to the morning.

President Hamish welcomed us as we stood with hands wrapped around our coffee cups to warm up.

But as the breeze dropped off the sun warmed us up and it turned into a lovely day listening to Gloria tell us about their property.

The 5.5 acre (2.2ha) property was purchased in 2009 as a vacant lot with just one old York gum standing – and yes it is still growing 14 years later.

The Greens added a row of rose gums (*Eucalyptus grandis*) to the rear of the property from tube stock that Gloria nurtured, later finding out that rose gums grow up to 80 metres in height.

Planting continues with 43 *Hypokalaemia*



Built by Norm Green, these raised garden beds stop their puppies destroying the vegetables.

plants lining the driveway to the house.

Eremophila shrubs burst with colour all throughout the garden with the verandah slopes

and front garden beds thriving from self-sown flower seeds.

Being a handyman, Norm added sheds and

greenhouses to enclose the orchids, and raised garden beds to stop their two puppies from destroying the vegetables they were trying to grow.

Norm explained his way of composting. Using seven composting bins, he lightly aerates the soil, keeping the bins damp.

If the bins are too dry he adds moisture and when too wet adds more dry matter.

Soaked kitty litter trays, ash from bonfires, old hay, alpaca manure, leaf matter and larger, shredded plants have all been composted successfully, along with the occasional addition of blood and bone.

We thank Norm and Gloria for hosting this welcoming spring Garden Club visit.

Our next visit is to Alan and Lynlee Chitty's property, details in the newsletter or contact the Garden club.

For contact details see *Where and When*, page 28.

Chattering White-Browed Scrub Wren calls 'do you wick'

Bird of the Month
Desraé Clarke

THE WHITE-BROWED scrub wren is found along our coastal areas north to Peron Peninsula in Shark Bay and inland to the Wheatbelt.

The colouring of this small, 10-13cm species blends into its surroundings as it walks and forages along the ground.

Its upper parts are brown with a long rufous-brown tail tipped white on the outer feathers.

The underparts are a buff brown.

It is also a ground-nesting species, breeding between July and December.

The nest, built near or on the ground amid undergrowth and tall grass, is made of twigs, fine roots and leaves and lined with feathers with a rounded side entrance.

Two to three eggs – a grey-white to buff colour with dark, fine speckling – are incubated by the female.

The male and others, thought to be the previous year's hatchlings, assist with feeding the young.

White-browed scrub wrens forage in groups over shrubby floor and on the lower branches of shrubs for their prey which includes beetles,



The white-browed scrub wren. Photo: Jennifer Donegan.

weevils, bugs, moths, spiders and seed.

The group chatters as it feeds to maintain contact.

However, if disturbed, the chatter will progress to a harsh, warning call with one or two adult birds climbing the shrubbery to check the origin of the disturbance.

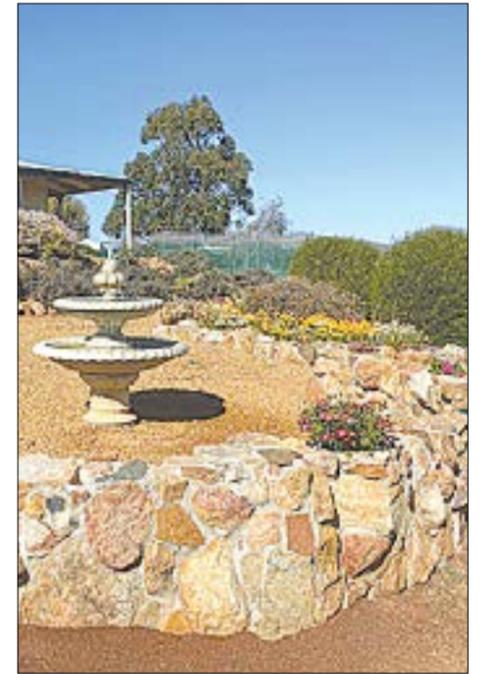
This species is not widely known but is usually noted by birdos for its call of a loud 'did you wick'.

It is found within the Toodyay Shire.

With so many factors resulting in lessening numbers of fauna it is wonderful to receive sighting information from the community to record giving an idea of what is about and in what numbers and areas.

It was exciting to be given the sightings of the white-browed scrub wren as it is not well-known because of its cryptic nature.

To report sightings and for contact information see *Where and When*, page 28.



This rock-walled area is a good example of a waterwise garden.

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Inspecting the underside of a Julimar Forest fungus specimen using a mirror..

The good, the bad and the fungi

Julimar Conservation and Forest Alliance

Sharon Richards

WITH its numerous intact plant communities and vast water catchment systems, Julimar Forest provides a perfect host for a healthy fungi community.

However, that may not be the case in the future.

As part of our goal to have a better understanding of the Julimar Forest, the Julimar Conservation and Forest Alliance members recently organised a Julimar Forest Fungi Foray.

A healthy forest is a union of ecosystems, and one very important yet often overlooked system is that of the fungi.

Fungi are neither plants nor animals and form their own part of the living kingdom.

Fungi also play a role in the production of medicines (*fungi penicillium*) for curing various health issues.

In the forest underground the Mycorrhizal fungi has a beneficial mutual relationship with plant root systems, increasing water and nutrient uptake of larger plants, especially trees.

Fungi can also provide a food source for native animals.

Underground fungi, for example, form a large part of the diet of the woylie (*Bettongia penicillata*) which forages in Julimar at night.

Some fungi are decomposers, recycling wood and leaf litter for use by other organisms, contributing to the health of the soil matrix, and enabling future healthy plant growth and renewal.

It turns out people are quite interested in fungi.

We had more than 30 people attend on the day, many of whom drove up from Perth to help us on our foray.

We set off in small groups, meandering slowly in different directions from a central point around Mynyerring Springs Road, busily photographing all sorts of different mushrooms, the fruiting body of fungi.

We noted colour, size, odour and whether it had gills or spores underneath, using mirrors so as not to disturb the organism.

We found at least 30 different types of fungi visible above the ground, including specimens of coral and cup fungi, earth balls and orange bracket fungi growing on fallen trees.

We weren't able to explore those fungi which were totally underground.

A future expedition will do that.

A forest with healthy fungi is a healthy forest – but while many fungi are beneficial, one well-known species in WA poses a significant threat to our forests.

Dieback (*Phytophthora cinnamomi*) is a soil-based organism which was introduced to our woodlands in the 1900s.

It spreads by movement of contaminated soil between locations.

Dieback may affect jarrah woodlands, grass trees and banksia, all of which are found in Julimar.

A tree affected by dieback will progressively die from tips of twigs through to its major branches, thus reducing species diversity in plant communities and causing loss of habitat for native fauna.

Currently Julimar is thought to be free of dieback, except perhaps in some small pockets.

However that relatively clean bill of health is under threat.

In a number of places there is evidence of feral pig activity.

Not only can these creatures spread this disease, but they also degrade the forest floor and compete with native animals in foraging for nutrition.

Feral pigs appear to be moving between local farmland and the forest, potentially spreading the disease and having a negative impact on local agriculture.

Any movement of vehicles and machinery can spread dieback.

Mining exploration has to adhere to strict standards by washing down vehicles prior to entering the forest.

There are currently signs for vehicle wash-down stations on frequently used access roads within Julimar.

Individually we can all make a difference and reduce the risk to Julimar from dieback.

Simply instigating washing down of your own personal vehicles and footwear before and after visiting a forest reduces the chance of spread and will help prevent us taking it back to our own gardens.

Should Julimar Forest be designated as a National Park more resources could be directed to maintaining the forest's health for the future.

If you would like to know more please contact julimarforest@gmail.com.

'Bold-scale' gardening creates surprises for visitors to enjoy

Open Garden Scheme – Chittering
Anne Clifford

THE LUSH splendour of Wyuna Downs garden is open to visitors this month, with all funds raised in an Open Day going to support their local ambulance service.

Nestled on a three-acre (1.2ha) property near Julimar Forest, Wyuna Downs is a prime example of gardening on a bold scale.

If it were a painting, it would be more like a sprawling mural on a Wheatbelt silo than neatly detailed watercolour on your wall at home.

A winding road through green fields of crops leads the visitor to the main house on what is a working farm.

There is so much to see and admire.

Traditional European flowers flirt with glorious local species.

Dry-landscape succulents and southern hemisphere plants from South Africa paint splashes of bright colour.

Tall kangaroo paws with an under-planting of irises beckon from among the gum trees, as herbaceous borders of alstroemeria and shining drought-resistant plants wave in every pink and mauve hue.

Follow a long white line of daisies down to the huge dam; beyond you can revel in an inspiring view of everlastings and native flora regrowth in an area that was once pasture.

You will find native plants, fruit trees, rosemary hedges, chickens – and surprises at every turn.



This vividly flowering banksia forms part of the 'bold-scale' garden splendour at Wynuna Downs near Julimar State Forest.

The garden at Wyuna Downs will be open on Saturday and Sunday October 7-8 from 10am to 4pm at 3215 Julimar Road Chittering.

The cash-only entry fee is \$8, members \$6, with children under 18 free. No dogs, please. Light refreshments will be available.

Unfortunately, the garden is unsuitable for wheelchairs, but accessible for prams.

All funds raised on the day will benefit the Gingin-Bindoon Volunteer Ambulance Service.

New rules needed to stop dog attacks

Marsupial Mammals And Pappas (Inc)
Brian Foley

SADLY I am again reporting a dog attack, this time not on our carers' kangaroos.

Two alpacas and two sheep died after being mauled by two dogs in Coondle.

Other sheep survived their injuries after treatment.

This is the end result of dogs that are known to run loose and not being contained within the

owners' property.

The Shire is working on new protocols which we hope will bring an end to these attacks.

This is our busy period with at least 30 joey kangaroos coming in this month.

New carers have stepped up to help us cope with this influx of injured wildlife including possums, ravens, and bobtails.

One bobtail, the victim of a lawnmower, was treated with pain relief, wound cleaning and management.

Last month I reported we were assisting a carer in Port Hedland, work we have now finished.

We darted and sedated a mixture of 47 red and euro kangaroos of varying sizes in the largest private relocation of kangaroos in WA, at a cost of \$15,500.

The Humane Society International Australia has agreed to cover half the costs.

We are extremely grateful to Helen Church who organised this.

For more information regarding this project, please go to gofund.me/277e7030 or search GoFundMe for MMAp.

We are a registered charity and your donation is tax deductible.

For contact information see *Where and When*, page 28.



No, they're not dead, just sedated and being observed until they come round after being transported to their new home.

Shane Love MLA

Your State Member for Moore



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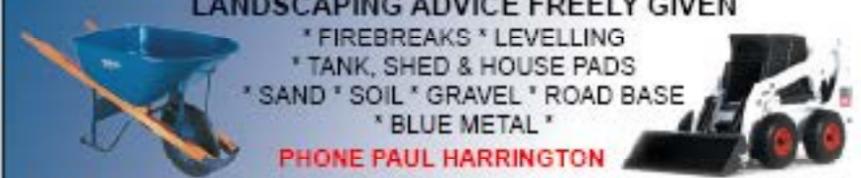
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Gonneville

Project Update



Chalice in the community

Through the Chalice Community Investment Program, we recently supported Northam Primary School – assisting them to purchase water tanks for their student gardening program. The school’s gardening program helps students learn about science, biology, composting and food sources. The program has taught students the importance of water conservation and with their new water tanks they are further exploring the interactions between water and the environment. The Chalice team had fun visiting the school during science week to see their programs in action.

The latest round of Community Investment Program applications has just closed. We look forward to announcing successful applicants in November via our website chalicemining.com/community-investment

Chalice will be supporting the Toodyay Agricultural Show on 7th October, and the Bindoon Agricultural Show on 14th October. We welcome you to come and visit our stand and chat to our team for more information about our activities in the region.



The Gonneville Restoration Project

Chalice recently partnered with leading environmental experts at the Western Australian Biodiversity Science Institute and Syrnix Environmental to commence work on the **Gonneville Restoration Project**.

This work is focussed on the restoration of biodiversity on Chalice-owned farmland. Positioned adjacent to the Julimar State Forest, the restoration project looks at rehabilitating cleared farmland to establish vegetation corridors for local wildlife.

The Chalice Restoration Project combines on-the-ground work with long-term studies, including the creation of a restoration database, further baseline carbon studies, mapping of vegetation and seed collection.

The results of these studies will be initially used to inform a pilot trial restoration project. The Project will also provide the opportunity to extend restoration, collaboration and knowledge sharing in the broader region.

In the coming years there will be opportunities for the community to contribute to the Chalice Restoration Project. We look forward to sharing ways in which the community can be involved over the coming months and to continuing our work to make a positive difference to the environment and the community.

Chalice Mining Community Fund

Chalice recently signed a Heads of Agreement (HOA) with the Shire of Toodyay for the future establishment of the **Chalice Mining Community Fund**. The agreement reflects a shared objective to deliver long-term benefits to the local community if a mine is established at the Gonneville Project.

This agreement is an exciting step, demonstrating a unique and progressive approach to working with the Shire and local communities.

Under the agreement, Chalice has agreed to provide funding for the delivery of community projects and programs that support the Shire of Toodyay, and its residents. The agreement establishes a framework under which Chalice and the Shire can plan and prioritise spending initiatives to ensure the local community benefits from a potential mine.

This framework will also form the basis for Chalice to establish similar community funds with other neighbouring Shires in the region.

We look forward to sharing updates on the Community Fund in the future. For more information, read the media release at chalicemining.com/media



Sign up to our Gonneville Project Community Newsletter

To sign up to our Community Newsletter visit www.chalicemining.com/community-newsletter or scan the QR code with your phone camera.

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ENVIRONMENT

Take a leaf out of this book with a frog-friendly garden

Python Watch
Desraé Clarke

WESTERN Australia is home to a significant number of Australia's great diversity of frog species.

Unfortunately, with the extensive use of herbicides and insecticides, draining of wetlands, and clearing of suitable habitat for urban sprawl, we have seen those numbers decline.

In the 1970s frogs around the world were dying with lesions on their skin.

The condition was diagnosed in the late 1980s as the deadly, water-borne Chytrid fungus.

Since that time much research has been devoted to this killer, with frog losses independent of area, weather or species.

The special sensitivity of frogs makes them a valuable indicator of environmental health.

By ensuring ponds or bogs are supported by appropriate plants, and frogs protected from animal predators including household pets, it is hoped we can reverse this devastating trend.

In 2000 the WA Museum published *Building Frog Friendly Gardens* by Dr Ken Aplin, Anthea Paino and Lyndal Sleep (ISBN 073075782X).

Designed as a 'practical guide to encouraging frogs to visit and breed in gardens of southwest Western Australia', the book has easy-to-read chapters on breeding frogs in the garden.

It shows how to select suitable plants for

a frog-friendly garden, along with plans and building ideas for a frog pond or bog garden, with an informative chapter on which frog species are most likely to enter or breed in suburban gardens.

For a broader knowledge of WA frogs the Museum produced the handbook *Frogs of Western Australia* by M Tyler, L A Smith and R E Johnstone (ISBN 0730754855).

The back of the book holds a comprehensive listing of books and leaflets to accompany *Building Frog Friendly Gardens*.

Have you noticed frogs calling in your area?

If you have, the Toodyay Naturalists' Club would be very happy to receive your observations to enter them on the Club's database.

For contact information see *Where and When*, page 28.



Spotted burrowing sand frog (*Heleioporus albopunctatus*). Photo: Rob Boase.

HEALTH

Beatles' Eleanor Rigby shows the need for meaningful relationships

Mr Perfect – More Than A BBQ
Sean Hefferon, Coordinator

THE BEATLES have several songs that touch on the theme of lonely people and loneliness.

One of the most well-known is *Eleanor Rigby*, released in 1966 on the album *Revolver*.

The song paints a picture of loneliness and isolation in a society where people are disconnected from each other.

Eleanor Rigby tells the story of two lonely individuals, Eleanor Rigby and Father McKenzie, both of whom lead a solitary existence.

The lyrics lament the lack of connection and meaningful relationships in their lives, highlighting the broader theme of loneliness in a crowded world.

Times have changed since the 60s, but loneliness and not being connected to others can still take a tremendous toll on our relationships and wellbeing.

One study found that one in four Australians reported feeling lonely at least one day per week.

Relationships Australia says loneliness may well be our next public health crisis.

An analysis of data from 2001 to 2017 found 1.5 million people had been lonely for a decade or more.

The connection between male mental health and loneliness is also becoming clearer.

A recent survey conducted by men's health organisation Healthy Male found 43 per cent of Australian men were lonely.

Furthermore, men aged from 35 to 49 had the highest levels of loneliness.

Healthy Male defines loneliness as "a feeling of sadness or distress (emotional suffering) you get when your relationships with others aren't meeting your need for personal connection.

"Just as hunger tells us we need food, loneliness tells us a different fundamental need is not being met."

Why does it matter?

The health impacts of loneliness can impact your health in the same way as obesity, smoking and higher blood pressure.

It can also increase the risk of heart disease and stroke.

Men who are lonely are more likely to have poor mental and physical health.

Loneliness and social isolation are also linked to cognitive decline and risk of dementia.

Developing and investing in relationships is a good way to minimise or avoid loneliness.

I'll explore this further from a local perspective next month.

The Toodyay Mr Perfect BBQ is held on the first Sunday of each month from 10.30am to 12.30pm at Duidgee Park.

For more information head to mrperfect.org.au.

There is also a Mr Perfect Facebook Community Group.

HEALTH



Insufficient sleep can make you cranky and forgetful.

Sleep not a useless waste of time

Warrior Wellbeing Article
The Regional Men's Health Initiative

THERE are times in business when it's all go, whether it's on the farm during seeding and harvest or meeting deadlines at work.

It may mean working longer than normal hours and possibly becoming sleep deprived.

A lack of sleep not only reduces our ability to perform work effectively, it also reduces our ability to work safely.

Some have regarded sleep as a useless waste of time with no purpose - not true.

Science and medicine are discovering more and more about the role of sleep and its influence on our wellbeing and health.

How much sleep do we really need?

- Infants and toddlers - 9 to 10 hours at night plus day naps;

- School age including teenagers - do best with 9 to 11 hours at night;

- Most adults - 7 to 8 hours a night;

- Older adults need the same as younger adults but sleep lighter and for shorter periods.

Some people just need fewer hours of six or less a night without ill effects.

The need for less or even more sleep can run in families (suggesting a genetic basis but it is incredibly rare).

What are the effects of lack of sleep?

While we're sleeping, our body is busy tending to our physical and mental health and getting us ready for another day.

Lack of sleep can lead to:

- Drowsiness and irritability during the day;

- Poor concentration hindering memory and our ability to pay attention;

- Poor physical coordination increasing the risk of accidents;

- High blood pressure which is one of the

main risk factors for heart disease;

- Depression.

Regularly sleeping less than five hours is associated with poor physical and mental health and wellbeing.

Sleep may be more difficult to come by as we age, and this can be traced to treatable health issues that cause interrupted sleep.

Some factors that could cause sleep difficulties:

- Sleep disorders like sleep-apnoea, restless leg/arm syndrome, leg cramps;

- Pain from conditions like arthritis, heartburn, back pain, headaches;

- A frequent need to urinate;

- Illness - depression, coughing, shortness of breath;

- Medications.

Some helpful tips for getting a good night's sleep are:

- Go to bed and get up at the same time each day, this synchronizes our body clock;

- Aim for daily exercise before evenings;

- Relax before bed i.e. warm shower, reading and avoid caffeine, nicotine and alcohol;

- Establish your pre-sleep routine (usually 3 things);

Use bedroom/bed only for sleeping or intimacy - not as a lounge room for watching TV.

Generally, if we can't sleep, we shouldn't lie in bed.

Leave the bedroom and do a quiet activity that doesn't stimulate us.

To help maintain a healthy lifestyle we all need to contemplate what is an adequate amount of sleep for us personally and visit our GP for treatment if we are amassing a huge sleep debt.

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Morangup Social Craft Group
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Ragbags Quilting Group
First and third Wednesday monthly, St Stephen's Hall 10am-2.30pm. 9574 4503.

The Crooked Needle
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Toodyay Historical Society
Third Wednesday monthly (not Dec) St Stephen's Church Hall, Stirling Tce 7pm. Drummond House open Saturday 10am-noon (next to Bendigo Bank, Stirling Tce). Research Centre open by appt. Beth Frayne 9574 597, secretary.2j.ths@gmail.com, www.toodyayhistoricalsociety.org.au.

Toodyay Miniature Railway
Easter Saturday, thereafter first and third Sunday monthly until Nov. Mark, President 0424 281 770.

Toodyay Spinners
Every Wednesday; first and third Saturday monthly Parker's Cottage, Showgrounds 9am to noon. Gail Williams 9622 3411.

Toodyay Theatre Group
David Mitchell 0400 283 425.

CHURCHES

Anglican Church
Sundays St Stephen's Church 10am.

Catholic Church
Saturday Vigil 5pm. Wednesday Adoration 4.10pm, Benediction 4.20pm, Mass 5pm. northamcatholicchurch@inet.net.au. 9622 5411.

Catechesis Group, ages 3-12 School terms Tuesdays 4.30-5.30pm. St John the Baptist Church, Stirling Tce. Sharon Pegrum 0466 430 979. sharonpegrum@outlook.com.

Bakers Hill Fellowship
Sundays Bakers Hill Primary School Music Room 10am. Pastor Peter Booth 0417 945 725.

Toodyay Baptist Church
Sundays 18 Stirling Tce 10.30am. Phone Joy 0432 470 771.

Uniting Church
St Stephen's Church 10am.

EDUCATION / PLAYGROUPS

Bizzy Bees
Pre-kindy for 3-year-olds. Toodyay DHS. Jessica Donovan 0407 128 105.

Toodyay District High School P&C
Tuesday of Week 5 each term TDHS staff room 5.30pm. Kelly-Anne Murray 0406 585 716. search 'Toodyay DHS P&C' on Facebook, write to Toodyay District High School P&C at PO Box 1624, Toodyay WA 6566. email pandctoodyaydhs@gmail.com.

Toodyay Playgroup
Tuesdays, Thursdays 9-11am. Wednesdays Bubs Play 10am-noon. Jessica Donovan 0407 128 105.

EMERGENCY SERVICES

Bejoording VBFB
Third Friday monthly 5.45pm, Bejoording Fire Shed.

Coondle-Nunile VBFB
Second Saturday monthly Oct-Apr, Jun, Aug 5pm, Coondle Fire Shed.

Julimar VBFB
Meetings third Saturday monthly Julimar Fire Shed, 6pm. Training Sunday 10am.

Morangup VBFB
Third Saturday of the month, 3 Wallaby Way, Morangup 5.30pm. Sharon Gamble or secretarymvfb@gmail.com.

St John Morangup Sub Centre
Volunteering, first aid kits, Benefit Fund memberships, 48 Wallaby Way, Morangup. Monday and Wednesday 8am-4pm. 0418 741 971.

St John Toodyay Sub Centre
Volunteering, first aid kits and refills, Benefit Fund memberships, general enquiries, 120B Stirling Terrace. 9574 2390. Emergency call 000.

Toodyay Central VBFB
Second Tuesday monthly Toodyay Fire and Emergency Services Centre 7.30pm.

Toodyay State Emergency Service
Fourth Tuesday monthly 3 Wallaby Way Morangup. Jeff Venn 0438 490 331. toodyayseslocalmanager@gmail.com.

Toodyay Volunteer Fire and Rescue
First Monday monthly, Toodyay Fire and Emergency Services Centre 7.30pm.

ENVIRONMENT

Avon Valley Environmental Society
Wheatbelt Natural Resource Management Centre, 269 Fitzgerald St, Northam. Third Friday monthly, noon. Janet Wilkinson 9574 5947.

Earth Solutions - Avon Valley
Second Tuesday monthly (not Jan) Old Northam Railway Station, 425 Fitzgerald St Northam 6pm. Karen Ducat 0438 223 886.

Julimar Conservation and Forest Alliance
julimarforest@gmail.com.

Marsupial Mamas and Pappas
Wildlife Rescue Brian Foley 0419 933 721 or Becky Ingram 0499 077 739.

Safe and Scenic Toodyay Road
Andrew St John. info@sastr.com.au.

Toodyay Friends of the River
Second Sunday monthly or following Monday, 9am (winter); 8am (summer). See TFOR noticeboard outside Drummond House. 0429 984 482.

Toodyay Garden Club
First Thursday monthly, 10am. Hamish Dobie, President 0423 115 204, toodyaygardenclub@gmail.com for venue or Judy on 0437 077 875.

Toodyay Naturalists' Club
Third Saturday monthly. 9574 5574, info@toodyaynats.org.au.

Toodyay Seed Group
Toodyay Junction, opposite Shire depot. Email bethan_lloyd8@msn.com.

FESTIVALS & EVENTS

Toodyay Agricultural Show
www.toodyayagsociety.com.au.

Toodyay Farmers Market
Third Sunday monthly, 0429 984 482, toodyayfarmersmarket@gmail.com.

Toodyay Moondyne Festival
moodynecommittee@gmail.com.

HEALTH

Australian Breastfeeding Association
Second and fourth Tuesday monthly, 3 Elizabeth Place Northam 10am-noon. Third Tuesday monthly Toodyay Playgroup noon-2pm. Louise 9574 0229.

Child Health Clinic
Tuesdays and Wednesdays. Phone Bree Byfield. 9621 0100.

Forget-Me-Not Memory Café
Second Tuesday monthly, Toodyay Bakery. 10am-noon.

Toodyay Medical Centre
Stirling Terrace, Monday-Friday 9am-4pm. 9545 7101. Pathology Mon-Fri 9am-1pm.

Toodyay Men's Shed
Monday, Thursday, Saturday Harper Rd 8.30am-noon. Secretary 0499 403 830.

JUSTICE OF THE PEACE

Liz Boston, JP
lizboston3160@gmail.com, 0428 742 349 Leave message if no answer.

Jacquie Lacy, JP
januaryjac@gmail.com, 0429 959 179.

MUSIC

Toodyay Community Singers
Thursdays CWA Hall, Stirling Tce 7pm. Anne-Marie Millar 0408 364 918.

Toodyay Music Club
Second Saturday monthly, CWA Hall 1pm. Joe 0400 862 694.

SENIORS

Autumn Club
Wednesdays, Toodyay Sports Pavilion 1-4pm. Glenyce Bosnjak 9574 4587.

Butterfly Cottages
Second Thursday every two months. Jenn Nock butterfly2j@gmail.com.

Fitness and Fun for the Over 55s
Mondays, Wednesdays, Fridays Youth Hall, Showgrounds 9am.

Ida's Hideaway
Saturdays Toodyay Community Resource Centre 1-4pm. Ann Sinclair 0407 775 459.

Silver Chain Social Centre
Mondays, Wednesdays, Thursdays. Toodyay Community Centre 78 Stirling Tce. 1300 650 803.

SERVICE ORGANISATIONS

Air Force Cadets 708 Squadron
Fridays school term, 12½-17yrs AAFC Building J1, Northam Army Camp Great Eastern Hwy 6.30-9.30pm. 708squ@cadetnet.gov.au.

Bejoording Community Group
Wednesdays Bejoording Community Centre Bejoording Rd 6pm. Barry Grey, Phone President 0428 742 149.

Country Women's Association
General meetings fourth Thursday monthly, coffee mornings second Thursday monthly, 10am CWA Hall. Bookings Margot Watkins 0405 067 591 or 9574 2823.

Moondyne Men
Mondays, Thursdays RSL Hall, Clinton St 9am-noon. Colin Bird, Secretary 0424 195 003.

Morangup Progress Association
Chair: Daryl Cooper chair@morangupmpa.com.au, www.morangupmpa.com.au.

RSL Toodyay Sub-Branch
Saturdays May 13, Jul 15, Sep 9 (AGM), Oct 7, Dec 9 2023. RSL Shed, Clinton St 1pm. Bob Wood 0412 681 794.

Safer Toodyay Inc
Meetings announced in Herald column. secretary@safertoodyay.org.au, 9574 5574.

Toodyay Lions Club
First and third Tuesday monthly, Freemasons Hotel. Clint Fricker, Secretary 0423 226 898.

Toodyay Masonic Lodge
Fourth Thursday monthly, Masonic Hall Fiennes St 7.30pm. Graham Barber 9574 5717.

Toodyay Red Cross
Second Monday Feb, May, Aug, Nov Anglican Hall 1.30pm.

Toodyay Roadwise Committee
Second Wednesday monthly, Toodyay Police Station 9.30am. Bob Neville 0419 853 160.

SPORT

Avon Valley Adult Riding Club
Fourth Saturday monthly Feb-Nov, Northam. Tina 0499 030 177.

Avon Valley Shotokan Karate Club
Wednesdays Youth Hall, Showgrounds. Peewees 3.45-4.30pm; Juniors 4.30-5.30pm; Seniors 6-7.30pm. avonvalleyshotokan@gmail.com.

Mortlock Pony Club
First Sunday Feb-Nov, Goomalling. Tanzi 0427 859 493.

Toodyay Bowling Club
Ladies Thursdays 8.30am. Liz Sullivan 0429 311 256. Men Fridays 3pm. Andrew Watson 0418 269 773. Mixed Winter Bowls Thursday 12.30pm. Liz Sullivan.

All welcome.

Toodyay Golf Club
Mixed comp Sundays noon; Ladies Wednesdays 1.30pm. Liz 0429 311 256. Men's scrungers Thursdays 2pm. Bruce 0417 028 089.

Toodyay Soccer Club
Mondays 4-5.30pm terms 2-3, ages 5-15yrs. toodyaysoccer@gmail.com.

Toodyay Tennis Club
Tuesdays winter social tennis, Toodyay Recreation

Centre, 9am unless raining. Members \$4, visitors \$8, includes morning tea. Racquets available. 0433 510 416, Facebook @toodyaytennisclub.

VINTAGE VEHICLES

Avon Valley Vintage Vehicle Assoc
3rd Saturday 10.30am at old engineer's quarters next to Northam Railway Museum, Fitzgerald Street, Northam 9622 5932.

Practice makes perfect

Toodyay Medical Group
Hamish Dobie

AFTER a long wait we once again have a fully functioning medical practice in Toodyay.

Toodyay Medical Group opened its doors in early June, and has since grown to include two doctors, a part-time nurse, two receptionists, Clinipath Pathology, visiting hearing specialists, Bloom Hearing, and two psychologists.

Tremendous effort has gone into getting the practice up to speed in a such a short period.

We are grateful to the people of Toodyay who are now using the practice.

For those who may have an obsolete number on their phones, the new Toodyay Medical Group number is 9545 7101.

Our opening hours are Monday to Friday, 9am to 4pm.

Clinipath Pathology is open Monday to Friday, 9am until 1pm.

Doctor Akeem Lawal is well-known to some of you, as he spent some time working for the previous practice in Toodyay.

He is joined by Dr Paul Gbadamosi, who was highly regarded at his former practice in Merredin – in fact some of his previous patients followed him to Toodyay.

If you haven't been to the practice yet, please pop in and say hello.

Come and catch our
community chorus at
the ShowToodyay Community Singers
Anne Millar

OUR SINGERS have been filling the air with melody, rehearsing our new selection of songs for the upcoming Toodyay Agricultural Show on October 7.

Our lineup of local vocalists will take the stage at 12.30pm for your listening enjoyment.

If you can carry a tune, listen up – we're looking for new members to take part in our fun-filled community events and would love to welcome you to our group.

Refer to *Where and When* on this page for contact information.



An Australian Government Initiative



Regional Development
Australia

Director Regional Development

Annual salary \$122,000 - \$124,800 pa (Based on qualifications & experience)

Vehicle provided with some personal use. Some work from home opportunity.

Are you a creative thinker willing to explore opportunities and emerging industries in the Wheatbelt? Regional Development Australia Wheatbelt Inc. (RDW) is seeking a Director Regional Development (DRD). The DRD manages the daily operations of RDW, identifies economic opportunities, leverages investment to the region and develops and implements activities aligned with the Business Plan of RDW. We are looking for the right person to lead the organisation, maintain our relationships across government, business and industry and most importantly be a passionate advocate for the region.

All applicants must have extensive knowledge of the Wheatbelt and reside within the Wheatbelt region. All of the selection criteria for the position must be addressed as part of the application. A copy of the Position Description and Selection Criteria is available from www.rdwheatbelt.com.au 'latest news'. Further information about the position can be obtained from the RDW website, Administration office, admin@rdwheatbelt.com.au or Tel: 9575 1888

Applications close at 3.00pm on the 16th October 2023

Applications to be emailed to admin@rdwheatbelt.com.au or mailed to 3 Constable St, Gingin WA 6503

Joe's Cage revisited by modern Moondyne Men

Moondyne Men
Graham Hill

THE MOONDYNE Men enjoy the tasks we do in the community but it is also good to see the gentlemen benefit from some relaxation and social interaction.

Such was the case with a recent walk at the Moondyne Joe's Cage, a site which has a lot of fire damage.

It was interesting to imagine the time he spent in the area.

The lunch at Stringybark Winery completed the day's journey, ably commented by our local historian and guide Colin Kendall.

It was a week when our men received recognition for their work in the shape of a large cake from Barbara as a thank you for shifting some furniture.

The official opening of the Early Learning Cubby House at the local school was also a rewarding occasion for us.

We thank local business MM Mechanical, and in particular Matthew Murray and young Timo, for their time spent constructing a base for our Moondyne Men Banner – it is greatly appreciated.

The Moondyne Men welcome two new members, John Zawada and Lee Millar.

Welcome, gentlemen, and we hope you enjoy the friendship and camaraderie of the Moondyne Men.

We had a busy time last month with a visit from the Motorcycle Men's Shed.

Their members don't have a shed but travel from group to group extolling the benefits of men's health, both mental and physical.

The Moondyne Men put on a sausage sizzle on Thursday September 28 and the interactions between the two groups were well received.



Members of the Motorcycle Men's Shed visiting Toodyay.

Men's Shed WA has approached the Moondyne Men on several occasions to ask us to join, but so far we prefer our individual and autonomous status in our community.

The team is looking forward to assisting the Toodyay Agricultural Society with shed cleaning and with car parking in the three

designated areas on Show Day.

We hope the public will support the Moondyne Men with a donation as we continue to assist with our mantra of "Men looking after men and the Community".

For contact details see *Where and When* page 28.

Don't delay – if in doubt, check it out, is the breast advice for women

Cancer Council WA

WOMEN in the Wheatbelt are delaying going to a medical clinic when experiencing symptoms of breast cancer, according to the Cancer Council of WA.

Cancer Council Wheatbelt Regional Education Officer, Kaylor Andrews, says many experience self-doubt about the existence of the symptom.

She is urging women in the Wheatbelt region to use Breast Cancer Awareness Month as a reminder to be aware of the common symptoms of the disease.

"The latest data reveals that in 2019 899 women in WA were diagnosed with breast cancer, and 259 women lost their lives to it," Ms Andrews said.

"If you're unsure about a possible symptom you should make an appointment to discuss the change with your doctor, clinic nurse or Aboriginal health worker as soon as possible.

"This is particularly important if it's been more than four weeks since you first noticed the change."

She said cancer treatments had improved in recent years, and it was now much easier to successfully treat breast cancer if it is found early.

"Everyone's breasts are different," she said. "It is important that you get to know what your breasts look and feel like, so you know what is normal for you.

"There is no right or wrong way to check your breasts.

"The benefit to finding cancer early is that treatment is easier, and you can be around longer to do the things you love doing with the people you love."

Common symptoms of breast cancer include:

- A lump or hard area in your breast or underarm, especially if it is only on one side;
- A change in the size, shape or feel of your breast;
- Change in the look of your breast, including redness, rash, or your skin looks like the skin of an orange, or is wrinkling in small folds;

Sudoku

Sudoku is based on the logical placement of numbers. Sudoku doesn't require any calculation nor special math skills; all that is needed are brains and concentration. Every number from 1 to 9 must appear in each of the nine columns, nine rows and the nine 3x3 boxes.

			9					1
	5	3		4				
		1		2	6			9
5								7
	6	8		7				3
	1							
	4	7					5	
			7	3				2
					9		8	

Easy

						4	7	2
		3		7		1		
							3	
		1	6					
4				3	2			
		7		8				1
3	9		5	4				7
	8					6		
	2							9

Hard

- Changes to the nipple, like it's pulled inwards, leaking, itchy or has a sore that won't heal;
- Breast pain or discomfort, especially if it is only on one side;
- An area of the breast that feels different to the rest.

Breast cancer can also occur with no symptoms, so for Australian women 50 to 74 years not experiencing the symptoms above, it's important to take part in breast screening every two years with BreastScreen WA.

Screening mammograms are designed for people who are not experiencing symptoms.

Waiting to participate in screening risks a worse outcome.

So, if you have a symptom, see your doctor.

Classifieds

Employment

Avon Concrete Employment Opportunity.
AVON Concrete (est 1984) Requires motivated, self-starting person to run culvert/earthmoving crew. Need to have experience in 14T excavator, Large Skid steer. Must have tickets, HC licence (auto). Excellent equipment, excellent remuneration + Vehicle. 5 days per week. Work in wheatbelt, some stay away required. Phone: 0427 905 572.
avonconcrete@bigpond.com.
PO Box 454, Toodyay WA 6566.

Wanted

My name is Lloyd O'Connor. I am 71 years old. After a permanent caretaker position on a farm. Don't want to be paid. Free cottage would be fine with a bit of land for a few chooks and a couple of mutton. Ideal would be farm with no one living there. I would deter theft of gear and fuel. Can give you a hand when busy.
I am a chippy so can do work on cottage, etc. Mobile 0430 223 293.
Email mroconnor7@hotmail.com

Public Notices



Church Anniversary

AVON Valley SDA Church invites all past members/attendees to celebrate its 40th anniversary on 4-5 November 2023. Featuring Geoff Youlden. Inquiries or share stories/photos to Pastor Malcolm malcolmeastwick@adventist.org.au

Annual General Meeting

Toodyay Club AGM will be held on Saturday 28 October 2023 at 10am at the Toodyay Club. All financial members are welcome to attend.

2024 Citizen of the Year Awards: Nominate Now!



Win a \$100 voucher

Do you know a local or group making a real difference in the Toodyay community? Nominate them for an Australia Day Citizen of the Year Award to help acknowledge their invaluable contribution.

There are four categories to choose from: Citizen of the Year, Young Citizen of the Year, Senior Citizen of the Year and Active Citizenship (group or event).

Nominations close 31 October 2023.

Submit a nomination and you'll go into the draw to win a \$100 Victoria Hotel Voucher!

Visit citizenshipawards.com.au to nominate.

HEALTH



Newborn animals need milk within hours.

Medicinal magic in mothers' milk

Heartlands Veterinary Hospital
Dr Aninca Jordaan

DID YOU know that when baby animals are born their immune system is completely immature?

This can be dangerous to their survival as they are vulnerable to infection.

Luckily nature has its own way of protecting newborns in the form of 'colostrum', a special kind of milk mothers produce immediately prior to giving birth.

It is essential for every newborn to receive colostrum as it contains all the antibodies against disease that the mother has to offer.

That's why it is important to ensure every mother giving birth is up to date with vaccinations to help protect her offspring.

Baby animals absorb the antibodies in the colostrum through their gut, so it is essential they consume this magic milk within the first 12 to 24 hours of life.

After this time, the opportunity is lost, and their gut is no longer able to absorb these externally produced antibodies.

Colostrum can be frozen for up to 12 months to provide immunity to animals that didn't get any from their mother.

SPORT

Our Cup runneth over the long weekend

Toodyay Race Club (Inc)
Geoff Appleby, Secretary

AFTER the Shire's decision to suspend the Picnic Race Day and the Toodyay Cup at Toodyay racecourse, the annual race meeting was again held at Belmont this year.

On the September 25 King's Birthday public holiday, 50 club members and sponsors travelled to the riverside course courtesy of local bus owner John (Duke) Lucas.

Toodyay Race Club Chairman John Prater said he was determined to retain the Toodyay Cup meeting on the calendar, and thanked Racing and Wagering WA for allowing the meeting to be run at Belmont this year, with the goal of returning it to its natural home in 2024.

The club worked hard to ensure all races on the eight-race card were sponsored.

Regular local sponsors Vernice Pty. Ltd., SF Plumbing and R&L Hiab Services were joined in the sponsorship tent this year by Westralian WD Diesel, Absolute IT, Ritchie Bros., and Quantum Diesel Engineering Services.

Once again, TABtouch sponsored the \$30,000 Toodyay Cup, won by the favourite, Oakland Park Stud's *Dun With The Blues*, ridden by Clint Johnson-Porter and trained by Daniel and Ben Pearce.

It was a comfortable win, with *Truly Reliable* (NZ) narrowly snatching second place from *Frequent Friar*.

Mr Prater presented the Cup to winning trainer Daniel Pearce in front of an enthusiastic trackside crowd.

The Chairman and committee thank the 22 workers who turned up at 8am for the busy bee on Saturday September 16 and got stuck into the various tasks.



Club President John Prater presents the Toodyay Cup to winning trainer Daniel Pearce (left).

It was an amazing response with the adage 'many hands make light work' again proven true.

The course always gets a little untidy after winter.

One team worked on tree-logging and mulching, another raked and filled the skip bins while our resident plumber Shaun Fitzgerald carried out repairs in the toilet block and the kitchen.

The painting team worked marvels in the restaurant.

At the end of a long day we all sat around the barbie, had a beer and planned the next phase of our renovation program.

Puzzle Solution

Sudoku Easy

6	8	2	9	5	7	3	4	1
9	5	3	1	4	8	6	2	7
4	7	1	3	2	6	8	9	5
5	3	9	2	8	4	1	7	6
2	6	8	5	7	1	9	3	4
7	1	4	6	9	3	2	5	8
3	4	7	8	1	2	5	6	9
8	9	6	7	3	5	4	1	2
1	2	5	4	6	9	7	8	3

Sudoku Hard

5	1	8	3	6	9	4	7	2
6	4	3	2	7	5	1	9	8
9	7	2	8	4	1	5	3	6
8	5	1	6	9	2	7	4	3
4	6	9	7	1	3	2	8	5
2	3	7	4	5	8	9	6	1
3	9	6	5	2	4	8	1	7
1	8	5	9	3	7	6	2	4
7	2	4	1	8	6	3	5	9




Have you had any of these?

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

If you have and you are over 40...
Tell a clinic nurse, doctor or health worker

We have a better chance of surviving cancer and having more time with family and friends if cancer is found early.

Department of Health
Cancer Council WA

For more information visit
findcancerearly.com.au
or call 13 11 20

"Find cancer early and give yourself the best chance of successful treatment, so that you can get back to doing the things you love with the people you love."

- Cherie, Badimia Yamatji Wadjuk Noongar woman

SPORT

Fun-filled sumo wrestle wraps up term

Avon Valley Shotokan Club
Nat Kielbasa

LAST month a small team visited Osborne Park for a tournament hosted by AKKA Martial Arts Academy.

Every student brought home medals and we are proud of their efforts and how they represented the club.

We had two teams competing in the team kata event where they created their own kata to perform.

Helena, Casey and Ivy were placed second while Kayden, Victor and Tyler earned third place.

Great effort everyone.

Meanwhile in the individual events, all eyes were on Henna as she performed a beautiful black belt kata that earned her a silver medal.

As the term came to a close we held a fun and laughter-filled club challenge.

A huge thankyou to Shihan and Sensei Kylie who organised a new and exciting format for the evening for everyone to enjoy.

While munching on Kylea's delicious hot chips, we cheered on students attempting to push each other off the tatami mat in the sumo challenge.

Another highlight was a parent showdown between Joe and Chandre in the adult kata event.



Place-getters at the AKKA Martial Arts Academy kata event (from left) Victor, Helena, Ivy, Henna, Casey, Kayden and Tyler:

Cheers of "Go Mum", "Come on Dad" and chuckles from other parents filled the hall, reminding us that karate is a wonderful family sport.

Later in the night the Spirit Award was announced for the student who has consistently shown enormous effort, enthusiasm and respect.

Massive congratulations to Jacob, for your well-deserved win – we hope you enjoy using your new nun chucks.

There was much anticipation as the winners of our photo competition were announced.

These were chosen based on the techniques demonstrated in the photos.

Our winner of a free term of karate was Helena.

Second place went to Henna and third place to Ivy.

Congratulations to our winners and also to all students who had a go and entered.

To complete the night, students and parents sang (and possibly deafened the neighbourhood) for Elix and Victor who were celebrating their birthdays.

Happy birthday to you both.

Although the term is over we hope to see you all at the Toodyay Agricultural Show where we are looking forward to holding a karate demonstration.

We will also have a burger stall at the show and encourage everyone to stop for a bite to eat or a chat about karate.

To our students, enjoy your holidays and we look forward to seeing you all next term for more fun.

One player Rose above the rest in Lee Steere Cup

Toodyay Golf Club
Liz Sullivan

TOODYAY Golf Club held its 93rd Lee Steere Cup on August 27.

The net winner on the day was Kim Rose (Toodyay) with 39 points.

Second was B. Tawhiti (Wundowie) with 35 points, and third with 34 points was Ian Jupp (Wundowie).

The gross winner was S. Graham (Wundowie) with 25 points.

Aaron Boston (Toodyay) was second with 21 points.

The best visitor was Paul Marres with 31 points while best veteran was Ash Grundy.

A Stableford event sponsored by Northam Glass was held on September 2.

The winner with 35 points was Ash Grundy, second with 32 points was Murray Riseley and third with 30 points was Ryan Sinclair.

A fun day sponsored by Avon Valley Nissan was held on September 17.

This was won by Dave Duncan, with Ash Grundy second and Kim Rose third.



Toodyay Golf course.

Agents for BONAIRE

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For After-hours Emergencies only 0418 264 423

tony maddox

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Principal's Pen

Well hasn't the weather changed already. Winter is gone, cold is gone, and the summer breezes are upon us already! So, time for those maintenance issues you haven't got around to because it was too cold and wet. And you get to enjoy the beautiful weather, while you are working outside!

State of the Market - The magic number just doesn't change. It is still at 5182 listings available. This still means it is a sellers' market with very few listings for buyers to view. So, take advantage of this market if you are thinking of selling, and call the team at T.M.R.E. to make it happen!

This Court Case - Yes, we are still going as the prosecution want to proceed to trial. Our next court appearance is on the 6th October in Perth Court, but I believe this is just to set a trial date so it goes on. It amazes me how our legal system works. This all started in January and we still haven't got to trial yet. The only good that has come out of this so far, is I have met some wonderful people who are all behind me. For that I thank you all.

The Best Bit! - Inside the Office

Jemma - Great news about this amazing lady, she has just commenced her Property Management course! So, we now have the most professional receptionist, who will also be a fully qualified PM! What a wonderful team member.

Gracie - This girl also has some great news. Gracie has just commenced her Triennial Certificate! She is a fully qualified Property Manager, and shortly, will also be as qualified as me! Watch out boss man. Very proud of our Gracie.

Jo - The busiest Property Manager on the planet. Our office is a brighter place with Jo in it. She is always laughing and smiling and just the bubbliest person alive. AND a brilliant PM!

Faith JUST WOW! Faith has just completed her Triennial Certificate! She is now qualified to run the entire office without the boss man. To say we are all proud of this girl is an understatement. She is now also selling houses in Merredin. There is a huge future for her in this office.

Jess - Now this girl has shaken up the office and made a huge difference. Jess has taken on the entire sales admin role and is in the middle of her Sales Course. What a wonderful asset to the team she has become. Big future ahead for this girl.

Sam - Our top selling agent! The top selling agent in the past 6 months for Toodyay, and with all 5-star reviews. Sam is simply the busiest rep in town. So, if you want top 5-star selling, then Sam is your man! And works 7 days a week! He is just unstoppable.

Christie - Still part of the team, but now living in Kalgoorlie, so we are covered now from Merredin to Kalgoorlie!

Tony - Have you noticed that the weeds are growing fast lately! Well, when you own a little farm, there is plenty of them, so never a dull moment for this boy.

But - the farm is taking shape now and the creek area is looking fabulous! All my wildlife is back. Birds, ducks, turtles and even a visit by a kangaroo last week. I even have permission to pump water into the creek, so the fountain is now running daily. What a difference water makes. A little oasis for the environment. And for humans as well.

Don't we all love Toodyay!

Who are we? What do we do? What can we do for you?
Thinking about selling your house? - Thinking about buying a home?
Thinking about buying an investment property and need efficient property managers? - If you said yes to any of these, then we can help you!

FOR SALE



Don't forget to say hello to us at the Toodyay Show! Find us at Stand B10

Hidden and Out Of Sight!

This beautiful 3 x1 home is situated on 16 acres, and in a fabulous spot!
884 Julimar Road, Toodyay - \$795,000

Contact 9574 2917 for further details or a viewing!

CLEARING SALE



3156 Toodyay Road, Gidgegannup
11th November 2023 - Starting at 10:30am
Well maintained farm machinery and workshop equipment.



www.asktonym.com.au Telephone: 08 9574 2917

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