



The Northern Guide

OCTOBER 2020

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Hi there and welcome to the October 2020 edition of The Northern Guide.

Yet again we've got another bumper issue for you to read with gardening and legal advice, useful numbers and the history of The Wanneroo Show. Plus, there's some fantastic offers from advertisers.

PLUS, there's TWO competitions this month, yes, you read that right, TWO!!! So, get entering and remember to follow the rules or you could miss out and winning awesome prizes.

GOOD LUCK!!!

As always, the idea of The Northern Guide is to connect local businesses to their local community, so please support local. By doing this you're helping the local economy, building a closer community and increasing

employment prospects in your area.

Don't forget to keep an eye on our Facebook page, there's always new information and offers posted on there.

I hope you enjoy this issue and welcome any ideas or feedback as to what you'd like to see in the next issue.

HAPPY READING!!

You can contact me on

heather@thenorthernguide.com.au

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www.thenorthernguide.com.au

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Recover Revive Thrive

The City of Wanneroo has launched an **Economic Recovery Fund** to support local businesses recover from the financial effects of COVID-19.

The new fund is tailored to assist local businesses transition following the pandemic and to help overcome present challenges. Free business advice and support provided by industry experts is available across various areas including:



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strategy



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design



Financial
advice

Businesses must meet the below eligibility criteria prior to application:

Have a valid and active Australian Business Number (ABN), registered prior to 1 January 2020.

Be able to demonstrate the business has been impacted by the COVID-19 pandemic.

Not be receiving funding from any other source for the same project or initiative.

To find out more and to apply, visit: wanneroo.wa.gov.au/businessfund

WIN

ONE OF TWO



FAMILY PASSES TO THE WANNEROO SHOW

With the added bonus of having one child from each of the winning families given the opportunity to press the plunger which will start the fireworks on the opening night.

HOW TO ENTER:

'Like' and share The Northern Guide Facebook page.

Email your name & number to:

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with the subject heading:

'PLUNGER COMP'

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Closing date 15th November 2020



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WANNEROO AGRICULTURAL SHOW



20 & 21 NOVEMBER 2020

FRIDAY 4PM - 10.30PM

SATURDAY 9AM - 10.30PM



Above: Cyril Darch at the Wanneroo Show

Wanneroo Show

On 5 December 1908 at the 87th meeting of the Wanneroo Road Board, "it was resolved that the members of the Board form themselves into a committee for the purposes of forming an agricultural society to promote a Show in the district". The impetus for this resolution stemmed from the Wanneroo Farmers and Gardeners Association, the Lake Pinjar Agricultural Society, the Wanneroo Agricultural Hall Committee and the Wanneroo Road Board itself.

Five months later, on 21 April 1909, the inaugural Show took place with 500 attending at a time when Wanneroo's population was only a little over 200. That first Show was a simple affair which exhibited local produce and the cream of the district's livestock. However, this event was significant because for

the first time the hardworking settlers were able to bring to the attention of a wider public, the excellent quality of their endeavours. This opportunity was important for Wanneroo as it was disadvantaged by the poor condition of Wanneroo Road, which made the transportation of produce to the markets in Perth and the Goldfields so difficult. In turn, these challenges with transport prevented the district from realising its productive potential.

The first Show was held on five acres at the 15 Mile Peg close to the Agricultural Hall — on the western side of the Wanneroo Central Shopping Centre. By the time the third Show took place, the event had moved to the present showground site on Wanneroo Road between Frederick Street and Crisafulli Avenue. The Showgrounds have evolved from virgin bush to a valuable and enviable community resource with much of this development attributable to the contribution of local volunteers. People participated periodically in 'busy bees' and the years 1950 to 1952 saw extensive clearing and grading of the ground. This was carried out using a converted army tank, as well as some 100 volunteers using tractors and trucks for further clearing and the planting of couch grass.



Sir James Mitchell with a group of men at the Wanneroo Show - 1937



Above: At the 1947 Wanneroo Show

Loudspeakers were used for the first time in 1939 to improve communication with the growing numbers of people flocking to the event. The Wanneroo Agricultural Society asked the Road Board to take over control of the Showgrounds in 1948 as the Society did not have the money to maintain and develop the grounds. The exhibition shed was destroyed by fire in 1953 and a new one was erected with money provided by the Road Board and labour by the Society. In the 1958 Jubilee Year, the Show offered prizes in 14 categories — Ring Events, Vegetables, Fruit, Cookery, Needlework, Arts and Crafts, Handicrafts, Dairy Produce, Fodders, Flowers, Apiculture, Poultry, Pigeons and Schoolwork.

In the 1960s, sheep and pig sections were added and a poultry pavilion built. A new pavilion was opened in 1980 and was named after pioneer, Margaret Cockman, for her dedication to the Wanneroo Agricultural Society and the wider community, and her achievements in pursuance of that dedication.

Celebrating its 75th anniversary in 1983, the Wanneroo Agricultural Society ran

the Show for an impressive three days. To mark the historic milestone of the Show's centenary in 2009, the City of Wanneroo installed centennial gates and a ticket booth at the Showgrounds.

The Wanneroo Show is integral to the social and economic fabric of Wanneroo and has been an annual event since 1909, with the exception of the war years from 1940 to 1946, and in 1949 and 1950 when it was cancelled for maintenance work. It is second only to the Royal Perth Show and continues to attract thousands of people with the showcasing of produce, livestock, arts and crafts, hobbies, cookery and horticulture, and the diverse competitions and entertainment it offers.



Opening ceremony at the Wanneroo Show - 1932

Taken from the book **City of Wanneroo, Live, Work, Play, Wanneroo Recollections**. Available from the **Wanneroo Regional Museum's Community History Centre**

Images reproduced courtesy of the Wanneroo Museum

WANNEROO AGRICULTURAL SHOW





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Perfect Lemonade Recipe

Prep time: 10 minutes Serves 6

Ingredients:

- 1 cup white, granulated sugar
- 1 cup water (for the simple syrup)
- 1 cup lemon juice
- 2 to 3 cups cold water (to dilute)

Method:

1. Make "simple syrup": Place the sugar and water in a small saucepan and bring to a simmer. Stir so that the sugar dissolves completely and remove from heat.
2. Juice the lemons: While the water is heating for the simple syrup, juice your lemons. Depending on the size of the lemons, 4 to 6 of them should be enough for one cup of juice.
3. Combine lemon juice, simple syrup, water: Pour the juice and the simple syrup sugar water into a serving pitcher. Add 2 to 3 cups of cold water and taste. Add more water if you would like it to be more diluted (though note that when you add ice, it will melt and naturally dilute the lemonade).

If the lemonade is a little sweet for your taste, add a little more straight lemon juice to it.
4. Chill: Refrigerate 30 to 40 minutes.

Serve with ice, sliced lemons.

Win

A KOKEDAMA WORKSHOP FOR 2

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Closing Date: 15th November 2020

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 **The
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Silverfish

As the Winter leaves us and we move into the warmer months of Spring, our thoughts turn to that lovely feeling of peeling off extra layers of clothing, lightening the blanket load on the bed and ultimately storing these items away until next Winter, as we prepare to enjoy sunshine.

Silverfish are one fabric pest that has the potential to cause hundreds of dollars' worth of damage to stored fabric (clothing and linen), stored carpets/mats and paper products/photos. They will also spoil stored food products. Silverfish do not transmit or cause disease, but some people may be allergic to the moulted skins or their droppings.

In the moist, dark, humid and undisturbed areas of the shed, the roof void, the linen closet and wardrobes live silverfish. Silverfish are nocturnal insects. They are silver in colour with six stubby legs and have a long slender body which tapers off at the rear. They are swift movers.

The telltale signs that you may have a silverfish infestation include sightings of the insect, empty

shells from their moulting phases, yellow dust or stains on the surface of shelving, books, papers and boxes and evidence of their droppings.

Did you know that silverfish do a three-phase dance before mating? Females deposit their eggs singly or in clutches of up to 60 in small cracks and crevices and they can take up to two months to hatch. Silverfish go through many 'moult' in their lifetime. They can live up to four years. In the food chain they provide a food source for other insects, arachnids and centipedes.

The pest management for silverfish involves the client preparing for the technician by removing all clothes from the wardrobes and drawers and it is strongly advisable to wash infested clothes and linen. A wet spray is applied to the cupboards and a powder throughout the roof void. When it is time to return blankets and Winter clothing, it should be stored in vacuum bags, photos and precious documents stored in airtight containers, not cardboard boxes and food products as always in airtight containers.

A reputable, registered pest controller can safely and effectively treat silverfish in the infested areas of your home which in turn will save money from having to replace items of clothing and linen, loss of irreplaceable photos and literature and spoiling of food stuffs, ensuring peace of mind.

This advice given here is general in nature and your specific situation should be discussed with your pest controller.

Amanda Cope
Quinns Districts Pest Management



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- ✓ Establishing the **\$1 billion JobTrainer fund** to create free and low-cost training places for school leavers and job seekers.

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- ✓ Putting more money into the pockets of Australian households, with a **tax cut backdated to 1 July 2020**.
- ✓ Helping 99% of businesses to immediately deduct the **full cost of eligible assets**.

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- ✓ **Record levels of support** for mental health, hospitals, schools, aged care and disability services.
- ✓ **Additional \$250 payments for pensioners** in December 2020 and in March 2021.

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Do you have an Advance Health Directive?



An Advance Health Directive (sometimes called a Living Will) is a document which contains your decisions about future health care treatment.

The treatment covered includes Medical, Surgical, Dental and other health care decisions. It is a document which “speaks for you when you cannot do so” and only comes into effect when you have lost capacity to make decisions. In an Advance Health Directive, you can provide consent or refuse consent to future health treatment.

It is important to note that an Advance Health Directive does not authorise a Doctor or other health professional to take active steps to unnaturally end life.

In circumstances where your decisions are not covered in an Advance Health Directive then someone appointed as your Enduring Guardian can take decisions for you in conjunction with your Doctor or health professional.

A benefit is that these documents potentially avoid conflict in families, especially in instances where children may differ in their opinions regarding a dying parent’s treatment or the withholding of treatment according to the parent’s directions contained in the Advance Health Directive. It is becoming increasingly common that hospitals require Advance Health Directives as part of general patient admission procedure.

An Advance Health Directive is ineffective after death and is not an appropriate document to record wishes about organ donation. There is no set time after which an Advance Health Directive will lapse or expire but is its advisable to regularly review your Advance Health Directive to make sure that it reflects current wishes.

It is important that you have capacity to make an Advance Health Directive (capacity means the ability to understand and appreciate the context, choices and consequences of your decisions). It is too late when capacity has been lost and in those circumstances, someone cannot make a valid Advance Health Directive. A person has capacity when they have reached the age of 18 years and have the ability to acquire, assimilate and interpret information with a view to making a reasonable decision. Time is of the essence and the consequences of not having an Advance Health Directive in place may place an unnecessary burden on your family and loved ones.



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DO YOU HAVE A VALID WILL?

HAVE YOU CONSIDERED POSSIBLE INCAPACITY?

HEARD OF AN ADVANCE CARE DIRECTIVE?

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Growing a Vegetable Garden

There is almost no greater pleasure than harvesting vegetables from your own backyard. A home grown tomato always seems to taste better than the ones in the supermarket and even the kids will eat the things that they grow themselves without any complaints. Having a vegetable garden can provide wonderful flavours for the dinner plate as well as let the whole family experience the great joy of home harvesting.

Choose an open, sunny site, preferably north to north-east to catch morning sun and with at least five to six hours of direct sunlight per day. Shelter from winds may also be necessary so lattice, shade cloth walls and brush fences help and have the added bonus of being useful climbing vegetables.

DECIDING ON THE LAYOUT

The design and the layout depends on space availability but consider keeping the beds to about 150cm wide so that everything is in easy reach. To provide year-round vegetables you would need a few beds, each about three metres by 150cm. Planting vegetables in amongst other garden beds can help utilise space and also confuse the insects. Silverbeet, for example, is stunning when planted amongst perennials.

Or you might prefer a raised garden bed. These would have to be one of the easiest and most successful ways to grow edible plants in the garden. They solve the problem of poor drainage, can be placed almost anywhere and always seem to produce massive amounts of food for the table. Setting up a raised garden bed takes a little bit of planning and a few hours of work and will result in a crop that will taste better than anything from the supermarket.

SELECTING THE VEGETABLES

Choose the vegetables that you and your family like and that give a high yield for the space that they use such as tomatoes and capsicum. Climbing beans, peas and cucumbers grow on trellis and use vertical space but very little soil space. Repeat harvest vegetables such as rhubarb, perpetual lettuce, silverbeet, mustards, bok choy and spinach are good value. Salad vegetables and leaf crops are excellent in the home garden.

PREPARING THE SITE

Most of metropolitan Perth has sandy soils with poor levels of nutrients but these can be easily improved by adding moisture holding organic materials such as animal manures, mushroom compost and homemade compost and these will also encourage worms. Simply dig the organic matter through the top 20cm of the soil. Applications of wetting agents and water holding crystals are crucial in these types of soil for ensuring that the water that is applied stays where it is needed near the root ball.

PLANTING TECHNIQUES

Instead of planting all at once and having a glut of vegetables, consider smaller plantings every few weeks. Group vegetables that mature at roughly the same time and at the same height together to prevent shading and to free up the space for new crops once harvested.

Tall vegetables should be planted at the southern end of the garden to avoid shading lower growing crops and plant perennial crops such as asparagus and rhubarb away from other faster growing vegetables so that they can continue to grow without their roots being disturbed when other vegetables are harvested or pulled out.

Some vegetables will require a trellis or stakes to climb on. These help to keep the vegetables off the ground and give even sunlight to all of the plants leaves. Seedling packets and labels will give a clear indication of the needs of each vegetable variety.

FERTILISING

Leafy vegetables demand extra nitrogen in liquid form so liquid fertilisers should be applied every 10 to 14 days during the growing period. Root and bulb vegetables will produce a good crop without additional fertilisers but fruit and seed vegetables benefit from fertiliser when flowering commences.

Applying a seaweed extract when planting seedlings and then fortnightly after that will promote vigorous growth and reduce stress and disease problems.

Happy Gardening!!



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FIGHT FATIGUE, FOG AND FLARE-UPS

with our fibromyalgia program

Whether you have recently been diagnosed with Fibromyalgia or have been managing this condition for years, you have likely felt a sense of defeat or frustration trying to explain your condition to others. Put simply, Fibromyalgia is a chronic condition that causes pain in the muscles and bones. Additionally, individuals suffer from overall fatigue and tiredness, often resulting in less physical movement. When pain persists and is classified as chronic, it can easily become debilitating to an individual's life. Many people feel as though they are "trapped" by the pain they are experiencing, despite knowing that physical movement may actually ease their symptoms.

Fibromyalgia is a complex condition, but there is one key aspect when it comes to pain management and overall wellbeing; **movement**.

It is not uncommon for people with Fibromyalgia to feel anxious about exercising as they may be scared of their pain worsening, however research shows that regular exercise is actually one of the most beneficial things you can do to manage Fibromyalgia. As muscles and ligaments love activity, tissues are actually made stronger when exercised. As a result, individuals with Fibromyalgia may experience less pain, higher levels of fitness and an improved ability to complete daily tasks.

High impact activities such as jogging, aerobic dancing, racquet sports, ball sports and jumping should be avoided for those with Fibromyalgia, however low-intensity exercises such as walking, swimming, stretching, Tai Chi and yoga are all highly recommended to assist individuals to manage their pain and improve their strength.

However, as with any new exercise regime, it is always important to seek guidance and advice from a health professional prior to starting. Here at **Healthy Aspects**,

our qualified Exercise Physiologists offer a dedicated **Fibromyalgia Program** dedicated to helping individuals to fight the fatigue, fog and flare-ups associated with their condition. This program covers key aspects such as the "Boom Bust" Cycle, Activity Pacing, Graded Exercise Therapy and Activity, Fatigue and Symptoms Monitoring.

Are you an individual suffering from Fibromyalgia who feels fatigued and frustrated that you cannot complete daily tasks to the best of your ability? Do you perhaps feel sick and tired of feeling good for a day, only to feel terrible for the next few? Do you wish you could get back to the activities you love and improve your quality of life? If so, **Healthy Aspects Fibromyalgia Program** is perfect for you. Working alongside a qualified Exercise Physiologist, you can rest assured that your concerns and goals will not only be listened to, but put into action with a tailor-made approach to achieve the best possible outcomes for your health and wellbeing. As an added bonus, sessions may also be covered by Medicare or, where applicable, through your Private Health Fund.

If you would like to learn more about this program or you would like to secure your spot, please feel free to contact Healthy Aspects on 9468 0045 or alternatively send an email through to info@healthyaspects.com.au.



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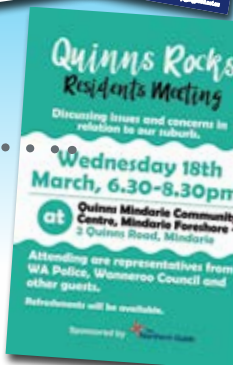
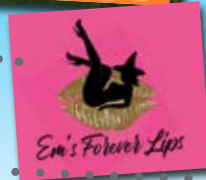
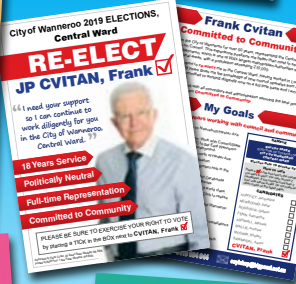
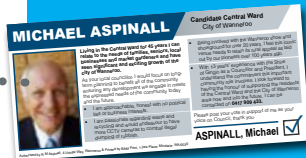
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GET SMART AND GET NEIGHBOURLY.

Neighbourhood Watch is a program where neighbours unite and work together.

We believe that a safe, connected and friendly neighbourhood is one where neighbours know each other, communicate with each other, and are familiar with their local environment.

Participating in Neighbourhood Watch is easy –

1. Get to know your neighbours
2. Set up a communication network. For example, SMS, email, facebook or WhatsApp
3. Communicate regularly, be observant and share information about what's happening in your neighbourhood
4. Follow your local Police District on social media to stay up to date with information.
5. Report all suspicious activity to Police on 131 444.
6. Take steps to improve areas of your home security where required.

Follow these simple tips:-

Neighbourhood Watch tip – Be observant.

Neighbours should know what is normal in their neighbourhood and what is out of the ordinary. Neighbourhood Watch does not want you to spy on your neighbour. We want you to be concerned for the safety of your neighbourhood. Spend time out in your community and become familiar with your local environment and know your neighbours.

Neighbourhood Watch tip – Acknowledge

Communication is the key – knowing who your neighbours are and acknowledging them. Waving and saying hello can deter an outsider, as well as signifying that you are communicating and watching out for one another. Good neighbours also acknowledge those people they don't know. Thus letting potential intruders know that they have been seen and observed potentially reducing the opportunity for crime to occur.

Neighbourhood Watch tip – Report

Report suspicious activity to Police. Police cannot respond to community problems if they are not made aware of them. If your instinct is telling you something doesn't feel right – it probably isn't. If you have information about a crime call Crime Stoppers anonymously on 1800 333 000.

Neighbourhood Watch tip – Share information

Knowledge is a powerful and positive tool that helps prevent crime. Sharing information with police and your neighbours helps build awareness and connects a neighbourhood. Crime prevention is everyone's business and everyone has the potential to be a key in building a safer community.

WHEN DO I CALL 000?

- For all emergencies including Police, Fire and Ambulance
- For urgent Police attendance
- Where life or property is threatened or in danger.

WHEN DO I CALL 131 444?

- For non urgent Police attendance
- To have a Police report obtained for offences committed against yourself
- For all other Police inquiries not of an urgent nature.

WHEN DO I CALL 1800 333 000?

- To report suspicious behaviour or activity (Non Urgent)
- To report persons believed to have committed an offence
- To supply information which may lead to the arrest of an offender.

For resources or further information on how you can contribute to a safer and connected community contact Neighbourhood Watch WA on 9222 1513 or info@nhw.wa.gov.au.



Waste less at Tamala Park

The Mindarie Regional Council, who operate Tamala Park, recognise that waste has value as a resource. It is for this reason that their operations prioritise the minimisation of waste going to landfill, ensuring waste is recovered wherever possible.

To encourage this there is a:

- Free drop-off area for

Recyclable items like: cardboard, clean white polystyrene, glass bottles and jars, e-waste and anything metal, including white goods like fridges and washing machine.

- Unfortunately, Tamala Park can't take all items for free recycling and some items just need to be placed into your home yellow lid recycling bin. This includes plastic bottles and also paper, including wrapping paper (remember this at Christmas time). Other items like mattresses and tyres also incur a charge as the MRC pays to get these recycled.

- Household hazardous waste, like: chemicals, household batteries, CFL's and printer cartridges, from residents (no commercial loads or from businesses). This includes aerosol cans, empty or full, as these can no longer be placed into your recycling bin

Reuse items that you don't want but are too good to throw away.

Most things are accepted (at the attendant's discretion) though there are some items that we can't sell second hand by law.

- Free drop off of asbestos for residents is available every Sunday, provided it is properly wrapped. Conditions do apply so see website for details.
- Reuse Shop – grab a bargain from a range of second hand goods at unbelievably cheap prices. Items are second hand and are dropped off by residents, not salvaged from the landfill. It is estimated the shop saves, on average, approximately 100,000 items from going to landfill each year.

The shop is a bargain-hunter's dream, with an array of items to choose from including couches, kitchenware, bicycles, DVD's, power tools, and even a piano or two. Most items are priced under \$10, though shoppers can expect to walk away with a host of items priced under \$2.

You have to be quick, though. The best items sell quickly, at bargain prices.

Tamala Park does not have a warehouse of goods or a supplier, our supplier is YOU. The items to be sold have been brought in by YOU and your neighbors.

A lot of that stuff you no longer want is probably also in good condition, so why throw it out? Bring it in to the Tamala Park Reuse Shop. If it is in good condition it may be just the thing someone else is looking for.

Next time you're thinking about visiting Tamala Park to dispose of something to landfill, why not offset your waste by dropping off some recyclable items or pick up a treasure from the Reuse Shop to save it going to landfill? Come visit us soon.



For more information, see:
www.mrc.wa.gov.au

x1

shirt



x1

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x2

dvds



x2

camping chairs



x1

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