

GASSY GOSSIP



SEPTEMBER
2025

03 COUNCIL NEWS



12 GJRCS NEWSLETTER

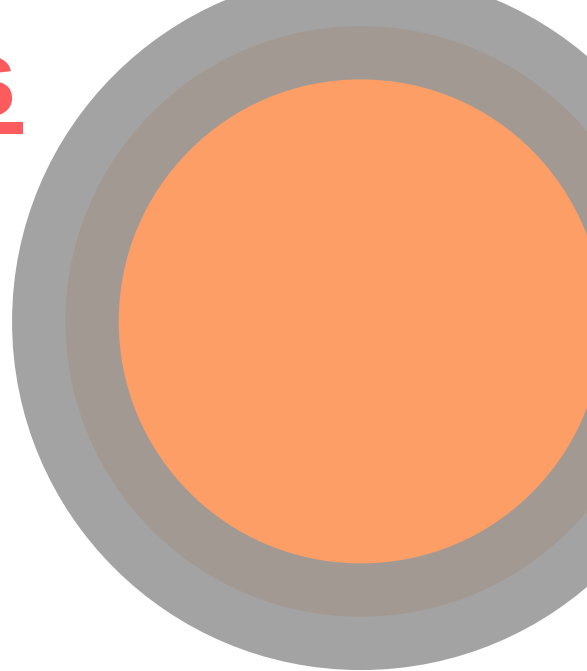


40 UPCOMING EVENTS

A calendar titled "UPCOMING 2025 EVENTS" for the Shire of Upper Gascoyne. It lists four events: GP CLINIC (Gascoyne Junction Community Resource Centre, 12/09/2025), NURSING CLINIC (Gascoyne Junction Community Resource Centre, 19/09/2025), PHYSIO CLINIC (Gascoyne Junction Community Resource Centre, 26/09/2025), and GP CLINIC (Gascoyne Junction Community Resource Centre, 03/10/2025). The Shire of Upper Gascoyne logo is in the top right corner.



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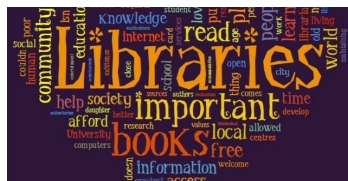
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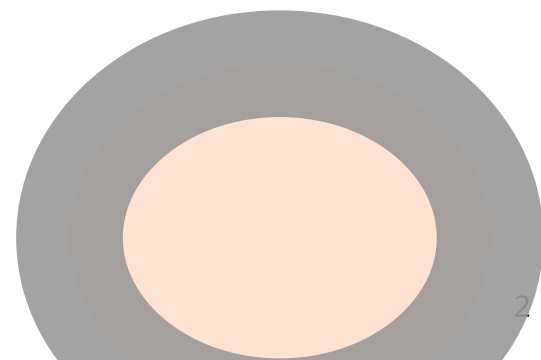
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UPCOMING 2025 EVENTS



UPCOMING EVENTS

Find out what exciting events are coming up next in our Community Calendar.



COUNCIL NEWS

Ordinary Council Meeting Dates

Wednesday 12th February
Wednesday 26th March
Wednesday 30th April
Wednesday 28th May
Wednesday 25th June
Wednesday 23rd July
Wednesday 27th August
Wednesday 24th September
Wednesday 22nd October
Wednesday 26th November
Wednesday 17th December

Council meetings commence at 8:30am in the Shire Council Chambers located at 4 Scott Street, Gascoyne Junction.

All ratepayers and residents are welcome to attend the council meetings and participate in the Public Question Time session which is held at the beginning of each Council Meeting.

CEO Report

Once again, another very busy month for one and all. Most of the time has been spent on administrative tasks with budget being the forefront. The introduction and commencement of new legislative requirements across a relatively broad range of the Act and associated regulations has taken some time to digest and implement. Although challenging I thoroughly enjoy this aspect of my position.

I have managed to spend some time on the Strategic side of asset preservation and trying to devise a way forward so that we can continue to seal the Carnarvon to Meekatharra Road. It will be interesting to get the input of Council as to the real costs and how we can deal with them over the 30 years.

Jarrold has been away from the office for a while, so Sean has stepped into the breach and is managing to keep things afloat. It is that time where all the planning and procurement is taking place so that we can hit the ground running once all the "ducks are lined up". Damien is doing a great job in keeping the Construction crew busy and productive, work has commenced on the re-sheeting of Carnarvon / Mullewa Road.

Unfortunately, I have to advise that Candace Murphy is no longer with us, we have since engaged a contract finance officer through LOGO Appointments to assist whilst we are in the process of recruiting. On a brighter note, Sharmin Knol has commenced work, Sharmin has taken Billie's position, I look forward to working with Sharmin.

Acting Manager of Works and Services Report

As is always the case at this stage of the financial year, projects are limited as we have been working through the budget. I'd like to thank Andrea for her fantastic efforts putting the budget together. The road crew have been progressing nicely in the background with both maintenance grading and preparing for works on Carnarvon-Mullewa Road at the Dairy Creek intersection. Additionally, Dean Contracting were awarded the contract for the continuation of sealing Carnarvon-Mullewa Road and have begun works.

We are on track for a big year as far as road projects are concerned. We were successful in securing funding to construct the realignment of the Landor Mt Augustus Rd which will bypass the Landor homestead, this is inclusive of two new concrete crossings over the Gascoyne River, Aurilla Creek, and three concrete culverts north of the Burringurrah Community. We were also successful in securing funding for the continuation of sealing on the Carnarvon-Mullewa Road.



Procurement has been initiated to engage contractors to complete both the works. Greenfields will manage both projects. The Shire looks forward to completing these much-needed projects.

The office extensions are all but complete, there are a few final touches, however they look fantastic. The extension is ahead of schedule, and the contractor has done an amazing job. This has created a much-needed user friendly workspace, staff can move into their respective offices. The admin staff can also start the process of setting up their records management room, this has been needed for a long time now, and ensures the Shire remains compliant.

The Laundry Donga for the pub has been landed, we are now in the process of tidying the building up to ensure it fits with the rest of the park. Contractors will soon be connecting it to the power and waste systems; we are hoping to have it operational within the next few weeks. This was a major issue identified by the previous tenants, the building offers 6-8 washing machines, 6-8 dryers, space for linen storage, and we are confident this will fill the gap as far as service of the accommodation units is concerned.

We have welcomed, Sharmin Knol to the team, Sharmin has filled the vacant position of Works and Services Administrator, she brings a wealth of knowledge, and we look forward to catching her up to speed on the position, if you get a chance, please introduce yourself.

We look forward to the new budget and can't wait to sink our teeth into this financial year.

Manager of Finance and Corporate Services

Many thanks to everyone who are contributed toward the 25/26 Annual Budget, especially the finance and administration team who have kept operations ticking over whilst my attention has been diverted to the completion of this project. Thankfully we are now at the stage of presenting the Budget to Council on the 27th August 2025 for adoption which means that hopefully our projects can now commence.

With the budget now under wraps the team are moving towards finalising our year end work and commencing preparations for our year end audit.

Once again thanks everyone all your assistance has been much appreciated.

Community Resource Centre Update

Pedal the Path & Flanno for a Farmer Day:

The Upper Gascoyne community gathered on Friday, 15th August, to celebrate the completion of the new footpath extension around Gascoyne Junction, with attendees biking, scootering, and walking along the new pathway. In conjunction with the celebration, participants also supported Flanno for a Farmer Day by wearing flannelette shirts as a sign of appreciation for the efforts and resilience of Australian farmers.

The event commenced at Woodgamia Turnoff and concluded at Two Rivers Memorial Park, where community members enjoyed a morning tea. We would like to thank Department of Transport and Shire of Upper Gascoyne for funding this project.

Australian Passport Stamp:

The Shire of Upper Gascoyne is pleased to announce its participation in the Australian Adventure Passport initiative. Visitors to the Upper Gascoyne can now obtain the official Upper Gascoyne Stamp, providing a keepsake of memories along their travels.

Kids Club:

The monthly Kids Club session continues to attract strong participation and has established itself as a popular recreational activity for children within the Upper Gascoyne community.

Activities for this month included boardgames, Master Lego Building skills from the Upper Gascoyne kids showing off their imagination. We also included Father's Day Craft where the kids created handmade cards using a variety of materials.

Community Yoga Classes:

Gascoyne Junction's Weekly Community Yoga Classes are now underway at Two Rivers Memorial Park, thanks to Heejeong. Open to everyone, these sessions are a fun and energising way to improve fitness, build strength, and support mental wellbeing.

Tourism & Community Report

It's been wonderful to have visitors coming through the Visitor Information Centre and to the Upper Gascoyne with a significant increase in numbers with the start of the July school holidays. With our event calendar full from mid August until early October there are strong bookings moving forward.

The Kennedy Range Campdraft in August, Junction Races & Gymkhana in September and the Landor Races & Gymkhana in October bring visitors to the region, and the community run committee's should be applauded for their efforts in delivering these iconic events in the Upper Gascoyne.

The Under Gascoyne Skies Festival is again being held in August, with 100 registered participants for the Stargazing, Astrophotography and Live Music event at Mount Augustus and 80 registered at a similar event in Gascoyne Junction. Music in the Park continues to be popular. Planning is underway to strengthen these events again in 2026. The Mining Symposium is also be planned for May 2026.

In the past month meetings with the MEG Shire's re Outback Pathways and its' continued marketing to disperse visitors across the Gascoyne Murchison and to tie in with opportunities that are being opened with the sealing of the Outback Way between Winton, QLD and Laverton, WA. This is also a part of the newly released AGO Strategic Plan.

The Gascoyne Junction Historical Museum has had a refresh over the past weeks thanks to a short contract of work by Paige Hardie. A database with images of the collection has been established, a clean up of the museum, relabelling of the collection and signage research has been undertaken over the past 4 weeks with great impact. This project will continue over the coming months with outside signage, new display cases and up to date catalogue of the region's history.

The medical clinics still continue to be popular with a greater engagement in the nursing clinic. The physio clinics are regularly filled and there has been a strong attendance at the small group exercise class held monthly by the physio utilising the gym facilities. We have activities planned for September to get the Shire active and in October we are planning a community weekend of activities based around Mental Health and Drought Resilience.

Shire of Upper Gascoyne



Public Notice

Change of September Ordinary Council Meeting Date

NOTICE - ORDINARY COUNCIL MEETING

Local Government Act 1995 Section 5.25(1) (g)

At the August Ordinary Council Meeting held on 27/08/2025 Council resolved to change the September Ordinary Council Meeting date.

The September Ordinary Meeting will now be held on 25th September 2025 at 10:30am at the Shire Council Office 4 Scott Street, Gascoyne Junction.

John McCleary
Chief Executive Officer
28/08/2025

For enquiries, please call the Shire office on (08) 9943 0988

JUNCTION CRAFT GROUP CALENDAR 2025



4th February End of School Holidays	
8th and 9th March	Untutored
5th and 6th April	AGM/Cricut Workshop
12th April - 27th April	
3rd and 4th May	Woodwork Workshop - Bins
14th and 15th June	Mystery Quilt
5th July - 20th July School Holidays	
1st August - 5th August	Bullara Retreat (*Limited Numbers) TBC
20th and 21st September	TBA
21st September - 6th October School Holidays	
18th and 19th October	Mosaic Table
22nd and 23rd November	Christmas Craft

Contact

Email – junctioncraft@gmail.com

Alys McKeough – President/Secretary 0438 384 603

Chris Kearney – Treasurer 0428 841 818

Junction Craft Group acknowledges the generous support of the Shire of Upper Gascoyne



BLAST FROM THE PAST

THIS SEGMENT OF THE GOSSIP EXPLORES PAST ARTICLES ON NEWS AND EVENTS IN THE UPPER GASCOYNE.

Junction Races a great day for all

by J. Walsh

Gascoyne Junction is situated at the junction of where the Gascoyne and the Lyons rivers meet. It is only two hours from Carnarvon, has a tiny population of 46 people and is known as the gateway to the stunning

Kennedy Ranges. It is also the gateway to Mount Augustus National Park. The Kennedy Ranges lie roughly 163km's east of Carnarvon and run north from Gascoyne Junction. The ranges are 75km's long and up to 30km's wide. They have 90 kilometre long springs and spectacular cliffs and canyons created by erosion on the eastern side.

The 'Kennedy's' are home to a huge array of Australian wildlife. Mount Augustus is 1106 metres above sea level and is twice the size of Uluru (Ayes Rock). It is a monocline as

opposed to a monolith like Uluru. The "rock" is estimated to be 1750 million years old and has trees growing out of its sides. The Junction Hotel is similar in many ways to the famous Iron Clad Hotel at Marble Bar. It has

accommodation available and an interesting front bar crammed full of memorabilia.

It is also well known for the annual races put on by the Junction Race Club. The committee this year is Brett Smith President, Robert Lefroy Secretary, Eddy Smith, Peter Lathwell, Victor Barrett and John Kearney. The sponsors for the 2004 race day are the Junction Hotel, Hampton Transport, Commercial Union Insurance, Shire of Upper Gascoyne, Elders and Westrac. Trophies have been donated by

Dewsons Supermarket and Winderie Station. There will be six races run on Saturday 9th October including the Elders Junction Cup with prize money of \$9,000 including a trophy. On the Sunday after the races day a Gymkhana will be held which is usually attended by hundreds of younger

people pushing their pony's to their limits and having heaps of fun in the process. The Annual Race and Gymkhana Weekend at Gascoyne Junction is always tremendous fun for young and old and an event well worth attending. Take your swag, a piece of steak and a few bob for a couple of bets and the two up after the races and have yourself a great time.

CALLING ALL LOCAL CELEBRITIES..



The CRC is on the look out for our next

SAY G'DAY candidates to star in future editions of the Gassy Gossip.

We want to know more about our community and our community is keen to get to know you!



SAY G'DAY TO...

Full name: Sharmin Knol

Nickname: -

Place of birth: New Zealand

Favourite food? Fush & Chups

Favourite animal? Dogs

Footy team: All Blacks

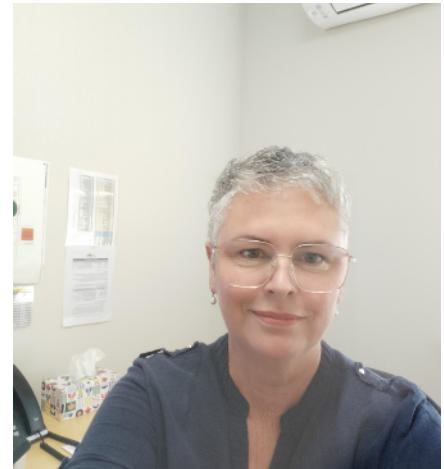
Where did you grow up? New Zealand

What is on your Bucket List? Learn to fly a Cessna

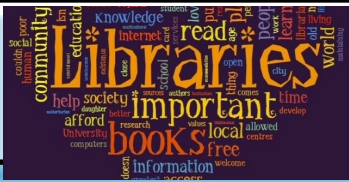
Why did you move to the Upper Gascoyne? To work for the Shire

How long have you lived in the Upper Gascoyne? 10 days

What do I love most about the Upper Gascoyne? No traffic lights



So if you're interested in sharing more about yourself, like your favourite food, which footy team you support and what you like to do in your spare time, contact the CRC now with your answers to the questions above!



BOOKS OF THE MONTH

Super Sleuth

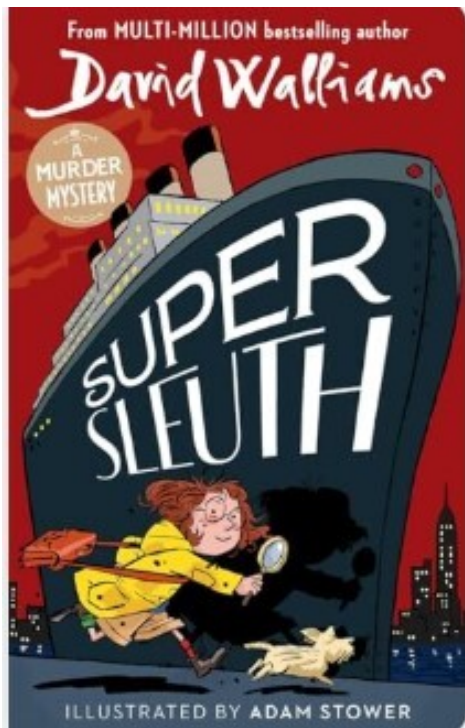
Author: David Williams

Dilly loved a good murder. Not a REAL murder. A made-up murder. One you would find in a murder mystery novel.

Sherlock Holmes was her favourite detective, so much so that she had named her dog Watson after his faithful companion. Dilly had trained her Watson to sniff out clues and follow scent trails. Something he would happily do for a dog biscuit. Or two.

So far, Dilly and Watson hadn't had much luck cracking cases – beyond lost cats, or missing biscuits that turned out to have been eaten all along. But now the detective duo found themselves on a luxury ocean liner bound for London. A thousand passengers. A thousand nautical miles of ocean around them. It was the perfect place for a murder...

Or two. Or three. Or four. Or MORE!

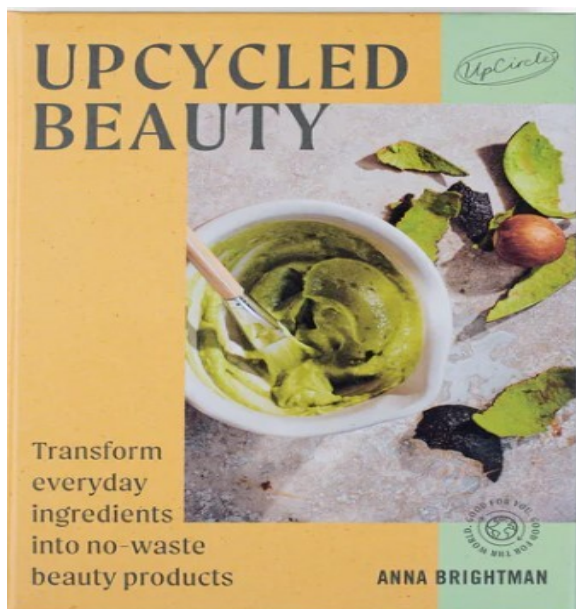


Upcycled Beauty

Author: Anna Brightman

Transform leftover coffee grounds into a body scrub, use citrus scraps to make a body oil, home fragrance or all-purpose cleaner, use too-far-gone raspberries to make a subtle lip stain, dry rose petals from your wilted bouquet to make drawer fresheners, or turn watermelon rinds into a soothing after-sun.

Save some money, have control over what ingredients you put on your skin and customise your beauty routine depending on what you have at home. Sharing some of the exact recipes that UpCircle use, as well as a great bunch of more off-the-cuff creative ideas, you'll learn how certain ingredients benefit your skin, which ones make you feel calmer, and even how to make your own essential oils.



Gascoyne Junction Remote Community School

NEWSLETTER

AUGUST 2025

Responsibility Resilience Respect



PRINCIPAL'S POST

Hello to parents, families, and the school community.

What a fantastic month it has been at Gascoyne Junction RCS!

Book Week was a huge success, with students and staff embracing the joy of reading through dress-ups, activities, and shared stories. It was great to see so much excitement and creativity throughout the week.

We also participated in **Pedal to Path** and **Flanno for a Farmer Day**. A big thank you to the Shire for the wonderful new paths around town and for putting on such a fantastic morning tea for our students.

Our students enjoyed a special visit from the school chaplain, who ran a **"Grit" resilience activity**, helping students to reflect on persistence, growth mindset, and bouncing back from challenges.

We're now looking forward to coming together again for **R U OK? Day** this Thursday. An important time to check in with one another and promote kindness and connection in our school community.

Amanda Grayson

Protective Behaviours at School

On the 5th August, we welcomed Letecia, a Protective Behaviours educator, to our school. She worked with the students on building their "Networks" of safe people they can talk to, as well as learning about body awareness and keeping our bodies safe. These important lessons help our students develop the skills to recognise when they feel unsafe and know who they can turn to for support.



BAKED CHICKEN RISOTTO

Traffic Light: ●

Ingredients

- 1 large brown onion
- 1.5kg chicken thigh fillets, fat trimmed
- 600g baby spinach
- 1.5kg pumpkin
- 2 tbsp olive or canola oil
- 4 cups Arborio rice (uncooked)
- 4L reduced salt chicken stock
- ¼ cup parmesan cheese, grated

Method

1. Preheat oven to 180°C.
2. Peel and finely dice onion. Peel and cut pumpkin into small cubes.
3. Cut chicken into small strips, removing any skin or fat.
4. Heat oil in non-stick frying pan over medium heat.
5. Add chicken to pan. Cook, turning, for 5 minutes or until browned. Remove from pan and set aside.
6. Sauté onion until translucent. Add rice. Stir to combine.
7. Add stock, spinach and pumpkin to pan and bring to the boil for 1 minute.
8. Transfer mixture to a baking dish.
9. Place chicken on top of rice, cover and bake for 25 minutes.
10. Remove lid, stir and return to oven, cooking for a further 10 minutes or until rice is cooked through and all liquid has been absorbed.
11. Top with parmesan cheese.




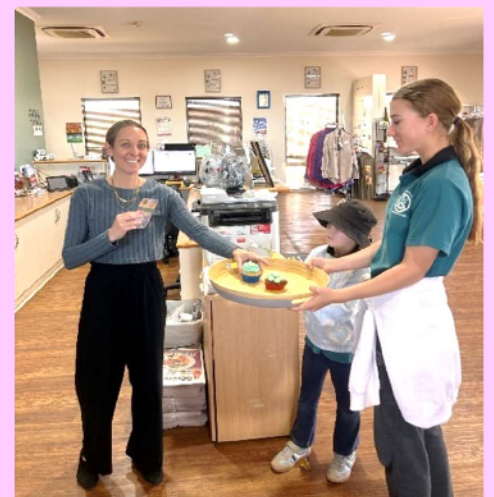


Cupcake Fundraiser Success!

Our students recently took part in a wonderful fundraising initiative, selling homemade cupcakes to support Alzheimer's WA. The effort and enthusiasm they showed was outstanding, and we are so proud of their commitment to helping others.

A big thank you goes to everyone who supported the fundraiser by purchasing a cupcake or donating. Your generosity is greatly appreciated.

Special mention goes to Harley and Harper for their fantastic baking efforts, and to Bridie for carefully tallying the funds raised. Thanks to the teamwork of our students and the support of our community, we are delighted to announce that a total of \$198.00 was raised! 





PEDAL THE PATH & FLANNO FOR A FARMER DAY



Our students joined the Shire on Friday, 15th August, for a fun-filled community bike, scooter, and walking event to celebrate the brand-new footpath extension. Dressed in their best flannos, everyone showed their support for Aussie farmers and helped raise awareness for rural mental health.

It was a fantastic morning of riding, walking, and connecting as a community — followed by a lovely morning tea where stories, smiles, and plenty of laughs were shared.

A big thank you to the Shire for organising and to everyone who came along to make this celebration so special! ❤️



📖 ✨ Book Week Dress-Up Day 🎭 🎀

What a fantastic Book Week Dress-Up Day we had! Both staff and students put in a wonderful effort, coming along in all sorts of creative costumes. We spotted Motorbike Girl, a witch/monster, Thing 2, a Care Bear, a ladybug, and even the Gingerbread Man! It was a fun-filled day celebrating reading, imagination, and the joy of books.

Congratulations to Harper for winning Best Dressed! Harper even wrote her own book about riding her motorbike, titled Motorbike Girl. Corey was awarded runner-up with his spooky witchy costume complete with claw hands. Miss Abbie was voted as the best dressed staff member.



COMING EVENTS

3/09/25	Indigenous Literacy Day
4/09/25	R U OK? DAY
5/09/25	Sporting Schools - AFL
9/09/25	Carnarvon School of The Air athletics carnival Kindy-Yr6
11/09/25	Yr 9 Career Taster
12/09/25	Sporting Schools - AFL
25/09/25	Sporting Schools visit
26/09/25	LAST DAY TERM
27/09/25-13/10/25	SCHOOL HOLIDAYS
13/10/25	STAFF RETURN TO SCHOOL
14/10/25	STUDENTS RETURN TO SCHOOL
5/11/25	Learning Journey 1:30pm-3pm



One-pan Creamy Sausage Gnocchi

METHOD

Step 1 - Heat the olive oil in a large, deep, heavy-based pan over medium-high heat. Add the sausages (with the casings removed) to the pan. Use a wooden spoon to break up the sausage into small pieces. Cook, stirring, for 4–5 minutes until the sausage is fully cooked and browned.

Step 2 - Add the garlic and cook, stirring, for 30 seconds. Then add the tomato paste and cook, stirring, for 30 seconds.

Step 3 - Add the white wine and cook for 1–2 minutes until most of the liquid has evaporated. Then add the crushed tomatoes and thickened cream. Stir them in and bring to a simmer.

Step 4 - Add the gnocchi and cook, covered, for 5 minutes. Give the gnocchi a stir and continue cooking for 2–3 minutes, or until the sauce has thickened to your liking and the gnocchi is cooked through and soft.

Step 5 - Remove from the heat. Stir through the baby spinach and parmesan. Season to taste and serve topped with fresh basil and chilli flakes.

INGREDIENTS

- 1 tbsp olive oil
- 500 g Italian pork sausages, casings removed
- 1 tbsp freshly minced garlic
- 2 tbsp tomato paste
- ½ cup white wine (can be substituted with chicken stock)
- 400 g canned crushed tomatoes
- 1 cup thickened (heavy) cream
- 500 g gnocchi
- 120 g fresh baby spinach
- ½ cup freshly grated parmesan, plus extra to serve
- Sea salt flakes, to taste
- Cracked black pepper, to taste
- Basil leaves, to serve
- Chilli flakes, to serve



HAPPY BIRTHDAY

SEPTEMBER

- 9 Stanley Hammarquist
- 20 Jason Windie
- 28 Mathew Hammarquist



OCTOBER

- 6 Andrea Pears
- 13 Jodie McTaggart
- 15 Colin Sibson
- 15 Wendy Hoseason-Smith
- 17 Raymond Hoseason-Smith
- 17 Oscar Hammarquist
- 22 Richard Dowker

NOVEMBER

- 4 Laney McKeough
- 14 Dustin Walker
- 21 Dot Hammarquist



Do you live in the Upper Gascoyne? Is your birthday missing from the monthly Gassy Gossip?

Email us at crc@uppergascoyne.wa.gov.au

PEDAL THE PATH

On Friday, 15th August, the community came together for a fun-filled morning of biking, scootering, and walking to celebrate the new footpath extension around Gascoyne Junction. In support of Flanno for a Farmer Day, everyone proudly wore their best flannelette shirts to show appreciation for our hard-working Aussie farmers. The event began at Woodgamia Turnoff and concluded at Two Rivers Memorial Park, where we enjoyed a well-earned morning tea.



KIDS CLUB

Our monthly Kids Club is quickly becoming the go-to hangout for kids in the Upper Gascoyne!

This month was packed with fun activities. Boardgames were a big hit as always, and our local Lego masters showed off their amazing imagination with some very creative builds. A highlight of the afternoon was Harley and Hazel going head-to-head in a game of chess, both concentrating hard until Harley came away with the win.

We also got crafty for Father's Day, making special handmade cards with all sorts of materials - a thoughtful gift for the important men in the kids' lives.

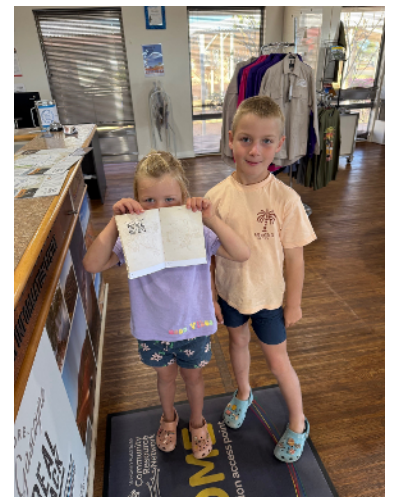
AUSTRALIAN PASSPORT ADVENTURE

We're excited to be part of the Australian Adventure Passport - the fun new way to track your travels around the country!

When you visit us in the Upper Gascoyne, don't forget to grab your very own unique stamp to add to your passport. It's a great way to mark your journey and remember your stop with us.

We were especially excited to hand out our first stamp to some cheerful children

A memorable moment for everyone!



UNDER GASCOYNE SKIES FESTIVAL

The Under Gascoyne Skies Festival was a success on many fronts, collaborating with partners and as we were having a big event - RAIN!

We were asked to tie down the team from Perth Observatory and our Astrophotography Guru until enough rain had fallen from the sky.

The Under Gascoyne Skies Festival attracted visitors from across WA and Australia to the Upper Gascoyne. Across 10 days a series of events focused on our night skies, music, Gascoyne food and our outback way of life.

Starting at Mount Augustus with a night of live music with the Michael Ward Trio, and a supper under the stars prepared by the team at Mount Augustus Tourist Park an evening of stargazing was planned. However, with rainclouds above, the telescopes had to stay in the Perth Observatory van and our star experts mingled with the crowd answering questions from budding astronomers and night landscapes became the focus of the Astrophotography workshop.

The focus of the festival then turned to Gascoyne Junction for awhile, with the Gascoyne Food Festival joining the celebrations with a dinner at the Town Pavilion on Saturday night again with live music from the Michael Ward Trio. The rain fell heavy as the doors opened, and whilst the Perth Observatory team were able to get the telescopes out later in the evening, our budding astrophotographers spent a night indoors learning about their cameras and getting hints and tricks from Roger Groom of Astrophotography Australia.

On Sunday, the weather again impacted on Music in the Park with a late minute venue switch to the Gascoyne Junction Pub & Tourist Park. The Michael Ward Trio again entertained crowds on a Sunday afternoon.

We are looking to have the festival again in late May 2026. Let us know what you would like to see as part of this event.

CRC FITOUT:

We thank everyone for their patience as we have been undergoing some works inside the CRC. We have new signage, and are in the middle of relining our walls to better display our community and visitor information. We look forward to sharing the final results in the next Gassy Gossip edition.



RECYCLING:

Not only do we offer containers for change, but now at the CRC you can drop in your empty blister packs, bottle lids and soft plastics. See the information pages in this edition of the Gassy Gossip to see what you can and cannot recycle. What else would you like to be able to recycle in the Upper Gascoyne? Please see flyers for more details



MUSEUM UPDATES

We have recently had Paige Hardie in town where she has undertaken an audit, clean up and update of the Gascoyne Junction Historical Museum. Even Evie the skeleton is amazed at the home improvements at her place. Paige has created a catalogue of our historical assets, found new sources to deepen our historical knowledge and uncovered some hidden treasures. Over the coming months we will be putting out a call to help us identify some photos that have been found or to help identify some mystery objects. If you have time, call in and take a look. This is the start of an ongoing project, with Paige providing an action plan of what is required moving forward to ensure we are preserving our history and how to share it best with both our local community and to help visitors learn about the Upper Gascoyne. Thanks for the hard work Paige.



Million Moves:

The Shire of Upper Gascoyne are proud to be taking part in Million Moves, a statewide health initiative designed to get more Australians moving and feeling great. As a Shire initiative, we are encouraging every community member to complete 75 moves a day for 21 days.

Please see flyer and QR code below for more details or speak to our CRC staff if you would like to join in.



What is a move?

75 moves per day represents the percentage of inactive Australian adults. We want to see this frightening statistic change, starting with a few simple moves each day.

Your 75 daily moves can be whatever your heart desires. Push, pull, squat, hinge, paddle, stroke, jump, pedal, step, crump, wiggle...it's all good!

You can alternate the moves. Mix and match. Make them harder, make them easier. Even share your moves with a partner. All that's required is that you do 75 of them every single day for 21 days.

Yoga Classes:

Classes will be held every Tuesday at 5:15pm at Two Rivers Memorial Park.

Cost is just \$10 per class – all levels welcome!

Bring a mat, some water, and come unwind with us.

Please call the CRC on 9943 0988 for more information.





Proudly supported by



“Don’t limit your
CHALLENGES,
CHALLENGE
your limits”

GASSY GOSSIP

MACBARZ
30 DAY BURNOUT CHALLENGE

EACH DAY - ONE EXERCISE - MAX REPS - 3 ROUNDS

ARMS	LEGS	ABS	BACK	TOTAL BODY
1 PUSH UP	2 SQUATS	3 FLUTTER KICKS	4 CHIN UPS	5 PLANK
6 WIDE GRIP PUSH UP	7 WALL SIT	8 HEEL TOUCH CRUNCHES	9 PULL UPS	10 HALF BURPEES
11 CHAIR DIPS	12 SQUAT JUMPS	13 HANGING KNEE RAISES	14 CHIN UP HOLD	15 BURPEES
16 DIAMOND PUSH UP	17 LUNGES	18 V UPS	19 WIDE GRIP PULL UPS	20 MOUNTAIN CLIMBERS
21 PUSH UP	22 BULGARIAN SPLIT SQUATS	23 BICYCLE CRUNCHES	24 CLOSE GRIP CHIN UP	25 BURPEES
26 CHAIR DIPS	27 SQUAT JUMPS 180	28 V HOLD	29 PULL UPS	30 BURPEE HIGH JUMP

Are you ready to take on the burnout challenge for 30 days? Targeting all parts of your body, this workout will get more difficult as you get stronger, but hopefully motivate you to take the next step in your fitness journey.

If your feeling unmotivated, having a friend join you in this difficult workout can help you have fun whilst toning your body. Give it a go!

1-21 SEPTEMBER



Million Moves

Powered by AUSactive



**We are supporting
Million Moves!**

JOIN OUR TEAM

Join us in completing

75 moves

a day for

21 days





UPPER GASCOYNE

KIDS

CLUB

LETS GET SPORTY



Tennis Tournament

Meet at tennis court near
pavilion

**TUESDAY 16
SEPTEMBER
4:30 PM**

**SNACKS
PROVIDED**

Ages 5 -16

RSVP

crc@uppergascoyne.wa.gov.au
or 9943 0988.

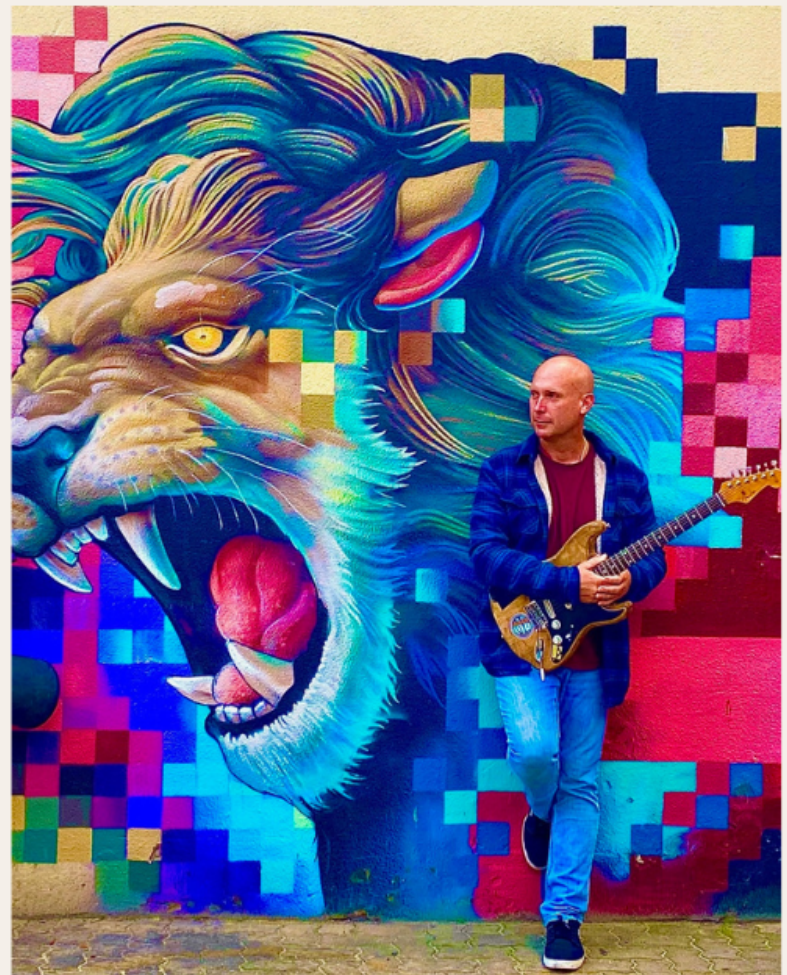


**MUSIC IN THE
PARK (PUB)
SAT SEPT 27
3:00PM
AFTER THE AFL
GRAND FINAL**

**MUSICAL PERFORMANCE BY
EMMET FROM M8 MEWSIC
BLUES, ROOTS & OLD SCHOOL
CLASSICS
LIVE FROM
JUNCTION TOURIST PARK & PUB**

**WE'RE MIXING THINGS UP THIS
MONTH!
SEPTEMBER'S MUSIC IN THE PARK
WILL BE HELD AT THE GASCOYNE
JUNCTION PUB TO CELEBRATE
AFL GRAND FINAL DAY
MUSIC WILL KICK OFF STRAIGHT
AFTER THE FINAL SIREN
(AROUND 3PM)**

**SORRY, NO PETS
DRINKS AT BAR PRICES
BRING A PICNIC FOR THE LAWN
OR PULL UP A STOOL**



The Shire of Upper
Gascoyne Presents



Upper Gascoyne Community Weekend



A weekend of fun activities, food and workshops
.Men's Only, Ladies Only & Kids Only and of course
some time to spend all together.

24-26 Oct

The Junction

SAVE THE
DATE

Activities Include:

- Workshops
- Food
- Live Music with Dylan Hutchins

MORE DETAILS TO COME

Proudly Supported By:





Soft Plastics

What you can recycle

Use this box to recycle any dry soft plastics that can be scrunched into a ball (no rigid plastics). This includes items such as:

- Biscuit packets (outer wrapper only)
 - Bread bags (without the tie)
 - Bubble wrap
 - Cat and dog food pouches (as clean and dry as possible)
 - Cellophane from bunches of flowers
 - Cereal box liners
 - Chip and cracker packets (silver lined)
 - Confectionery and snack wrappers
 - Frozen food bags
 - Ice cream wrappers
 - Pasta bags
 - Plastic bags
 - Plastic film wrap from grocery items such as toilet paper
 - Plastic sachets
 - Potting mix and compost bags
 - Rice bags
 - Snap lock bags / zip lock bags
- Please make sure your plastic is dry and as empty as possible.

This box does not accept:

Food Waste



Bottle Tops

What you can recycle
Metal Bottle Caps
Plastic Bottle Caps

This box does not accept:
Bottles or Drink Packaging
Hazardous waste
Liquids





Blister Packs

Use our Zero Waste Box to recycle:

Any brand of empty medicine blister packs.

Blister packs must not have originally been destined for disposal as clinical or hazardous waste.

Blister packs must not have come into contact with biological contaminants e.g. from within an operating or treatment environment.

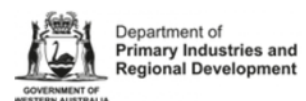
Do not send in:

Any medicine and medication residue including tablets, pills, lozenges and caplets as medicine should be returned to a pharmacy for safe disposal. Boxes received that contain tablets will need to be diverted to Energy from Waste (and therefore may not be recycled).

Cardboard, paper and any other types of waste other than empty medicine blister packs.

Any other medicine containers such as bottles, inhalers or sprays.

Hazardous waste (for example sharp, flammable, reactive, corrosive, ignitable, toxic, infectious or pathogenic) which presents a danger to the environment, or to people. Batteries, pressurized canisters, broken glass and medical waste.





IYRP is a global celebration of the world’s rangelands and those who live and work there.

In 2026, the world will turn its attention to the people, ecosystems, and economies that thrive across our rangelands – and Australia is centre stage. Rangelands encompass 75% of Australia’s land mass – grasslands, open plains, forest country, deserts and savannahs – most of our extensive livestock regions, and the “Outback.”

It’s our time to showcase Australia’s incredible rangelands, and the people who are the heartbeat of this land. We’re talking about our land stewards, and agricultural producers with innovative technologies and tools.

✨ It’s our year to shine on the world stage, showcasing:

- Our unique environment
- Our stewardship of the land
- Our leadership in sustainable management and innovation

The IYRP 2026 is more than a celebration – it aims to bridge the gap between people with different perspectives and to promote friendships between rangelands people from city to country, both here in Australia and around the world. We aim to foster understanding and respect.

👥 Who is IYRP for?

All rural Australians, and beyond – within Australia and worldwide.

- From landowners and land managers to conservationists and traditional Indigenous owners.
- From company agribusiness to small family business, from tourism to remote and regional town communities – everyone who supports the next generation of Australian rangelands guardians and producers.
- Pastoralists, graziers, producers, stockmen, jillaroos and Indigenous Rangers – we’re all included.

🎯 What will the Year achieve?

International Years like this raise the profile of key issues and often lead to increased funding and support. Our celebrations will:

- Promote our innovative rangeland management, environmental protection and cultural heritage, achieved alongside sustainable economic development
- Increase the understanding of Australia as a world leader in rangeland livestock management
- Strengthen our partnerships and our social licence
- Foster knowledge exchanges within Australia and internationally
- Promote Australia’s rangelands brand and raise awareness of the value of sustainable rangelands
- Benefit regional and remote communities through enhanced global interest and support in agriculture, technology and tourism
- Build investment in beef, wool, goat and new rangeland industries

Let’s come together to honour our past, celebrate the present, and shape the future of Australia’s rangelands.

<https://www.iyrp.info/>



GASSIFIEDS

**TO ADVERTISE PLEASE CONTACT US AT
CRC@UPPERGASCOYNE.WA.GOV.AU**

Are you looking for a place to get your business, your event, or your items for sale in front of the residents of the Shire of Upper Gascoyne?

It's time to book an advertising space in the Gassy Gossip. Whether its for one month or year round this is the place to be seen.

ADVERTISING RATES PER MONTH

A4 - \$44.60

A5 - \$27.60

A6 - \$22.30

Business Card Size - \$9.00

**Contact the CRC on 9943 0988 or
crc@uppergascoyne.wa.gov.au**



MEDIA RELEASE

SHANE LOVE MLA

Leader of The Nationals WA

Member for Mid-West

Shadow Minister for Regional Development; Mines and Petroleum; Electoral Affairs

13 August 2025

Rescue Helicopter fleet upgrade ignores the Mid-West

The Nationals WA have condemned the State Government for once again ignoring expert advice to base an emergency rescue helicopter in the Mid-West, while pouring \$26.7 million into new aircraft for Perth and the South West.

Leader and Member for Mid-West, Shane Love MLA, said the latest investment would do nothing for communities north of Perth where access to emergency services is already stretched.

“By concentrating every rescue helicopter in Perth and Bunbury, the State Government is denying thousands of Mid-West residents access to a life-saving services,” Mr Love said. “This is despite repeated warnings from the Department of Fire and Emergency Services, the State Coroner, and the Chief Health Officer that our rescue helicopter fleet must expand into the regions.”

Mr Love said the Chief Health Officer’s landmark 2022 Inquiry into WA’s aeromedical services – which called for urgent expansion – had been “virtually discarded” by the Cook Labor Government.

“It’s diabolical that a government boasting multi-billion-dollar surpluses continues to ignore its own experts and the communities of the Mid-West on such a critical issue. “Meanwhile, they continue to push forward with a \$217 million racetrack and a billion-dollar redevelopment of the Perth Convention Centre while delivering substandard regional healthcare.”

Member for Geraldton Kurrilee Warr MLA said the decision showed regional lives were not valued equally under WA Labor.

“Unless you live in Perth or the South West, you are simply not a priority for this Government,” she said. “Geraldton is one of the busiest regions for the Royal Flying Doctor Service and St John Ambulance, yet we are left without a rescue helicopter that could save lives on our roads, at sea, and in remote areas.”

Ms Warr said the Government had already broken its promise to establish a RFDS base in Geraldton, and its refusal to back a Mid-West rescue helicopter was “further proof” of its disregard for regional health.

“In an emergency, every second counts. Right now, people in the Mid-West are forced to wait, and that wait could cost lives.”

Shadow Minister for Emergency Services, Hon Rob Horstman MLC, said that every West Australian deserved equitable access to life-saving services.

“The Inquiry into Aeromedical Services was clear, doubling our rescue helicopter fleet is the priority, yet two years on communities in the Mid West and northern WA remain dangerously exposed.” “Emergency response can’t be a postcode lottery.

The Government talks about modernising our fleet yet ignores the glaring gap in the Mid West,” Mr Horstman said.

Keep in touch!

Mid-West@mp.wa.gov.au
PO Box 216, Dongara WA 6525

Electorate Office

(08) 9927 2333
1/17 Moreton Terrace
Dongara WA 6525

Parliamentary Office

(08) 6185 5200
2 Parliament Place
West Perth WA 6005

Follow me on socials

@ShaneLoveMidWest
@ShaneLoveMW



Blood Moon for September

Eclipses are wonderful examples of the extraordinary motion of the objects within our Solar System. For natural cosmic phenomena, you don't get more remarkable than a total eclipse of the Moon!

For a total lunar eclipse to occur, the Sun, Earth and Moon need to be perfectly aligned in their orbits, with the Earth in the middle. As the Moon travels around the far side of the Earth, it passes directly into the shadow of the Earth.

The great thing is, you don't need a telescope to witness this stunning celestial event. It's spectacular to see with the naked-eye. However, if you have binoculars and/or a telescope, you'll get a much closer look of course!



When to look:

The total lunar eclipse starts late evening on 7th September and finishes early morning on 8th September. The moon will be high in the sky above the north eastern horizon when the eclipse begins and low on the western horizon when it ends.

The penumbral eclipse, which is the least spectacular part of the event, begins at 11.28pm on 7th September. For naked-eye observers, the real action is when the partial eclipse begins at 12.27am on 8th September. Then as the total eclipse begins at 1.30am, the Moon will turn a stunning red/coppery colour. Here are the key times calculated for Perth:

11.28pm, 7th September - penumbral eclipse begins

12.27am, 8th September - partial eclipse begins

1.30am - total eclipse begins

2.11am - maximum eclipse

2.52am - total eclipse ends

3.56am - partial eclipse ends

4.55am - penumbral eclipse ends

Times above will roughly apply to most places in WA. To calculate precise times for your location, visit www.timeanddate.com/eclipse.

What's up in the night sky? Visit www.astrotourismwa.com.au. Happy stargazing!



SMOKO TIME

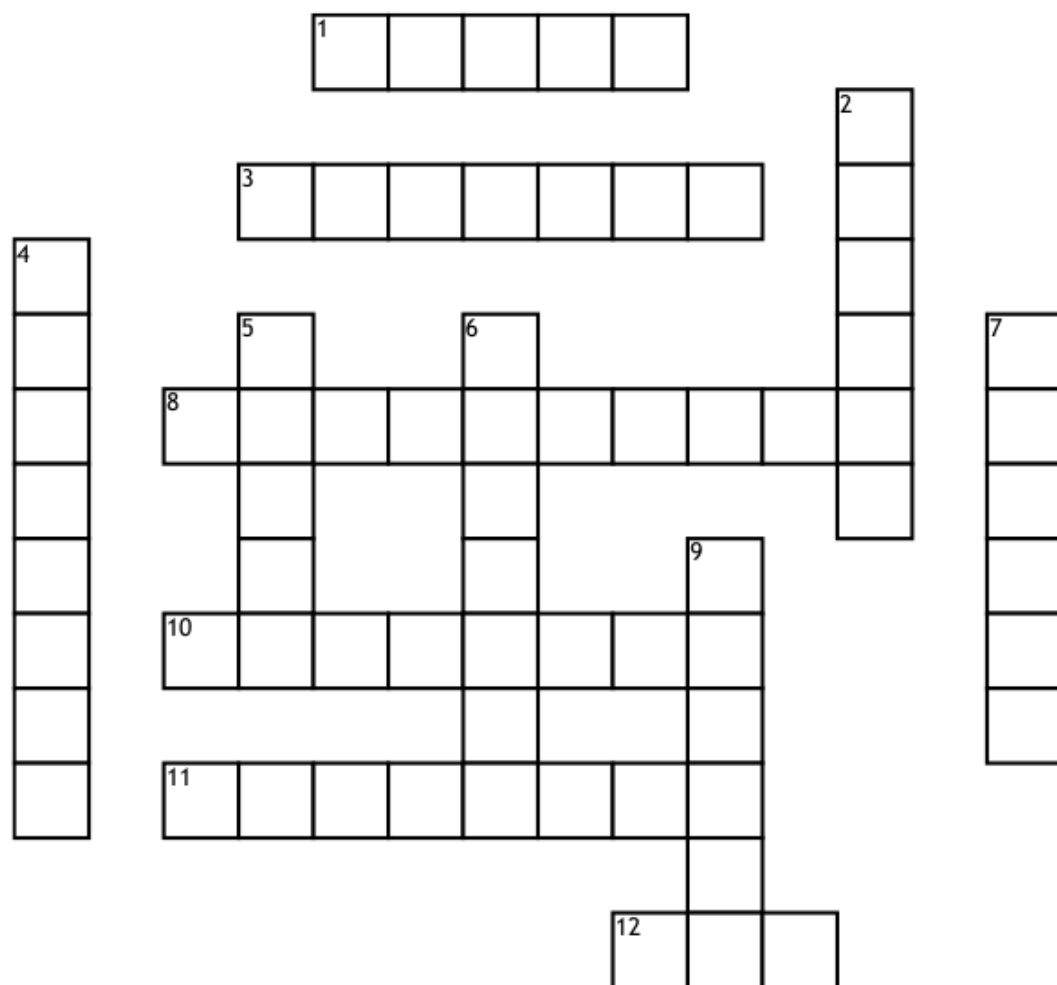
RIDDLE OF THE MONTH

I walked through a field of wheat, I picked up
something good to eat, It was white and had no
bone, In twenty-one days it walked alone.

What did I pick up?

ANSWER: An Egg

AUSTRALIAN ANIMALS



Across

1. AUSTRALIAN WILD DOG
 3. THIS LITTLE ANIMAL IS COVERED IN SPIKES
 8. LAUGHING BIRD
 10. THIS ANIMAL CAN JUMP VERY HIGH
 11. HAS A BEAK LIKE A DUCK AND LIVES IN RIVERS

12. A VERY TALL BIRD

Down

2. BIG, FAT AND FURRY ANIMAL
 4. A BIG NOISY BIRD WITH A VERY LOUD VOICE
 5. THIS FURRY ANIMAL LIVES IN THE TREES AND EATS GUM LEAVES

6. LOOKS LIKE A KANGAROO BUT SMALLER

7. BLACK AND WHITE BIRD WITH BEAUTIFUL SONG
 9. THIS ANIMAL HAS A LONG FLUFFY TAIL AND SOMETIMES RUNS ON THE ROOF AT NIGHT



KIDS CORNER

KIDS RIDDLE OF THE MONTH

What kind of lion never roars?

ANSWER: A Dandelion!



Spring Word Search

Name: _____

SpringTime

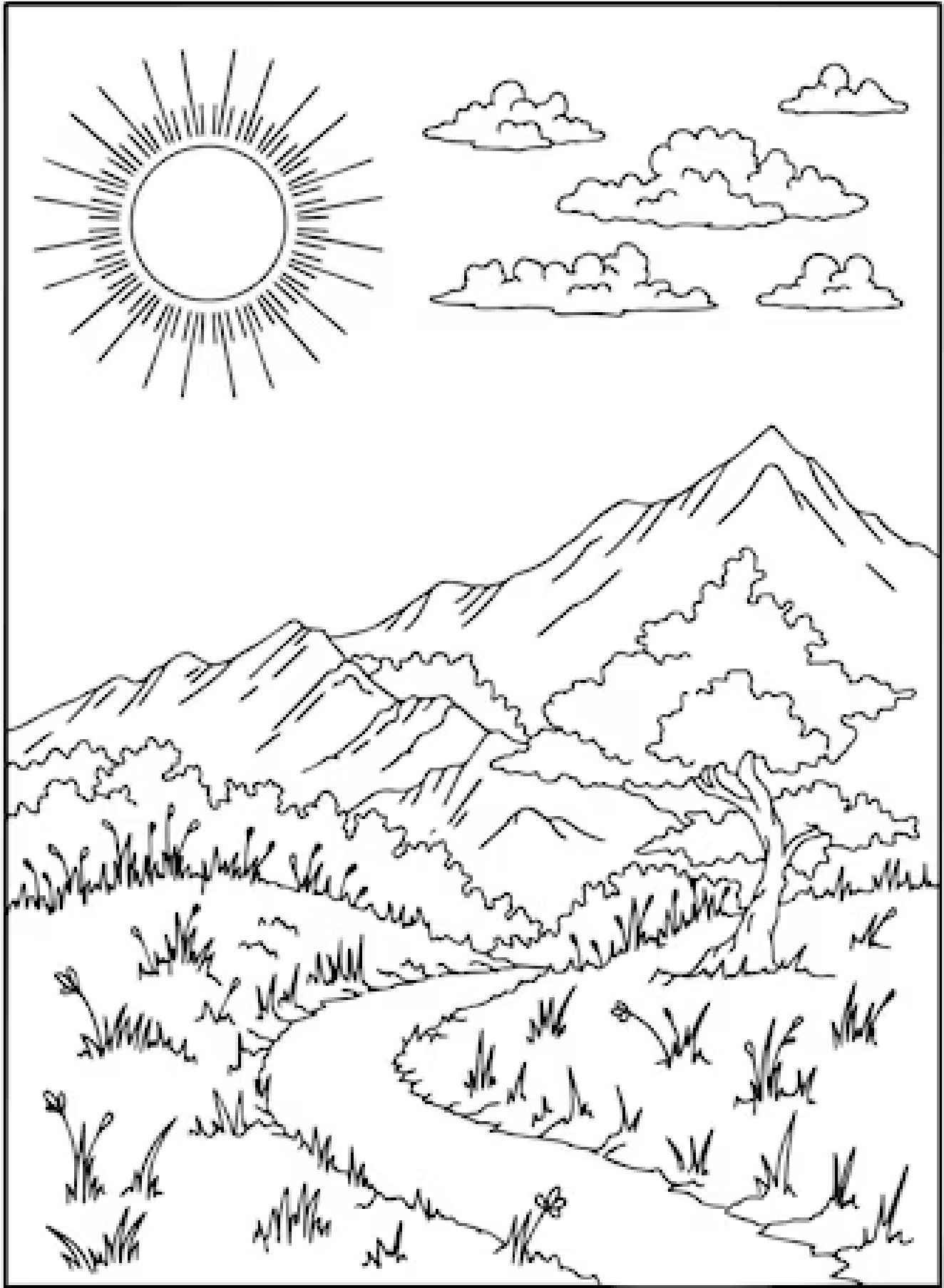


C	N	A	Y	L	G	W	D	K	T
F	L	O	W	E	R	R	P	P	J
T	W	Y	J	S	T	N	O	F	B
G	R	E	E	N	R	V	I	W	A
D	S	E	E	D	P	A	R	K	C
R	C	B	T	A	B	L	O	O	M
A	S	N	R	C	K	S	P	Z	F
I	J	E	G	R	A	S	S	N	I
N	K	S	T	W	A	R	M	S	F
T	M	T	O	J	R	Z	G	O	V

Word list:

- BLOOM
- FLOWER
- GRASS
- GREEN
- GROW
- NEST
- PARK
- RAIN
- SEED
- WARM





Gascoyne Junction

2025 GP

CLINIC DATES



09 JAN	05 FEB	05 MAR	02 APR
07 MAY	04 JUN	02 JUL	06 AUG
03 SEP	01 OCT	05 NOV	03 DEC

Gascoyne Junction

2025 NURSING

CLINIC & PHYSIO DATES



15 JAN	19 FEB	19 MAR	16 APR
21 MAY	18 JUN	16 JUL	20 AUG
17 SEP	15 OCT	19 NOV	17 DEC

- * Appointments will be 30 minutes long but longer consultations can be requested
- * Appointments will be bulk billed
- * Appointment can be made by online via the following link

<https://www.uppergascoyne.wa.gov.au/community/our-community/medical-clinics.aspx>



This medical service is being supported by the WA Country Health Service Midwest

Delivering a Healthy WA



4 Scott Street Gascoyne Junction | 08 9943 0988
www.uppergascoyne.wa.gov.au

GP CLINIC

GASCOYNE
JUNCTION
COMMUNITY
RESOURCE
CENTRE

3 SEPTEMBER

**JUNCTION
RACES**

JUNCTION
RACE CLUB

5-7 SEPTEMBER

KIDS CLUB

GASCOYNE
JUNCTION
COMMUNITY
RESOURCE
CENTRE

16 SEPTEMBER

**PHYSIO
CLINIC**

GASCOYNE
JUNCTION
COMMUNITY
RESOURCE
CENTRE

17 SEPTEMBER

UPCOMING
2025
EVENTS



**NURSING
CLINIC**

GASCOYNE
JUNCTION
COMMUNITY
RESOURCE
CENTRE

17 SEPTEMBER

**CRAFT
GROUP**

GASCOYNE
JUNCTION
PAVILION

20-21 SEPTEMBER

**MUSIC IN
THE PARK**

TWO RIVERS
MEMORIAL
PARK

27 SEPTEMBER

GP CLINIC

GASCOYNE
JUNCTION
COMMUNITY
RESOURCE
CENTRE

1 OCTOBER

**LANDOR
RACES**

LANDOR
RACE CLUB

3-6 OCTOBER

**PHYSIO
CLINIC**

GASCOYNE
JUNCTION
COMMUNITY
RESOURCE
CENTRE

15 OCTOBER

**NURSING
CLINIC**

GASCOYNE
JUNCTION
COMMUNITY
RESOURCE
CENTRE

15 OCTOBER

BUSH BALL

GASCOYNE
JUNCTION
PAVILION

18 OCTOBER