## THE WANDERING



Wandering Echo July 2022

## WELCOME

To Our Monthly Community Newsletter

## Additions required by NO LATER than the

#### 27th of the month

#### Advertise in the Echo

50 hard copies printed per month emailed to over 160 contacts

#### **NO JANUARY EDITION**

#### Per month

1/4 page: \$16.00

1/2 page: \$23.00

Full page: \$52.00

#### 11 editions - yearly

1/4 page: \$96.00

1/2 page: \$137.00

Full page: \$309.00

## **Contact the Wandering CRC**

Phone: 08 9884 1561

Email: crc@wandering.wa.gov.au

Monday - Thursday

9am - 4pm

Closed public holidays

## **KEEP UP TO DATE**

The best way to stay up to date with all the happenings of the CRC & Wandering Shire is to follow us on Facebook.

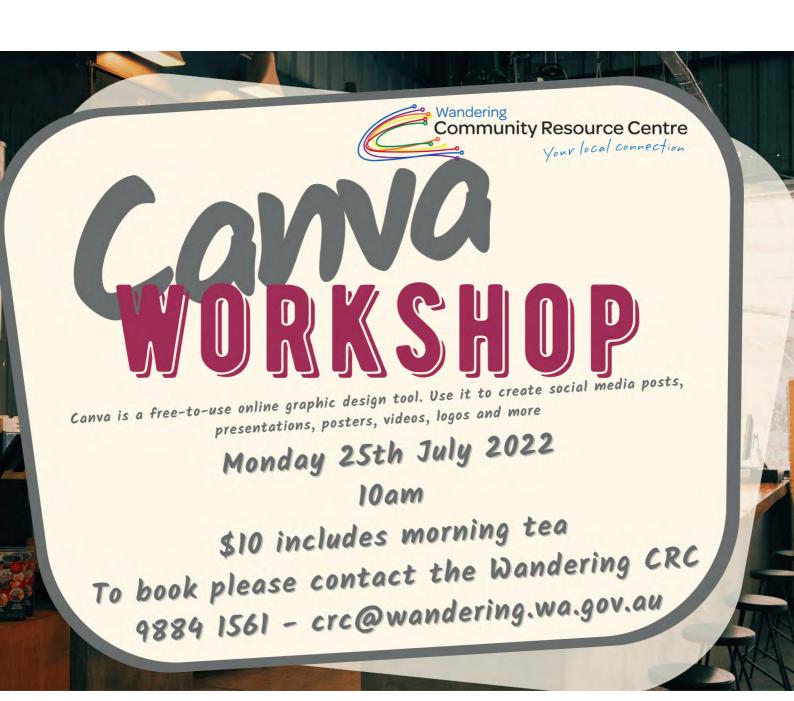
CRC - https://www.facebook.com/wanderingcrc Shire - https://www.facebook.com/Wanderingshire

### **ARTICLES FOR THE ECHO**

To enable the Echo to be published at the beginning of the month, all articles for inclusion need to be sent in NO LATER than the 27th of each month. This allows enough time for the Echo to be put together, proofed and then distributed.

#### **CRC CLOSED**

## THURSDAY 14TH JULY 2022 WEDNESDAY 20TH & THURSDAY 21ST JULY 2022





Once a month join us for lunch!

PRE-ORDERS PREFERRED!

TAKE-AWAY & DINE-IN AVAILABLE

JULY MENU:

\$15

Christmas in July!

Ham or turkey

& roast vegetables

\$5

TRIFLE

For more information and to order your lunch:

08 9884 1561 crc@wandering.wa.gov.au





## **VAN GOUGH ALIVE - THE EXPERIENCE**

The most visited multi-sensory experience in the world! Showing at the Supreme Court Gardens

> SATURDAY 30TH JULY 2022 Everyone welcome to attend. BUS WIL BE LEAVING THE CRC AT 9AM

> > COST
> > Entry to show & bus:
> > \$74 adults
> > \$49 children 2-15 yrs
> > Concession \$69

We will have lunch nearby the show before heading home. to book your seat and ticket contact the Wandering CRC 9884 1561 or crc@wandering.wa.gov.au





# PLANT A TREE PROJECT

SATURDAY 20TH AUGUST 2022 AT THE CARAVAN PARK LUNCH PROVIDED



EVERYONE WELCOME TO ATTEND - EVEN THE KIDS
LET'S CHECK ON EACH OTHER AND HELP TO CONTINUE TO
REHABILITATE THE WALK TRAIL AT THE CARAVAN PARK

RSVP - CRC - 9884 1561 - CRC@WANDERING.WA.GOV.AU

THIS PROJECT IS SPONSORED BY THE WHEATBELT SUICIDE PREVENTION PROJECT



Wandering: Tues 2 August 2022 (9.00am - 3.00pm)

Wandering CRC, 18 Watts St, Wandering WA 6308

More information via ruraledge.org.au/workshops/managing-employees-in-your-farm-business

## **Essential Industrial Relations for your** Farm Business 66 It's a must for anyone employing staff. Gives you the confidence to



WANDERING: Thurs 27 October 2022 (9.00am - 3.00pm)

Wandering CRC: 18 Watts St, Wandering WA 6308

#### WORKSHOP CONTENT

This workshop is about industrial relations specific to farm businesses and addresses the state and federal award systems which are applicable to farm businesses.

#### **KEYTAKE AWAYS**

- Employees v Contractors
- Pastoral Award (National)
- Farm Employees Award (WA)
- Rules, tips and traps of each Award
- National Employment Standards
- · Minimum conditions
- Individual Flexibility Agreements
- Enterprise Agreements
- Hiring Labour from Overseas
- Terminations and dismissals
- Record keeping





**Coming to Wandering** 



WITH

## SANDY LOVELOCK

Official Cricut Tutor & Representative

**THURSDAY 8TH SEPTEMBER** 

9AM

#### \$95 per person

3 hour class suited to Cricut Maker & Cricut Joy machines.

You will need to bring a laptop, ipad or computer.

Class Kit includes vinyl and cardstock.

Bring additional vinyl & cardstock for free time after workshop.

BOOKINGS ESSENTIAL -98841561 - crc@wandering.wa.gov.au



## FEATURING LISA WOODBROOK

with her Feeling Way Too Good Show.
Comedy Cabaret and a stellar 5 piece band!

WANDERING COMMUNITY CENTRE
7PM

**DOOR PRIZE TO BE WON!!** 

NO BYO DRINKS - BAR FACILITY AVAILABLE
\$30 PER ADULT
\$50 COUPLE
\$20 SENIORS - WITH VALID SENIORS CARD
TABLE BOOKINGS OF 6 OR 8 AVAILABLE

TICKETS (NO DOOR SALES) - WANDERING CRC - 9884 1561 OR CRC@WANDERING.WA.GOV.AU

This event is proudly brought to you by the Wandering CRC & the Shire of Wandering

Wandering Echo July 2022

#### WANDERING HISTORY PROJECT

An invitation is extended to community members who are interested in the history of our Shire to attend a meeting at 2pm on 19th July in the CRC. It is the intention to seek support in forming a group that will be involved in developing ideas to record, preserve, and present our past in its many forms. The meeting will conclude with afternoon tea and an opportunity to meet our new Shire CEO Alan Hart. Our Shire President will chair this first meeting and he looks forward to all interested attending. RSVP to the CRC would be appreciated for afternoon tea catering. 9884 1561 - crc@wandering.wa.gov.au

#### WANDERING COMMUNITY GARDEN BUSY BEE

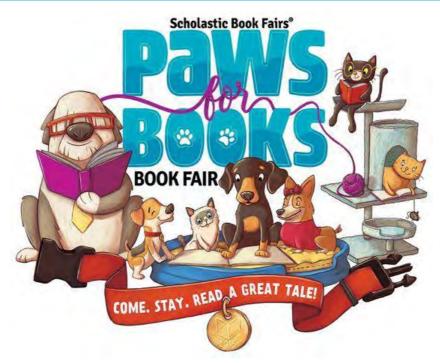
#### Monday 1st August 10AM

The frost has got to our beautiful community garden, after all the hard work from everyone for the past many months. We are now looking for any old small greenhouse structures or anything that can be used to protect the garden before we look at more planting.

After the last busy bee, we still have to install the wire into the poles for the trellis and put the colours on the poles now they have had a base coat.

Things are looking great, but we still need your help to get it all finished.





Come and find the purr-fect book at our next

# **BOOK FAIR!**

To be held over 2 days at

**Wandering Primary School** 

Monday 29 August and Tuesday 30 August 8.30am - 3.30pm

We look forward to you joining us.....
we are paw-sitive that you'll find your next great read!

Remember every purchase made during the Fair earns learning & literacy resources for your local school





wanderingcraftersmarkets@gmail.com

Jane 0403865401 Linda 0448331954







The 20th Anniversary

## Wandering Mill Farm Scramble

7th August 2022







Wandering Mill Farm is located approximately 1. 5 hours from Perth Just follow the signs for Wandering from Albany Highway and look out for the VMX signs

Spectator entry is free
Practice from 8:45am
Racing from 9:30am
Coffee van & sausage sizzle lunch available

Pre '75 grade racing Pre '65 Pre '70 Over 60's Pre '75 Sidecars



For more information please visit our club website: www. vmxwa. com



Did you hear the news? Billy G's Gourmet Cookie Dough fundraiser is coming to Wandering Playgroup! Over the next few weeks, we will be selling dough-licious cookie dough to fundraise for new play equipment.

Please speak to one of the Playgroup Mums to place your order today!





July 3 - August 8

SO MANY FLAVOURS

Choc Chunk

Caramel White Choc

ANZAC Biscuits

Triple Choc

Nestle' Smarties

Rasberry White Choc

Golden Classic

· Doggie Dough (for our 4 legged friends!)











## Find the help you need with myagedcare

If you're finding it harder to do the things you used to, you might need a bit of support at home. The Australian Government's myagedcare phone line and website can help you to:

#### Access services to support you with:

- Transport

   (e.g. appointments and activities)
- Household jobs
   (e.g. vacuuming and preparing meals)
- Modifications to your home (e.g. hand rails, ramps)
- Nursing and personal care
   (e.g. help getting dressed, help shaving)

#### Find information in one spot on:

- Different types of services

   (in home support, short-term care, aged care homes)
- Your eligibility
- · Your contribution to the cost
- Organisations that provide aged care

Connect with myagedcare on www.myagedcare.gov.au or call 1800 200 422



Raffle tickets will be for sale from the 1/08/2022 - 31/08/2022. Prize will be drawn Thurday the 1st of September at 10AM. We will contact the winner and publish the results on Wandering News and Views.

For more information please contact Starr 0447778657

Wandering Echo July 2022

#### **WANDERING GOLF FIXTURES 2022**

#### WOMENS FIXTURES 2022 Wednesday Tee-Off 12.00 Noon Sunday Tee Off 12.30pm **APRIL**

Club Trophy Sun 19 24 Club Opening Day - Presidents Trophy 22 Wickepin Open Day Wed 27 Ladies Opening Day - 9 holes Fri-Sun 24-26 Women's Rural Bronze @ Riverview Albany Maria Densham Trophy - 3rd Qualifying MAY Thurs 30 Katanning Open Day Triangular Match @ Brookton Amcal Chemist Trophy IIIIY Thur-Fri 5-6 Regional Seniors Spalding Park Sat-Sun\* 2-3 GS Championships @ Wandering (Men) Warby's Transport Day Wed\* 6 Elspeth Stud Trophy Fri-Sun\* 8-10 Provincial @ Denmark 15 Sun' Club Mixed Foursomes - M&L Hardie Trophy 19 Elders - 2 Person Ambrose Vice Captain Trophy - 4th Qualifying Wed' 13 Wandering Mixed Open - Nutrien Ag

Sun Club Trophy 17 Wed 20 Club Trophy Thurs 21 Wagin Open Day Lyn Schorer Trophy

27 Club Trophy Darkan Open Day 31 Sun Club Trophy

**AUGUST** 

Wed 3 Deb Schorer Trophy Sat-Sun 6-7 Wandering Mens Open Weekend

UGSWGA/EGSLGA Championships Tues -Thurs @ Pingelly

Club Trophy Wed 17 Cuballing Open Day 21 Sun Club Trophy Wed 24 Thurs 25 Boddington Open Day 25 Country Week Foursomes - Rockingham Thurs Country Week Silver/Bronze - Cottesloe Fri Sat Pingelly Open - Combined

Captains Trophy - 5th Qualifying

31 **SEPTEMBER** 

28

Sun

Sun

Wed

14

Narrogin Open Day Fri Semi Final Playoff Sun Wed Club Trophy Championship Final Wed Tee Off Breast Cancer Day Foursomes Championships - 27 holes Sun

Club Trophy

Club Trophy

Great Southern Fuels / Narrogin Toyworld

Ladies Closing Day Wed' 21 Closing Day Sat 24

\*Denotes School Holidays

#### **MENS FIXTURES 2022**

Sunday Tee-Off Time 12.30pm

Sun	24	Club Opening Day - Presidents Trophy
Sun	1	Triangular Match @ Brookton
Sun	1	Club Trophy

Sat Warby's Transport Trophy Sun 15 Club Trophy

Thurs Elders - 2 Person Ambrose

Wandering Mixed open - Nutrien Ag Solutions Trophy 22 Sun

Sun 29 Patrons Day - 1st Qualifying JUNE

CGU - Dean Winning Trophy - 2nd Qualifying Sun 5 GS 4BBB @ Wickepin Sat

Sun 12 Gordon and Stronach @ Wandering **UGS Mixed Foursomes Championships** Sun @ Cuballing

Sat 25 Bill Pennington Cup - 3rd Qualifying Sun 26 Bill Pennington Cup - 4th Qualifying

JU Sat

Sun'

Wed

Sun

Wed

Sat

Wed

Sun

Sun

Wed

Sun

Wed

Sun

Wed

Sun

Wed

Fri

Sun

APRIL

**JUNE** 

25

29

12

15

17

Thurs

Solutions Trophy

Patrons Day - 1st Qualifying

Wandering Ladies Open Day

CGU- Dean Winning Trophy - 2nd Qualifying

UGSWGA Championship Foursomes - Williams

Gordon & Stronach Cup @ Wandering

UGSGA Mixed Foursomes Championships

Robin Andersson Trophy

Club Trophy

Course closed

@ Cuballing

2 GS Mens Championships @ Wandering Sun' 3 GS Mens Championships @ Wandering

Sun Club Mixed Foursomes - M&L Hardie Trophy 10

Fri\* Narrogin 4BBE Sat\* 16 Narrogin Cup

Narrogin Cup / Club Trophy Sun 17

Sun 24 Club Trophy Sat 30 Williams 4BBB 31 Williams Open Sun

AUGUST

Sat 6 Wandering Mens 4BBB

Sun Wandering Open Mouritzen Cup - 5th Qualifying

Sat **Boddington Open** Club Trophy Sun 14

Sat 20 Cuballing 4BBB 21 Cuballing Open Sun

Thurs 25 Williams Scroungers

Sat Pingelly Open Combined

28 Club Trophy Sun

SEPTEMBER

4 Semi Final Playoffs Sun

Sat 10 Championship Finals

Sun 18 Foursomes Championships - 27 holes Great Southern Fuels / Narrogin Toyworld

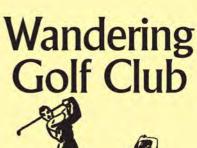
24 Closing Day - Cancer Charity Day Sun

**OCTOBER** 

Country Week

\*Denotes School Holidays







PO Box 33, WANDERING WA 6308 Phone / Fax (08) 9884 1090 wanderinggolfclub@gmail.com

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LADIES CAPTAIN

0429 884 100 warby17@westnet.com.au Diane Warburton

LADIES VICE-CAPTAIN

Jacqui Schorer 0428 301 895 jacjoe1@bigpond.com

## FREE ENTRY

## Saturday 22nd October 2022



9am - 3pm

**Wandering Community Centre** 

CWA DEVONSHIRE TEAS

**HAMBURGERS** 





FREE SKIN CANCER CHECK

WANDERING LIONS CLUB BREKKIE

CRAFT STALLS
GIFT STALLS
CLOTHING STALLS
HEALTH PRODUCTS
FOOD STALLS
FOOD VANS
KIDS RIDES AND ENTERTAINMENT
FACE PAINTING
SANDCARDS
ICE CREAM
DONUTS
SHOWBAGS



Live Music ..... CROSSFIRE

FLYING FALCONER AND FRIENDS

AMY WILDE REPTILE ADVENTURES

PINGELLY SES DEMONSTRATION

PERTH HORSE AND CARRIAGE

and more to come



The Lions team recently supported The Peel Harvey Catchment Council with a sausage sizzle at their planting day in the Pumphrey's precinct. A number of Lions also volunteered for the planting along with the industrious primary school students and local farmers.

Lions have for a number or years kept up a basic maintenance of the Pumphreys camping area and its' popularity has grown as a free camp site. The greater number of visitors has required more management. The river banks are to be stabilised and additional native plants will be planted in the area.





This last financial year Lions have strongly supported the organisations administrating funds to the support of fire affected communities of Corrigin and Wickepin.

We have been financially supportive of many research institutions including the upgrading of the mobile cancer screening bus, which incidentally will be present at the Fair in October this year. The 'Containers for Change' revenue to Lions has been a very useful in enhancing our ability to contribute to many needy institutions. Apart from social and community connection Lions clubs create around Australia and indeed the world, we are also about service and financial support to those in need.



#### REGIONAL COLUMN

www.dmirs.wa.gov.au www.wa.gov.au

23 June 2022

#### With Senior Regional Officer for the South West, Annetta Bellingeri

#### Don't let a stressed ceiling go over your head

A sudden ceiling collapse can turn a comfortable home into a disaster zone in an instant, with the potential for serious injury and significant damage to property and possessions.

Consumer Protection recently became aware of two tenants who had been given seven days to vacate their rental property following the collapse of their living room ceiling.

As we step in to help the parties reach an agreement, we want to remind tenants, landlords and property managers that seven-day termination notices are unlawful unless the home has been destroyed or deemed uninhabitable by a local government authority.

There are often warning signs a ceiling is about to give way, so it is important for tenants to alert their landlords and agents about any loud cracking sounds, sagging or dropping of the plasterboard sheeting and/or cornice, or any visual cracking. Small circles or blisters (nail pops) in a line on the ceiling can indicate the plasterboard sheeting is pulling away from the nails or screws. Landlords need to respond to such reports and ensure necessary repairs are undertaken to prevent a collapse.

If a ceiling does collapse, landlords are legally responsible for bringing the property back to a liveable condition and must initiate these urgent repairs within 48 hours.

Should the landlord or agent fail to respond to a written request for repairs within a reasonable timeframe, a tenant may serve a <u>breach notice</u>. If the issue continues to be ignored, an application can be made to the <u>Magistrates Court</u> for an order that the necessary repairs be undertaken.

While it is important to keep paying rent until the matter is resolved, a tenant is entitled to ask the court for a rent reduction if the issue means part of the property – such as a second bathroom – is unable to be used.

We always recommend tenants arrange their own contents insurance in case they need to replace damaged possessions. However, if the damage is caused by a fault in the building, such as a lack of maintenance, then a tenant may decide to seek compensation from the landlord through the courts.

If a tenant believes their landlord or agent has failed to initiate repairs in a reasonable timeframe, or has issued an unlawful termination notice, they should contact Consumer Protection on <a href="mailto:consumer@dmirs.wa.gov.au">consumer@dmirs.wa.gov.au</a> or 1300 30 40 54.



#### Go Dry this July

Cancer Council WA is encouraging people to quit alcohol for the month of July, in a bid to raise much-needed funds for the 13 11 20 Cancer Information and Support Line; a free service for all Australians affected by cancer.

Going dry for July is a great opportunity to look at how you can reduce your overall alcohol use. Alcohol is a cause of cancer; research shows that every year more than 3,200 cases of cancer can be attributed to alcohol use, such as mouth, pharynx, larynx, oesophagus, liver, bowel and breast cancer in women.

There is no safe level of alcohol use, as any level increases the risk of developing an alcohol-caused cancer. The more you drink,

and the more often you drink, the greater your risk. To reduce your cancer risk, the message is avoid alcohol.



Committing to the Dry July fundraiser is a great way to raise funds for an important cause. Our 13 11 20 Information and Support Line is a confidential service run by experienced cancer nurses and is available to those affected by or concerned about cancer. This service is not government funded – it is funded through the generosity of donors and fundraisers.

The service connects West Australians with relevant support, information and resources to help them through their cancer journey. Last year, the service provided support to more than 5500 West Australians.

To sign up to Dry July visit https://www.dryjuly.com/cancercouncil

For more information about Cancer Council's support services, visit cancerwa.asn.au

If you do drink, drink no more than 10 standard drinks a week and no more than 4 on any day to reduce your risk of harm from alcohol.







**Shire Opening Hours** 

9:00am - 4.30pm

Weekdays (closed Public Holidays)

Department of

Transport closes at

4pm

(CRC Building)

**Next Council Meeting** 

21 July 2022 commencing 3:30pm

## **Council Corner**

#### **COUNCIL MEETING DATES – 2022**

21 July 2022 18 August 2022 15 September 2022 20 October 2022 17 November 2022 15 December 2022

Meetings are held on the third Thursday of the month and commence at 3:30pm unless otherwise advertised. All welcome. Agenda and Minutes can be located on the Shire website www.wandering.wa.gov.au

#### **COUNCIL MEETING NOTES**

At Council's Ordinary Meeting held on 16 June 2022, the following matters were listed on the agenda:

- Bushfire Brigades WALGA draft advocacy position
- Wandering Community Centre Upgrade Committee
- Appointment of Acting Chief Executive Officer
- Local Recovery Plan
- Bridge Replacement Program
- Dual Bushfire Control Officers Pingelly

#### WELCOME TO OUR NEW CEO

Alan Hart commenced with the Shire on Monday 20th June. We farewelled our Acting CEO Ian Fitzgerald after seven months with us and wish him all the best for his retirement. Thank you Ian for looking after things during the recruitment process!

#### **Transfer Station Hours**

Sun 8:00am - 4:00pm Mon 8:00am - 3:00pm

#### **COMMUNITY FINANCIAL ASSISTANCE GRANTS**

Could your organisation benefit from some financial assistance?

The Shire's Community Financial Assistance Grants Program commences on 1 July 2022. There are two categories available:

**Minor Community Grants** (up to \$2,000) which may be used for any purpose, including minor building construction, maintenance or repair, equipment purchases or hire, events or functions, relief from Council fees and charges etc.

Major Community Grants (\$2000+) which may be used for any purpose, but are generally provided for purposes such as building purchase or construction, purchase of equipment, ground-works etc.

For the complete guidelines on what is eligible for funding, and to apply, please go to the Shire website <a href="www.wandering.wa.gov.au/my-community/community-financial-assistance-program.aspx">www.wandering.wa.gov.au/my-community/community-financial-assistance-program.aspx</a>

Applications will be accepted until Monday 1st August 2022, and will be presented to the August Council meeting for consideration.

#### Ranger Contact

24 hours/7 days Ph: 0459 678 154

#### **Waste Collection**

**Every Tuesday** 

#### Recycling Dates 05/07/2022

19/07/2022

#### **2022/2023 RATES NOTICES**

The budget process is underway, due to the changeover of CEO the rates notices are expected to be issued a little later than normal this year. Rates are expected to be issued in late August / early September



# WANDERING

## **Council Corner**

#### **WORKS UPDATE**



- Winter maintenance grading of gravel roads has commenced and will be ongoing over the winter months.
- Road construction work on the York Williams Road between Pumphreys Bridge and the Shire of Williams Boundary is complete. The remaining gravel resheeting on this road between Joe Kelly Road and the Shire of Williams boundary has been placed on hold until the Shire wide maintenance grading has been completed.
- George Road culvert upgrade work is complete. This
  work will reduce damage to the road during heavy rain
  events at this location when flood water normally flows
  over the road scouring out the road surface.
- Due to public feedback regarding motorists traveling on the York Williams Road and not giving way at the Wandering Pingelly Road intersection, the Shire will be undertaking a Road Safety Audit in early July as part of a Black Spot Safe Systems review of the intersection. This will devise the best cost effective treatment to prevent possible fatalities on this section of road.
- Winter weed spraying has commenced along Shire road verges so to reduce weed growth on the gravel shoulders and table drains. Stopping weeds growing on the gravel shoulder of sealed roads will reduce rain water softening the shoulder, causing road failures along the edge of the bitumen seal.
- The insurance claim for the earthquake damage at the CRC building has been settled. Repairs are programmed for November 2022.
- The installation of four water tanks for fire fighting purposes is progressing well and they are ready to be filled. The remaining work on the Blackboy Springs tank is to have a Water Corporation contractor connect it to the water mains. This project is fully funded by the state government as part of DFES support for additional water resources in rural areas during bushfires.
- Wandering Fire Station upgrade the installation of a septic system for the first stage of the project is underway with completion scheduled in early July.
- Main Roads WA will be undertaking a Level 2 Bridge inspection on the 14 Mile Brook Road Bridge in the next six weeks as part of their five yearly annual inspections. This will involve a part road closure while the bridge is being inspected.
- If you have any concerns with Roads, Parks or Shire Buildings please lodge a request by using the camera on your phone to scan the QR Code below, going to our website <a href="https://www.wandering.wa.gov.au/forms/feedback-form/6">https://www.wandering.wa.gov.au/forms/feedback-form/6</a> or contact the Shire on 9884 1056.



#### **AUSTRALIA POST UPDATE**

#### **COLLECTING SOMEONE ELSE'S MAIL**

It is a requirement from Australia Post that anyone collecting mail on your behalf MUST have a collection authorisation signed by both the person the mail is addressed to, and the person collecting it. A form can be collected from the Shire Office, emailed to you on request or a copy can be found in this edition of the Echo.

#### IF YOU ARE NEW IN TOWN OR A VISITOR EXPECTING MAIL

We'd love you to come into the Shire office and say "hi" if you are new in town! This helps us when your mail comes in as we will know you are the current resident. Similarly if you are visiting and expecting mail please let us know your name and the address the mail is going to so we can make sure it gets to you. Mail that comes in and is not for someone that we know as a resident or visitor gets returned to sender after 14 days. You can email us at reception@wandering.wa.gov.au or phone 9884 1056 as well if this is easier.

#### **POST OFFICE BOX KEYS**

Please remember to bring your key with you when you collect your mail, if you have lost your key another one can be ordered for you.

#### **COLLECTION OF PACKAGES**

A reminder to check your PO Box to see if you have a package collection notification before enquiring at the counter. If you do not have a notification this means you do not have a package.



#### **FACEBOOK**

Did you know the Shire and CRC have public Facebook pages? All Shire and CRC related events and information updates are uploaded regularly. Follow us to be kept up to date at all times.

www.facebook.com/Wanderingshire

www.facebook.com/wanderingcrc



#### Collection Authorisation

For items NOT requiring your personal signature, you are able to authorise collection on your behalf.

The person you have authorised to collect this item ('agent') must present the following:

- the collection notification,
- a completed copy of this authorisation and
- a valid photo identification.

Please note that some senders may require in-person collection by the addressee only, in which instance the collection authorisation option cannot be used.

Print this form and complete the details below.

Date:	
Name of Agent: (BLOCK LETTERS)	
Signature of Agent:	
Name of Addressee: (BLOCK LETTERS)	
Signature of Addressee:	

#### **Wandering Golf Club Report June 2022**

#### \*\* Ladies Open Day \*\*

It gives me great pleasure to recap on what was an amazing Wandering Ladies Open Day on June 17<sup>th</sup>. With ladies attending from various golf clubs around the region and beyond, it was guaranteed to be a day filled with laughs, tough competition and of course champagne! Unfortunately some one forgot to invite the sun, so not only was it a competition against one another, it was also a race to beat the rain.

Due to amazing sponsors, no one went home empty handed - whether they were lucky enough to win a prize in the raffle or a novelty during the 19 holes. The sponsors we wish to thank include Wool Agency, Dawsons Funeral, the Cornish and Inkpen Families and Country Wide Insurance.

The day kicked off at 10am sharp with a shot gun fire start and was well catered for with many of the Wandering Golf Club ladies supplying beautiful nibbles and desserts which were served by amazing volunteers. A special mention goes to Robyn Anderson for the amazing flower arrangements which were placed in golf ball boxes and scattered through out the lace covered tables.

A huge congratulations to all the Wandering Golf Club members who volunteered before, on and after this event - their was nothing but amazing reviews on how great the greens looked and how well the day ran!

Please see below for results from the open day:

TROPHY	SPONSOR	RECIPIENT	POINTS
Cornish Rosebowl A	Cornish Rosebowl	Judith Doyle	30 pts
grade Champion			
Cornish Rosebowl A	Cornish Rosebowl	Maria Densham	29 pts
Grade runner up			
CA Sewell Cup B	CA Sewell	Leonie Dickson	34 pts C/B
Grade Champion			
CA Sewell B Grade	CA Sewell	Kym O'Brien	33 pts C/B
Runner up			
A Grade third best	Wool Agency	Deb Schorer	28 pts
B Grade third best	Wool Agency	Di Warburton	30 pts
Gross Winner	Dawsons Funeral	Colette Nalder	20 gross pts
Runner Up Gross	Countrywide	Vanessa Stephen	17 gross pts
Winner	Insurance		
Veteran (60+)	Dawsons Funeral	Giz Bakker	27 pts C/B
Veteran runner up	Dawsons Funeral	Elizabeth Turton	27 pts C/B

Teams Event	Countrywide	Di Warby, Michelle	87 pts
	Insurance	Thompson, Kym	
		O'Brien	

Congratulations to all of our trophy winners – what an amazing achievement!!

Below are the novelties results:

#2 NTP – Linley Walsh

#4 NTP – Judith Doyle

#5 Best 3<sup>rd</sup> 0-21 - Collette Nalder

#7 longest drive 0-21 – Linley Walsh

#9 Best 3<sup>rd</sup> 22-45 – Kym O'Brien

#11 Longest chip or putt – Michelle Thompson

#13 longest putt or chip – Maureen South

#15 NTP – Judy Wunnenberg

#17 Longest drive 22-45 – Vanessa Stephen

#18 NTP – Judith Doyle

#### \*\* Bill Pennington Cup \*\*

The 25th/26th June saw the Bill Pennington Cup take place at Wandering Golf Club. Not only was this event 36 holes over two days, it was also the 3rd and 4th qualifier for Wandering golf club members.

Nine men played over the two days with the overall winner on 151 Nett was Clem Nottle and the runner up on 152 Nett was Glen Hardie.

Novelties included:

NTP #2 - Paul Treasure

NTP #4 - Clem Nottle

Longest Chip/Putt #7 - Gary Curtis

Best 3rd #9 - Paul Treasure

Best 2nd #12 - Brad HUnt

NTP #15 - Brad Hunt

NTP #18 - Clem Nottle

Good Luck to all the men competing in Wandering this weekend at the Great Southern Mens Championships!!

#### Wandering Golf Club Great Southern Men's Championships

#### 2<sup>nd</sup> - 3<sup>rd</sup> July 2022

If you haven't seen your husband for the past weekend and they now appear to be walking abit stiff or nursing a hangover, you are like many other woman in the Great Southern who identify as a "Golfers Wife" and their husbands have been playing all weekend at the Great Southern Mens Championships! This event is very popular and with 36 men playing 36 holes over two days, the competition was going to be fierce. With the best of the best from Narrogin, Wagin, Darkan, Williams, Katanning, Cuballing and of course Wandering, playing on an absolute superb course at Wandering Golf Club, there were no excuses if you were off your game.

Before we get into the results, we must first thank The Great Southern Association for letting us hold this event and Summit Fertilizers for their ongoing sponsorship and providing the most amazing prizes for all our winners and runner ups! Without amazing sponsors, events like this would be not be possible! Equally as important is the volunteers who give their time freely to ensure the greens and fair ways are in peak condition, the bar is stocked and everyone plays on a full stomach! Thank you to the ladies in the kitchen for providing lunch, afternoon tea and dinner for the whole weekend and a special mention to Deb Schorer for doing the cards over the two days aswell! We would also like to wish Clem Nottle a big happy birthday! Clem celebrated his birthday on Sunday at the golf club with a cake and the overall Nett win!

Now, onto the results for the weekend – *Gross Winner* – R.Flugge *Gross Runner Up* – K.Adams *3rd place* – B.Coxon

*Nett Winner* – C.Nottle *Nett Runner Up* – K.Old *3rd place* – B.Hunt

SENIORS (+55) 
Gross Winner – M.Warby

Nett Winner – M.Sewell

Gross Winner – S.Ballantyne
Nett Winner – B.Wilkinson

BEST 18 HOLES SUNDAY -Gross Winner - S.Ewen Nett Winner - L.George

**GROSS TEAM WINNERS - KATANNING** D.Smith, R.Flugge, J.Sergeant, R.Kowald

**NETT TEAM WINNERS – NARROGIN** W.Palumbo, M.French, R.Corananiti, S.Boothey

Congratulations to everyone who played and to all of the major winners – what an amazing achievement!! It is great to also see Wandering players in the winners circle!



One of our lucky winners taking home an amazing prize thanks to our sponsor!



Nett Winner Clem Nottle with Mens Captain Brad Hunt and the Summit Fertilizer Rep Brett Coxon



Gross Winner R.Flugge with Mens Captain Brad Hunt and the Summit Fertilizer Rep Brett Coxon





The Wandering Men love an opportunity to be in front of the camera!







As rare as a West Coast Eagles win...
The T8.380 in WA!!!

#### The NEXT GENERATION is here!!

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**New Holland** GENESIS T8 Series tractors are the most powerful conventional tractors in the world.

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## Krone 1290 HDPHS Baler New Model (2021) IN STOCK ready for the 2022 hay season

#### PRICE: POA

The Krone BiG Pack 1290 HDP HS is the result of a number of Krone **innovations**, all cleverly packed into one machine, taking baling density to a whole new level!

With its six double knotters and 120cm wide x 90cm high baling chamber, this baler produces firm, tidy bales in the right size for the international market.

The EasyFlow pick up runs approximately **30% quicker** than conventional systems. It also has 60% fewer moving parts, resulting in **less maintenance and services costs.** 



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#### HAND SANITISER AND MASKS

#### **AVAILABLE!**

We still have plenty of stock of hand sanitiser, disposable masks, cloth masks and RATs. These are all available for free from the Wandering CRC!

#### **COMMUNITY DIRECTORY**

The Wandering Community Directory is available at the CRC. The Directory is printed on request so you get the most up to date listings.

If you have had your copy for a while, you are welcome to request a new copy. Copies are FREE.

If you need to add or update your details, please contact the CRC 08 9884 1561 - crc@wandering.wa.gov.au



## Beverley Gas + Plumbing Services

\*\* Now Servicing The Wandering Area.\*\*

Beverley Gas and Plumbing is now regularly servicing Wandering and surrounds.

- Renovations
- Septic + Leach drains
- Hot Water
- Blocked drains

- Gas Maintenance
- Dripping taps
- · Backflow prevention
- Sewerage Conversion

For all your Plumbing and Gas needs please contact

Kodie Fleay: 0418929141

Email: beverleygandp@gmail.com



### Wandering CWA

The State Conference of the Country Women's Association of Western Australia is held in July each year and includes the Annual General Meeting. This year's conference is being held in Gingin. Delegates from all branches throughout WA are invited to attend for a few days of business mixed with networking and catching up with friends from around the State. Jacquie Cornish is once again representing our own Wandering branch at Conference this year, and we are looking forward to hearing all the latest news on her return at our next meeting.



We hope you have the date for this year's Wandering Fair marked on your calendar!





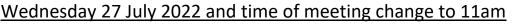


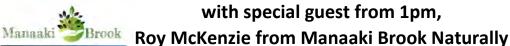
#### Hire the Wandering CWA Rooms

The Wandering CWA Rooms are available for hire for your next event Half Day hire (up to 4 hour block) \$30 Full Day hire (4 hours or more) \$50 Contact Sharon (0409 151 951) for further info

#### **Next meeting of the Wandering CWA**







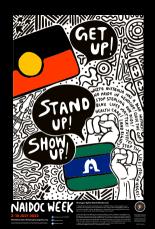
giving a talk about the basics of soap making as well as having some of their lovely products to purchase.

Afternoon tea to follow.

Contact Sharon (0409 151 951) for further info

Strong women stand together when things are rough, hold each other up when they need support, and laugh together when there is no reason to.







We would like to invite you to our annual Open Day on **Friday 9 September, 2022** from 9am to 3pm.

Open Day is a highlight of the College year with our students and staff enjoying the opportunity to welcome parents, ex-students, community members and associates to view the College's impressive facilities and programs.

The day showcases our focus on agriculture and allied trades and there will be tours of our commercial farm and industry standard Trades workshops with student demonstrations and project work on display.

Some of the activities include a gymkhana, produce for sale, prospective student talks and much more. The residential facilities with individual rooms for students will be open and staff will be available to answer any questions on being a residential student.

Morning tea and a light lunch are provided for a gold coin donation to go towards a charity. For catering purposes please RSVP to the College administration on 98819700 or narrogin.wacoa.admin@education.wa.edu.au before Friday 26th August, 2022.

Yours sincerely

Clare Roser PRINCIPAL

28<sup>th</sup> June 2022



## **OPEN DAY**

Friday 9 September 2022

9 am - 3 pm GYMKHANA

DEMONSTRATIONS

PRODUCE FOR SALE

LUNCHES & MORNING TEAS

DISPLAYS OF STUDENT WORK

PROSPECTIVE STUDENT TALKS

216 Cooraminning Road NARROGIN WA 6312 T : 9881 9700
W : www.narroginag.wa.edu.au E : narrogin.wacoa@education.wa.edu.au
Like us on Facebook @WACOANarrogin

An Independent Public School



NRM is the management of natural resources such as land, water, soils, plants and animals. It brings together land use planning, water management, biodiversity conservation and sustainability of industries such as agriculture, mining, tourism, fisheries and forestry.



#### Protecting On-Farm Habitat



Mike Burges and Christine Townsend

It is wonderful to work with and support Hotham-Williams landholders in their efforts to protect and enhance on-farm habitat for threatened species. Landholders have completed fencing for their Numbat Neighbourhood Community Environment Grant Projects and it has been great visiting these properties to admire the work that has been completed.

PHCC is in its 5th year of the Numbat Neighbourhood Project and to date we have supported landholders to fence to protect 600ha of on farm habitat through over 50km of fencing. Grazing stock degrades bushlands as they eat and trample native vegetation, can ring bark trees, compact the soil and spread weed seeds. Over time grazing will

gradually degrade the vegetation until only older trees and shrubs remain and no seedlings survive. Removing stock from on-farm patches of bushland allows the vegetation to regenerate and enhances this habitat for threatened species.

We will continue to support these landholders to further enhance this on-farm habitat through direct seedling, monitoring and habitat augmentation. We are also planning a workshop to assist landholders to monitor these bushland patches for native fauna and to enhance the habitat by installing next boxes and hollow logs.

#### Volunteer with us...



Caring for our catchment is a huge task. If you would like to volunteer to help in any way – from planting trees, assisting at events or monitoring projects – please contact us, we would love to hear from you.

https://peel-harvey.org.au/get-involved/volunteer-with-us/

# Do you need assistance with feral animal control? Contact us regarding:

- 1080 training and assistance with baits
- Loaning cage traps

Do you have an NRM event or information you would like us to promote?

Please contact us on 6369 8801 or 0455 166 780









nicole.ramsay@peel-harvey.org.au www.peel-harvey.org.au





NRM is the management of natural resources such as land, water, soils, plants and animals. It brings together land use planning, water management, biodiversity conservation and sustainability of industries such as agriculture, mining, tourism, fisheries and forestry.



#### Meeting with the Threatened Species Commissioner, Dr Fiona Fraser

Christine and Mel met with National Threatened Species Commissioner, Dr Fiona Fraser and adviser Elliott Bell along with Peter Lacey (Department of Biodiveristy, Conservation and Attractions (DBCA) to discuss PHCC's new Dryandra Woonta (Noongar word for shield) project. PHCC have recently been awarded \$221,100 over 12 months through the Australian Government's Environment Restoration Fund as part of their Threatened Species Strategy Action Plan, Priority Species Grants.

The funding will help to expand on current programs and fill management gaps in the wider Dryandra area. It will also allow us to expand our efforts and continue working collaboratively with local landowners and DBCA to reduce the threat from feral cats, foxes and pigs into Dryandra and satellite areas.

Key activities will be:

 A Felixer™ feral cat grooming trap trial on private property, ecological linkages and satellite reserves, in a previously nontrialed area of Australia

- DNA analysis of feral cats of areas to better understand their sources in Dryandra surrounding areas to guide future management
- Expanding management of feral cats and pigs around Dryandra, reducing the density of predators available to reinvade
- Landholder workshops and Traditional Owner engagement
- Preventing the invasion of feral pigs in an area they are currently uncommon

Activities from the project will benefit a range of other native fauna and Threatened Eucalypt Woodland Communities of the WA Wheatbelt. During Dr Fraser's visit we were able to visit the Felixer™ unit currently set up on private property as part of the nontoxic trial. It was great to showcase the project and also discuss the successes of our Numbat Neighbourhood and Farmers for Fauna projects.

We look forward to sharing updates and results of the work in partnership with the local landholders and DBCA over the next 12 months.



Elliott Bell, Colin Boyle, Ashley Boyle, Christine Townsend, Peter Lacey, Dr Fiona Fraser

#### Saltbush Fodder Projects Growing Fast

With a long history of Landcare work on his property, Graeme Dent was keen to establish saltbush on a saline area of his farm near Popanyinning last year, after seeing some reduction in his crop yields over recent years.

Through PHCC's Community
Environment Grants, Graeme undertook
fencing and planting of an 11ha site
prone to waterlogging with three
types of Saltbush below one of his
dams. The project aimed to establish
over 6,500 deep-rooted perennial
plants (Atriplex spp.) and use fencing
to manage stock access to the area.

The Old Man Saltbush (A. nummularia) has grown very well during last year's

warm weather and the seedlings have really taken off, with some over 80cm in height already. The Creeping Saltbush (A. semibuccata) and River Saltbush (A. amnicola) are also doing well.

Talking about his project Graeme says it's great because "we are using the water that's there, and the Saltbush is good because we can turn it into fodder".

Graeme plans to continue planting the site with more saltbush this year and will be able to use the area for grazing later in 2022 given the current growth rates.

Through the Greening Farms project, the PHCC has been supporting

landholders across the catchment undertake similar projects to turn unproductive saline farmland into fodder for sheep using saltbush, while also increasing vegetation cover in the region.



Strong growth from saltbush planted in 2021 on Graeme Dent's property near Popanyinning

#### Landcare matters

Hotham-Williams sub-catchment update



#### Restoration Underway at Pumphreys Bridge

"My family is from here, this is our country...We acknowledge the past, and now I live for the future."

These are the words of Jock Abraham who Welcomed us to Country before planting at the Pumphreys Bridge River restoration site on Thursday 23 June. The site was historically a permanent camping ground for Noongar families and today provides an enduring anchor point for gathering to honour memories and culture.

The weather teetered on drizzly but gave us a few rays of sunshine during the first restoration effort at Pumphreys Bridge under the Hotham-Williams River Action Plan. The day began with a cuppa and morning tea in the CWA hall, provided by local members of the Association.

The Wandering Primary School, Lions Club, Shire staff and Councillors joined PHCC officers in placing the seedlings as a buffer between the camping area and the remnant bushland attached to the Hotham River. Local native species were planted under the existing jam wattles, which will provide a shrubby plant layer for weed suppression and habitat for small ground-dwelling fauna species.

Pumphreys Bridge is truly shared country, layered with rich Noongar history and more recent Wadjela ways of life reflected in the camp and picnic grounds, old sports grounds (now used for camping), and CWA hall. The Wandering Lions Club have played a big part in the establishment and maintenance of picnicking facilities at the site for many decades. They also provided the planters on the day with a much-needed sausage sizzle!



Mirbelia dilatata seedling (Holy-leaved Mirbelia)

Group photo of the fab planters



COVID-19 We value the health and safety of our whole community and PHCC is now accepting visitors on an appointment basis. Please contact us to make a booking via phone on 6369 8801 or 0455 166 780 or via email

#### Coming Up...

#### Have your say:

South32 Worsley Alumina has released its Public Environmental Review (PER) documents. You have until **Monday, 15 August 2022** to have your say.

https://peel-harvey.org. au/south-32-per/

#### What's been happening:

- The annual Tunbridge Gully planting day was a great sucess, more details will follow in our next edition.
- We have a new Administration
   Officer for the Boddington
   Officer, Victoria Brockhurst.
   Nicole Ramsay has moved
   into a finance role with
   PHCC. Meet Victoria
   in our next edition!

Do you need assistance with feral animal control? Contact us regarding:

- 1080 training and assistance with baits
- Loaning cage traps

Do you have an NRM event or information you would like us to promote?

Please contact us on 6369 8801 or 0455 166 780











victoria.brockhurst@peel-harvey.org.au www.peel-harvey.org.au







#### MEDIA RELEASE



16 June 2022

#### SOUTH32 WORSLEY ALUMINA DONATES TWO FIREFIGHTING TANKERS

South32 Worsley Alumina has donated two firefighting tankers to Wandering Volunteer Bushfire Brigade, in Western Australia's Wheatbelt region.

The modern tankers are being provided from South32 Worsley Alumina's Boddington Bauxite Mine where recent fleet upgrades have made them surplus to requirements.

The tankers will significantly boost Wandering Volunteer Bushfire Brigade's response and prevention capabilities across Wandering Shire and beyond. The brigade plays an important role protecting the local community from bush and grass fires - and provides assistance in other areas as required.

South32 Worsley Alumina Vice President Operations Erwin Schaufler said "All of our local emergency teams do an amazing job, often working in difficult or dangerous circumstances to keep our communities safe. We greatly appreciate their efforts and wish them well.

"We are proud to provide these two modern firefighting tankers to Wandering Volunteer Bushfire Brigade, further boosting its capability to prevent fires and protect land and property across the shire."

Wandering Town Brigade Captain Shaun Brand said "We thank South32 Worsley Alumina for its donation. The addition of two firefighting tankers to our fleet will significantly boost our prevention and response capabilities, enabling our volunteer crews to cover more ground carrying more water, firefighting equipment and supplies."

Shire of Wandering Acting Chief Executive Officer Ian Fitzgerald said "We have a very active and committed group of volunteers who work together to help keep our community safe. The generous donation of two modern tankers will add to the resources available to the volunteers to perform their vital role within our community. As a small rural shire with limited capacity the assistance provided by South32 Worsley Alumina is greatly appreciated by the Council and the wider Wandering community."

#### **ENDS**

#### About us

South32 is a globally diversified mining and metals company. Our purpose is to make a difference by developing natural resources, improving people's lives now and for generations to come. We are trusted by our owners and partners to realise the potential of their resources. We produce commodities including bauxite, alumina, aluminium, copper, silver, lead, zinc, nickel, metallurgical coal and manganese from our operations in Australia, Southern Africa and South America. With a focus on growing our base metals exposure, we also have two development options in North America and several partnerships with junior explorers around the world.

#### **Media Relations**

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Further information on South32 can be found at www.south32.net.

## To all God's holy people in Christ at Philippi

Gateway Anglican Parish, including St Martin's Wandering, is focussing its learning for the next couple of months on an ancient letter written to a ten-year-old church in the Greek city of Philippi. Philippi has the honour of being the first European Christian church ever, started in about 51AD. The missionary Paul (and his

apprentice Timothy) wrote to them after they sent him supplies in about 63AD

because he was in prison in Rome. The church there started in a pretty dramatic way. A Jewess dealer in purple cloth, a demon-possessed slave girl, and a Roman jailer were the first Christians in town! Paul had been literally broken out of prison by God, who sent an earthquake and opened all the cell doors. When the jailer in charge of the prison saw this disaster (from a jail's point of view, it's kind of a big problem), he took out his sword to kill himself. But Paul spoke to him about Jesus, and his life was transformed. The jailer and the others were probably still in the church a

decade later and could have read Paul's letter. Paul had been thrown in prison in the first place because the owners of the demoniac slave girl realised that now she was in her right mind, they couldn't make money from her fortune-telling anymore. So they reported Paul to the authorities as a

You can visit the ruins of Philippi today in north-eastern Greece. In the opening words of his letter, Paul tells them how much happiness they bring him whenever he calls them to mind:

"Paul and Timothy, servants of Christ Jesus,

To all God's holy people in Christ Jesus at Philippi, together with the overseers and deacons: Grace and peace to you from God our Father and the Lord Jesus Christ. I thank my God every time I remember you. In all my prayers for all of you, I always pray with joy..."

You can read the rest of the letter here, or the story of those first Philippian Christians here:





#### June-July Church Service Schedule-you're welcome

Sunday	Williams	Wandering	Marradong	Quindanning	Darkan	Arthur River
26 Jun	10:30am	2pm		-	8am	-
3 July	10:30am	-	-	-	-	-
10 July	10:30am	-	1pm	-	8am	4pm
17 July	10:30am	-	-	-	-	-
24 July	10:30am	2pm		-	8am	-
31 July	fifth-Sunday	10:30am				

Revd Paul Bartley

trouble-maker.

paul@gatewayparish.org

0431 849 169



### THE VILLAGE NEWS

## ...it takes a village...

The Village now has 74 foundation members. Many are people not needing a service at this stage and have joined willing to help others as volunteers.

On Thursday 16<sup>th</sup> June we had a delightful morning tea in Cuballing at the CWA Hall where about 10 members and potential members came to hear about the broader concept of Staying in Place and The Village. Most of the conversation was about how beneficial Staying in Place will be to older people wanting to stay living in Cuballing and how the Community Managed Care approach for



people who receive home support packages will also be of economic benefit to the local community.

Many thanks to Julie
Christensen and Michelle
Atwell for organising the
opportunity to meet. Julie is
now on a great hiking
adventure for a few weeks.

A team of four Activity Coordinators have now commenced part-time – one for each community. You may receive a call from them in the next couple of weeks.

The team of Activity Coordinators are -

- Lee Muller in Wandering
- Libby Heffernan in Wickepin
- Michelle Atwell in Cuballing
- Kristel Steel in Pingelly.

For those members who have already given us their filled-out activity interest forms – we have passed your information on to the Activity Coordinator in your community.

Don't forget The Village Passport competition. Some people have handed in passports with only the names of places in their own community filled out! You need to fill out 20 of the names and get recent photos from at least 4 places out of the 20.

We are now working on the formal launch of The Village across all four communities – on the 4<sup>th</sup> of August we will be having a morning tea in Wickepin and lunch in Cuballing. On the 5<sup>th</sup> of August, we will be having morning tea in Wandering and a sundowner in Pingelly. You are all welcome to attend these events.

#### Upcoming events -

- Lunch trip to Yearlering Hotel from Wickepin 29<sup>th</sup> June
- BINGO 1-3.00 pm Wednesday 6<sup>th</sup> July Ern Lange Hall in Pingelly
- Passport 28<sup>th</sup> July closing date for receiving completed passports.
- Official Launch morning tea 4<sup>th</sup> August Wickepin
- Official Launch lunch 4<sup>th</sup> August Cuballing
- Official Launch morning tea 5<sup>th</sup> August Wandering
- Official Launch sundowner 5<sup>th</sup> August Pingelly.

As always, please call the concierge team on 08 98871409 for any information that you as a member may need to help you stay living at home - such as eligibility for the pension, Commonwealth home care packages, carer allowances, NDIS plans and more - or if you know of a person who wants to become a foundation member.

See the website stayinginplaceinthevillage.com.au or contact your local CRC or Shire Office in Cuballing for an expression of interest form. Free membership applies for foundation members.

Best wishes,

Helen Morton Project officer 0418 925 861

# WARRIOR WELLBEING ARTICLE Men's Sexual Health and Wellbeing

BY THE REGIONAL MEN'S HEALTH INITIATIVE *July 2022* 

Now that I have your attention, please read on. Men's sexual health and wellbeing encapsulates three broad areas; it is about the physical (male reproductive system; our anatomy); mental (psychological wellbeing); and our social/spiritual wellbeing (effective communication, knowing ourselves, our identity).

What are some of the components that make up men's sexual health and wellbeing?

- What is sex?
- What is the prostate and its problems such as enlargement and cancer?
- Erectile dysfunction.
- Infertility and testosterone deficiency.
- Testicular cancer.
- Sexually transmitted infections.

Now, because I'm a bloke I want to talk about a couple of bits that aren't discussed very often. The first point is sexual dysfunction in men. Because us blokes don't talk about sexual health in a holistic way there is a lot of myth and secrecy about what presents as normal sexual function. Quite often men boast about their sex life and/or the lack of it, but this is different from our overall sexual health. What is normal sexual health function?

There is some recent research which is a great guide in what may be normal regarding sexual function. Whether we want to believe it or not this is linked to age. It goes like this:

- In our 50's 50% of men are sexually dysfunctional.
- In our 60's 60% of men are sexually dysfunctional.
- In our 70's 70% of men are sexually dysfunctional.
- In our 80's 80% of men are sexually dysfunctional.

It is a normal part of ageing, and us blokes need to talk about it a lot more so it's not a great shock to us when it starts to happen. Is there more to life than sex and what is sex? It is a biological activity that all living creatures partake in, both to propagate the species and for enjoyment. The latter presents the biggest problem with human sex and that is males and females having different sexual needs (which can be challenging for some men). We can't have a positive sexual relationship without connection and intimacy.



To maintain a positive connection, the social/ spiritual aspects of our relationship require constant attention. This connection then allows everything else to fall into place.

Some important points to remember in relation to men's sexual health are:

- talking to your partner and your doctor is essential:
- suffering sexual dysfunction increases in men over 50 years of age;
- sexual dysfunction can be a sign of other diseases such as diabetes or heart problems;
- quite often the problem is a combination of physical, mental and social/spiritual wellbeing;
- try and maintain a health and fitness program.

Only by getting men to talk about sexual health will we be able to encourage men to open up and seek treatment, be able to give constructive positive support and ultimately improve that area of a man's life that is vital for overall health and wellbeing. If necessary, book in and see a GP.

#### Learn more here:

- **y** @rmhi\_4blokes
- Working With Warriors Podcast
- megionalmenshealth.com.au





#### Government of Western Australia WA Country Health Service

Wheatbelt Mental Health Service provides free, confidential, quality, community mental health care to people of all ages in the Coastal and Wheatbelt communities.

The Wheatbelt Mental Health Service is a team of mental health professionals including a consultant psychiatrist, clinical psychologists, psychologists, social workers, occupational therapists, child and adolescent professionals and community mental health nurses. This service provides comprehensive assessment and treatment for people with mental health problems. The service can provide training and support to other organisations and professionals.

Regular visits are made to outlying areas within the region to meet community needs. Outreach is supported by telephone consultation and videoconferencing. Clinical liaison is provided to hospitals within the region.

#### Clinical programs include:

- Aboriginal Mental Health Program (all ages)
- Adult Mental Health Program (18-65 years)
- Child and Adolescent Mental Health Program (0-18 years)
- Seniors Mental Health Program (65+ years)
- Youth Mental Health Program (15-24 years)

#### **Our locations**

- Northam Suite 10/210 Fitzgerald Street
- Narrogin Ambulatory Care, Narrogin Hospital, Williams Road
- Merredin Ambulatory Care, Merredin Hospital, Kitchener Road (appointment only)
- Gingin Unit 1 Gingin Business Centre, Brockman Street (appointment only)

Hours: 8:30am – 4:30pm weekdays, excluding public holidays

Postal: PO Box 833 Northam WA 6401 Phone: (08) 9621 0999 Fax: (08) 9622 2734

Email: Wheatbelt.MentalHealthService@health.wa.gov.au

#### Seeing us: Referral

There are several ways you can be referred to the Wheatbelt Mental Health Service including:

- Self-referral where you walk in or ring and ask for help (Northam and Narrogin only)
- Family / carers referral where someone who cares for you asks for help.
- Doctors, GPs, hospital, or other primary care providers when they feel specialised services may help you.
- Other service providers schools, court, government agencies, support groups, private counselling, aged care facilities/community-based services, psychology or support services and non-profit organisations.

There is "no wrong door" and all referrals will be reviewed.

#### Contact us

Do you need to talk to someone now? Do you know someone at risk? In an emergency call 000 or visit your local emergency department.

If it is not an emergency, and during office hours, call the Wheatbelt Mental Health Service on (08) 9621 0999.

For after hours or immediate access to support and advice call a helpline:

• Rural Link (afterhours mental health): 1800 552 002

• Lifeline: 13 1114

• Suicide Call Back Service: 1300 659 467

• Kids Helpline: 1800 551 800

Kids Helpline (Parents): 1800 654 432Poisons Information Centre: 13 11 26

Alcohol and Drug Support Line: 1800 198 024
Parent and Family Drug Support: 1800 653 203

• 1800 Respect (Sexual Assault, domestic family violence): 1800 737 732

https://www.wacountry.health.wa.gov.au/Our-services/Wheatbelt/Wheatbelt-health-services/



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

**FRIDAY** 

SATURDAY

SUNDAY

Take a small step to help overcome a problem or worry

Adopt a growth mindset. Change "I can't" into "I can't...yet"

Be willing to ask for help when you need it

Find something to look forward to today

Get the basics right: eat well, exercise and go to bed on time

Pause, breathe and feel your feet firmly on the ground

Shift your mood by doing something you really enjoy

Avoid saying "must" or "should" to yourself today

Put a problem in perspective by seeing the bigger picture

Reach out to someone you trust and share your feelings with them

Look for something positive in a difficult

Write your worries down and save them for a specific 'worry time'

Challenge negative thoughts. Find an alternative interpretation

Get outside and move to help clear your head

Set vourself an achievable goal and take the first step

Find fun ways to distract yourself from unhelpful thoughts

17 Use one of your strengths to overcome a challenge today

Let go of the small stuff and focus on the things that matter

19 If you it, change the way you think about it

When things go wrong, pause and be kind to yourself

21 Identify what helped you get through a tough time in your life

Find 3 things vou feel hopeful about and write them down

Remember that all feelings and situations pass in time

Choose to see something good about what has gone wrong



25 Notice when you are feeling judgmental and be kind instead

**Catch yourself** over-reacting and take a deep breath

Write down 3 things you're grateful for (even if today was hard)

Think about what you can learn from a recent problem 29 Be a realistic optimist. Focus on what could go right

Reach out to a friend. family member or colleague for support

Remember we all struggle at times - it's part of being human

**Happier** · **Kinder** · **Together** 

Wandering Echo July 2022

# Mia DAVIES MLA

Leader of The Nationals WA



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# ENATIONALS for Regional Wa

#### **COMMUNITY GROUPS**

#### WANDERING CRAFT GROUP

**EMPOWERED NATIONS** 

**CHURCH** 

The Wandering Crafters meet at the CRC weekly on Thursdays from 9am

New members welcome.

Come learn, come for a chat, or just come for a cuppa.

Room 7, Boddington CRC at the Old School, Bannister Road Boddington.

Full Gospel Church. 9.30am Prayer, Main service 10:00 AM Sundays. Includes Children's church.

- Tuesdays fortnightly: Ladies group.
- Wednesdays at 10:30 AM. Bible Study, Study notes provided.
- Counselling and personal prayer available.
- Contact Julie Naylor on 0436407763 Pastor Joshua Andrews on 0425410254

If you are thirsting for more from life, come and join a lively Christian Community.

# ST MARTIN'S CHURCH WANDERING

Service on the fourth Sunday of the month @ 2pm Any enquiries to Clive Lindner on 9884 1535

# WANDERING LIONS CLUB

Meet second Thursday of the month. 7pm at the Wandering Tavern

President - Peter Warburton - 0429 366 617 Secretary - Stephen Bullock - 0428 251 979

#### **WANDERING CWA**

Meet the third Wednesday of the month at 1pm at the Wandering CWA Rooms on Watts Street, Wandering.

President - Jacqui Cornish - 0407 241 004

#### **PUMPHREYS CWA**

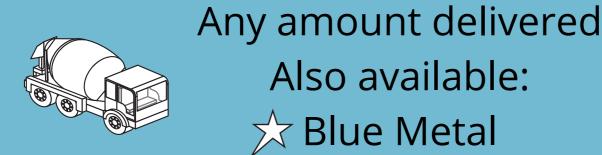
Meet the second Tuesday of the month at 9am at Pumphreys Bridge Hall.

President - Raelene Warburton 0428 877 038

Secretary - Shirley Wasley 0427 988 702

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# **CONCRETE MIXING & SUPPLY**





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# COMMUNITY CALENDAR

9AM | TUESDAY 12TH PUMPHREYS CWA MEETING

1PM | MONDAY 18TH
CANVA WORKSHOP

1PM | TUESDAY 19TH
HISTORY MEETING

11AM | WEDNESDAY 20TH WANDERING CWA MEETING

3.30PM | THURSDAY 21ST COUNCIL MEETING

12PM | TUESDAY 26TH
TASTY TUESDAY

7PM |THURSDAY 14TH LIONS MEETING

6 P M | SATURDAY 30 T H
BUS TRIP - VAN GOUGH ALIVE

10 A M | MONDAY 1ST AUGUST COMMUNITY GARDEN BUSY BEE

