



## In November we remember

REMEMBRANCE Day services were held right across the region on Wednesday as the bugle call rang out across the valley and the hills.

Returned and Services Leagues from Bullsbrook to Chidlow and Kalamunda to Bellevue welcomed back crowds to memorials after large scale gatherings were cancelled last Anzac Day.

Order of Australia recipient Norman deGrussa spoke at the Bullsbrook and Districts Sub Branch service while Ron Magrath OAM addressed attendees at

Kostera Oval, Kalamunda.

Bellevue RSL president Scott Rodges spoke at the Blackboy Hill service where students from Greenmount Primary School attended to lay a wreath.

About 100 attended the Chidlow service further up the hill with ex warrent officer Jim D'Arcy as guest speaker.

Year 6 students from Chidlow Primary School, Shire of Mundaring president John Daw, representatives for Swan Hills MLA Jessica Shaw and Chidlow Progress Association laid wreaths.

Royal Australian Artillery warrent officer Jeff Murray laid the first wreath in Chidlow. Picture: Office of Jessica Shaw.



Greenmount Primary School students Jackson Lucas, Div Pannu and Sean York laying a wreath at Blackboy Hill.

## Shire push for sewage upgrade

CLAIRE OTTAVIANO

UPGRADING wastewater treatment capacity, currently restricting growth of the Mundaring townscape, is one of the top lobbying priorities of the Shire.

At Tuesday night's council meeting councillors voted to adopt a list of six priorities with the revitalisation of the Mundaring Town Centre, including proposed multipurpose community hub and the wastewater treatment plant upgrade, as number one.

Lobbying for East-Link WA, also known as the Perth-Adelaide National Highway or Orange Route, came in second and the creation of Helena River Parkland third.

When council adopted its Mundaring Activity Centre Plan in October 2018, staff noted limitations on Mundaring's Waste Water Treatment Plant as a "fundamental structural uncertainty" to proposed future growth of the townscape.

The limitations of the wastewater treatment as an issue is growing exponentially, with some councillors and

one resident voicing concerns about sewage during the adoption of the community hub's concept design at last month's special council meeting.

On Tuesday, Cr Amy Collins said pressure on State Government was needed to see improvements to sewage issues.

"Right across the hills sewage is an issue the State Government needs to be taking much more seriously if they aspire to greater population in the hills."

"Bringing their attention to [wastewater limitations] is very important."

Number four on the priorities list is a new children's splash park at Bilgoman Aquatic Centre Splash Park and facility upgrades.

The creation of a new splash park, replacement of the existing grandstand and other upgrades would need external funding along with shire contributions.

The fifth priority is the upgrade and construction of a new skate park at Broz Park and sixth priority, the upgrade of Shire ovals.



ADVERTISING FEATURE

## How counselling can help you when a family member has mental ill-health

Do you support someone who is living with mental health challenges – perhaps a relative or a close friend?

Do you support them either emotionally, practically or financially? If you answered yes to these questions, you are a mental health carer.

Let's take a moment to comprehend how hard it is when someone close to you struggles with mental ill-health.

The constant worrying about changes in their mood or behaviour.

The energy it requires to make sure that they are safe, take their medications and show up for their appointments.

The effort it takes to organise not only your own life, but theirs as well.

Helping Minds acknowledges these challenges and helps to support the supporters.

The organisation offers free and confidential services to people

who have a family member or friend living with mental illness.

Some things you can learn in counselling or group support are:

- Self-care – How to prioritise looking after yourself so that you can best look after others.
- Setting healthy boundaries – Deciding what works for you and appropriate ways of setting

boundaries.

- Learn how to respond – Learn about your reactions and responses and how these can be adapted during stressful times.
- Learn more about mental illness – What are the causes, symptoms, triggers and treatments.
- How best to support your person – Helpful ways to respond

to what your person says or does, and what strategies you can put in place to support them.

If you are supporting someone with mental health challenges, even if they have not been diagnosed, Helping Minds can support you.

Call the Midland office on (08) 9427 7100 or visit [www.helpingminds.org.au](http://www.helpingminds.org.au)



## Do you support a loved one with mental ill-health?



Call us to see how we can help you and your family

**(08) 9427 7100**



[helpingminds.org.au](http://helpingminds.org.au)



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Mental Health Services & Carer Support