

OCTOBER 2022

THE WANDERING

# ECHO



# 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](mailto: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

Are you wishing to put an article in the November edition of the Echo?

The deadline for submissions is **9AM WEDNESDAY 26TH OCTOBER.**

## VOLUNTEERS NEEDED

The Wandering Camp Out Weekend and the Wandering Fair are looking for volunteers for the big weekend in October - 21-23. Volunteers of all capabilities are encouraged to participate in this important weekend for Wandering.

**If you have a little or a lot of time to spare,  
please contact:**

**Camp Out - Helen Herbert - 0427 984 045**

**Fair - Jacqui Schorer - 0428 301 895**



## Essential Industrial Relations for your Farm Business



*It's a must for anyone employing staff. Gives you the confidence to implement correct contracts and terminology for your workers.*

**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.*

### KEY TAKE 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

**RURAL EDGE**



**More information via [ruraledge.org.au/workshops/essential-industrial-relations-for-farm-business](http://ruraledge.org.au/workshops/essential-industrial-relations-for-farm-business)**



WANDERING  
**HISTORY**  
GROUP



*Join us*

MEETING

MONDAY 31ST OCTOBER 2PM



AT THE WANDERING CRC





# WANDERING

## Camp Out Weekend

21ST – 23RD OCTOBER 2022

Camping  
at the historical  
Grassdale Farm

MOWER RACING  
COLOUR RUN  
FARM & WINERY TOURS

Paddock Party

Friday & Sat nights  
Live music stage line-up,  
roving acts & licensed bar.  
Entry ticket required

AG SHOW  
& FAIR  
Saturday 9am - 3pm  
Free Entry

TICKETS: <https://www.trybooking.com/BVRSS>

FURTHER  
INFORMATION

E: [eowcow@outlook.com](mailto:eowcow@outlook.com)

Ph: 0429 961 697

Facebook: @wanderingcampoutweekend



# CHILDREN'S WEEK

## Go for 2&5 Cooking and Circus Activities



**THURSDAY 27th October 2022**  
**3 - 4pm**

**Come along for a fun afternoon making healthy fruit  
muffins and join in with circus craft and activities.**



Wandering

**Community Resource Centre**

*Your local connection*

To book your child in please contact the CRC 9884 1561 or  
[crc@wandering.wa.gov.au](mailto:crc@wandering.wa.gov.au)

In partnership with



Supported by



as convened in WA by





# FREE ENTRY

Saturday 22nd October 2022

9am - 3pm

## Wandering Community Centre



CWA DEVONSHIRE TEAS

PLAYGROUP HAMBURGERS

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

MAD TATTERS MORRIS DANCE GROUP

PERTH HORSE AND CARRIAGE

VINTAGE CARS



## Sponsors 2022



Your generous support allows the Fair to be a **FREE** Family fun day!!! Thank You!!!



What a great service we have been able to secure at  
this year's Fair.

Make your booking!!

Appointments starting at 8.45am.

The Lions Cancer Institute (LCI) will be providing a free Skin Cancer Screening in **Wandering, at the Community Centre Carpark**, on our Fair Day **Saturday 22<sup>nd</sup> October 2022**. This free service provides for the early detection of skin lesions and where a lesion is identified a referral is made to your GP for further investigation. For booking information contact **Judy Bullock 0428251151**.

**Please leave a message and Judy will return your call, if unanswered.**

The LCI is a project of the Lions Clubs of Western Australia. Since early 1990's LCI has been providing full body skin screening clinics throughout Western Australia, with an emphasis on Screening the remote and rural areas of the state.



From humble beginnings the Volunteers of LCI have screened over 80 000 patients and our records show that with the annual rate of referrals to a GP is in the order of 27% (21,600) and lesions suspected of being life threatening are at 6% (1260). Early detection of lesions will save lives and lessen the need for invasive surgery.

LCI's screening program is supported by qualified volunteer Dermatologists, Plastic Surgeons, Dermoscopists and GP's.



Funding for LCI's screening programs and research grants is provided by donations from Lions Clubs of WA, Business and from the public.

We are currently raising funds to replace our two ageing screening units with one purpose-built unit. Donations can be made to The Lions Cancer Institute at WESTPAC BANK, BSB 036-107 ACCOUNT 218 557.

All donations over \$2.00 are Tax Deductible

**The van will be in Boddington on Sunday 23<sup>rd</sup> October 2022 at Community Centre.**

**Call "Lion Boon" at the Pharmacy on 9883992 for appointment bookings.**

Visit LCI website [www.lionscancerinstitute.org.au](http://www.lionscancerinstitute.org.au)



# MONDAYS AT THE CRC

JOIN US AT THE CRC ON MONDAYS FOR COFFEE  
& MORNING TEA. WHILE YOU'RE THERE, ENJOY  
THE ACTIVITIES OF THE VIRTUAL VILLAGE &/OR  
ATTEND TO THE COMMUNITY GARDEN.

**EVERYONE WELCOME**

ENJOY CONNECTING WITH OTHERS!



**FROM 10AM**



FOR MORE INFORMATION REGARDING THE  
VIRTUAL VILLAGE, PLEASE CONTACT  
LEE - 0429 390 626



Wandering  
Community Resource Centre  
*Your local connection*





# KIDS HALLOWEEN *disco!*

**PRIZES TO  
BE WON**

**FOOD & DRINKS  
FOR SALE**

**DANCING &  
GAMES**

**MONDAY 31ST OCTOBER 2022**

**4.30PM**

**GOLD COIN ENTRY**

**WANDERING COMMUNITY CENTRE**

To book your child's attendance please contact  
**WANDERING CRC 9884 1561 or [crc@wandering.wa.gov.au](mailto:crc@wandering.wa.gov.au)**





*A range of local giftware and crafts available for purchase at the Wandering CRC*



## **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](mailto:beverleygandp@gmail.com)**

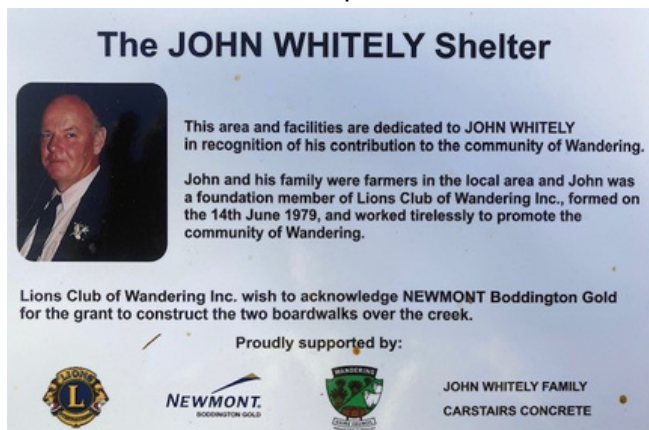
# Wandering Lions

Saturday the 17th of September saw the gathering of the Whitely family to dedicate a table and chairs to the late John Whitely. John was a great contributor to the Lions Club of Wandering holding nearly all administrative positions in the Club and broader positions in the Lion's District. John was also recognised for his other community involvement.

A very authentic shelter over the seats and table was erected in time for the occasion and we thank Ben Pike for his work to have it completed for the event. Iron for the roof of the shelter, very fittingly came from 'Coranning' the family farm in Wandering. Water was flowing generously in the Cheetanning Creek and native flora that had been planted some three years ago is now providing flowers for all to enjoy. Lions have been waiting eagerly to celebrate the 'Walk Trail' and the many hours of its' development. The dedication of the John Whitely table and shelter was an opportunity for us to come together. This special day also gave Lions a chance to open the two creek crossing bridges. These structures were funded by the Newmont Gold 'Community Grants Programme'. This generous financial contribution by Newmont Gold has enabled the enhancement of the Walk Trail and now walkers can enjoy a different aspect to the adjacent environment.

A plaque, carefully and creatively organised by Lion Mal Wilkins explains John Whitely's community work and highlights the participation of the members of the community who have contributed to the shelter and bridge structures.

Road side breakfasts were once again carried out on the mornings of the 19th, 20th, and 21st of September at various road junctions. These were reasonably well attended and it was great to see members of the community come out for a chat over breakfast. As time goes by the breakfast event is gaining notoriety and Lions are pleased to be part of this exercise and see it grow. The CRC and the Shire are partners of these events and important supporters of them.



The John Whitely Plaque.



The extended Whitely family beside the John Whitely shelter



One of two bridges sponsored by Newmont Gold





# 2022 ROADSIDE BREAKFASTS

The 2022 Roadside Breakfasts were held across 3 sites this year with the Lions Club cooking up 101 serves to the community. The Roadside Breakfasts enable the 3 organisations involved to check on the community, meet new residents and encourage everyone to meet new people and engage in community activities. It was also an opportunity to speak with councillors who were present and the new CEO Alan Hart and some shire staff on issues and project ideas.

This initiative was proudly sponsored by the Wandering Lions Club, Wandering Community Resource Centre and the Shire of Wandering.





# Apex

## BARREL RACING

WESTERN AUSTRALIA



Apex Barrel Racing had their inaugural Spring Fling Jackpot last weekend held at Big Sky Arena which is a part of the White family farm Wilgarra.

With 99 competitors, the highlight of the day was definitely the charity fancy dress barrel race with all proceeds going to the Beyond Blue Foundation.

Apex Barrel Racing was founded by Stef Clinch & Veronica Estermann.







## **Community Resource Centre (CRC) Assistant (Part Time)**

An opportunity exists for a self-motivated, enthusiastic individual to join the CRC team as a Permanent Part Time CRC Assistant (15 hours per week) commencing January 2023.

The successful applicant will be required to provide support to the services, activities and events of the CRC including scheduled after hours activities, customer service, Department of Transport agency, public library and the Café.

Well-developed communication skills and a sound knowledge of Microsoft Office are considered to be essential skills for the position. A Police Clearance and Working with Children Check will also be required by the successful applicant.

Pro rata remuneration will be based on the Local Government Officers (WA) Award Level 2 (\$46,299 to \$49,848) depending, qualifications and experience. A housing allowance or subsidised housing may be available for the successful candidate. The Shire also offers a uniform allowance, ongoing training and matching superannuation of 5% salary sacrifice (subject to conditions).

Potential applicants are encouraged to contact the Community Resource Centre Coordinator, Alana Rosenthal, on 9884 1561 to further discuss this position. The position description, containing details on how to apply, is available on the Shire of Wandering website [www.wandering.wa.gov.au](http://www.wandering.wa.gov.au), or by emailing [crc@wandering.wa.gov.au](mailto:crc@wandering.wa.gov.au).

Written applications, addressing the selection criteria from the position description, together with a current CV and contact details of two referees should be forwarded to:

The Chief Executive Officer  
Shire of Wandering  
22 Watts Street  
WANDERING 6308  
or by email to: [ceo@wandering.wa.gov.au](mailto:ceo@wandering.wa.gov.au)

**Applications close 4.00pm Monday 31st October 2022.**

*The Shire of Wandering is a diverse, inclusive and equal opportunity employer and is committed to promoting and affording equal treatment and to assure equal employment opportunities to all persons. Applicants from diverse backgrounds, such as Indigenous people, people with disabilities, or from different cultural backgrounds are encouraged to apply.*

Alan Hart  
**Chief Executive Officer**



# Council Corner

## COUNCIL MEETING DATES – 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's website [www.wandering.wa.gov.au](http://www.wandering.wa.gov.au)

### Shire Opening Hours

9:00am - 4:30pm

Weekdays

(closed Public Holidays)

Department of

Transport closes at

4pm

(CRC Building)

### Next Council Meeting

20 October 2022

commencing 3:30pm

### Transfer Station Hours

Sun 8:00am - 4:00pm

Mon 8:00am - 3:00pm

### Ranger Contact

24 hours/7 days

Ph: 0459 678 154

### Waste Collection

Every Tuesday

### Recycling Dates

11/10/2022

25/10/2022

## COUNCIL MEETING NOTES

At Council's Ordinary Meeting held on 15 September 2022, the following matters were listed on the agenda:

- Committees of Council
- Shire of Wandering Policy Manual Review
- Delegations Review
- Complaints Management Policy
- Approval for Councillor Vacancy to Remain Unfilled
- Community Financial Assistance Grants Program Application
- Revocation of Bushfire Management Plan Condition
- Grant of Easement – Lot 97, Echidna Close, Wandering
- 2022/2023 Differential General Rates and General Minimum Payments

## RESTRICTED BURNING PERIOD

Please be advised that the restricted burning period has been extended to 14<sup>th</sup> October 2022.

## FIREBREAKS

A reminder that firebreaks are due to be completed by 31 October. If you have any queries regarding this please contact the Shire Office.

## AUSTRALIA DAY AWARDS



**Australia Day**

Reflect. Respect. Celebrate.

The Community Citizen of the Year Awards celebrate the positive news stories of our citizens who are worthy of the community's attention, recognising those who are role models and who inspire us with their achievements and challenge us to make our own contribution to creating a better community. If you know an individual or a group doing great things in our community, nominate them now for a 2023 Community Citizen of the Year Award. Please contact the Shire for a nomination form.

## SHIRE COUNCILLOR CONTACT INFORMATION

Cr Ian Turton (President) 0428 876 033

Cr Paul Treasure (Deputy President) 0428 506 553

Cr Graeme Parsons 0428 876 631

Cr Gillian Hansen 0488 911 902

Cr Max Watts 0428 841 069

Cr Sheryl Little 0414 586 893







## 2022 / 2023 RATES NOTICES

The following letter was sent to all ratepayers regarding the issuing of the 2022/23 Rates Notices. If you did not receive this letter please contact the office to update your email address / postal address.

As you may be aware, the Shire of Wandering has not yet issued the Rates Notices for the 2022/23 year and I thought that it may be appropriate to write to you to explain why you have not received them as yet.

In the 2021/22 year, the Shire finalised converting properties owned in the Rural Residential areas of Blackboy Springs and Wandering Downs from an Unimproved Value (UV) basis for the calculation of rates to Gross Rental Value (GRV) basis for the calculation of rates.

This change requires the Shire to obtain approval from the Minister for Local Government to levy the minimum rate on properties in these two estates due to the high number of properties with very low GRVs.

The Shire recently advertised the differential rating strategy with a 21 day public comment period. Council resolved at a Special Meeting on 4 August 2022 to seek the Ministers approval to levy the minimum rate for more than 50% of properties that are classified as vacant land.

The Department of Local Government has advised that due to a minor change in the differential rating strategy, the advertising period has to re-start and the Council has to re-publish the Statement of Objects and Reasons for the 2022/23 year. The advertising period will be a further 21 days. After this 21 day period, the Council will then seek the ministers approval again to levy the minimum rate for more than 50% of properties that are classified as vacant land.

This will mean that the 2022/23 rates notices will not be issued until October 2022.

Should you have any questions regarding the contents in this letter, please contact this office on (08) 9884 1056 or by email at [reception@wandering.wa.gov.au](mailto:reception@wandering.wa.gov.au)

Alan Hart  
**Chief Executive Officer**

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Please note you are able to make a payment on your rates at any time of year, please use your rates notice assessment number as a reference. If you wish to pay off your rates in weekly, fortnightly or monthly instalments an arrangement can be put in place. Please contact the Shire on 9884 1056 or [reception@wandering.wa.gov.au](mailto:reception@wandering.wa.gov.au).

If you would like to pay your rates now, simply pay the same amount that you did last year (we can assist you with finding out this information), and when the rates notices are issued the amount can be adjusted and you will receive a refund, or notice of amount due. Any extra amount can also be credited to your account for the following year if you choose.

Going away? Please let us know and we can put a hold on your account until you get back.

## WORKS UPDATE

- Winter maintenance grading of gravel roads has been completed on our road network.
- Road construction work on the York Williams Road between Kelly Road and Carrabin Road has commenced and will be completed before Christmas 2022. This work will include vegetation clearing along the road shoulder, formation of table drains, placement of gravel and bitumen sealing.
- Road side vegetation works has been completed on Grahams Road and if time allows work will commence on Codjatotine Hastings Road prior to construction work on the York Williams Road.
- Construction of the new access ramp between the Wandering Community Centre and the Oval is ongoing and is planned to be finished by 21 October prior to the Wandering Fair.
- Roadside spraying on the North Bannister-Wandering Road to Pumphrey's Bridge has recently been completed.
- The installation of four water tanks for fire fighting purposes is completed. 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 Shire has applied for additional funding for the project due to increased costs and is currently waiting for DFES approval. The Shire is hoping to have this project completed before June 2023. The plans can be viewed on our website.
- If you have any concerns with Roads, Parks or Shire Buildings please lodge a request by going to our website <https://www.wandering.wa.gov.au/forms/feedback-form/6>, contacting the Shire on 9884 1056, or use the camera on your phone to scan the QR Code below.



Access ramp under construction—Wandering Community Centre





**Annual**

**On-Property Ram Sale**

**119 Rintoul Rd, WILLIAMS**

**Monday 17th October 2022**

**Inspections from 10am**

**SALE STARTS 1pm**

**CONTACT:**

**Stuart: 9884 5235**

**Andrew: 9884 5255**

**Kim: 9884 5095**

**Ben Kealy**

**Graeme Alexander**

**Nutrien Ag Solutions**

**Elders**

**0429 851 228**

**0408 595 330 or 9885 1008**



# Wandering CWA



## Wandering Fair – Saturday 22 October

We are looking forward to seeing you at the Wandering CWA Rooms for your Devonshire Tea, and browse our plants and produce stall too! See the flyer in this month's Echo for further details!



## Card Making

14th & 28th October 2022

10am

**14th October** - Beyond the Page - decorate a plywood cardbox

**28th October** - Christmas Cards

For more details please contact Sharon Lemmers - 0409 151 951

## 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

Wednesday 19 October 2022

1pm meeting with afternoon tea to follow

Come along and find out what we're all about - everyone welcome!



Women are like teabags.

You never know how strong they are until they are in hot water.

Eleanor Roosevelt

Find us on   
Wandering CWA





COME AND VISIT THE

# WANDERING CWA ROOMS

LOCATED AT 34 WATT'S STREET (OPPOSITE THE WANDERING TAVERN)

**SATURDAY 22 OCTOBER 2022 FROM 9.30AM**

DEVONSHIRE TEAS SERVED 9.30AM UNTIL 1.30PM

DEVONSHIRE  
TEAS

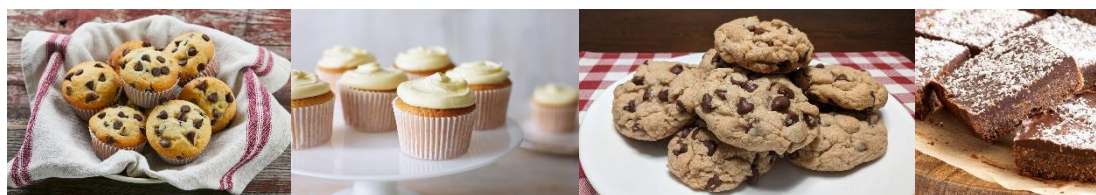
NESPRESSO  
COFFEE PODS



“QUILTS ON  
THE FENCE”  
DISPLAY

Please note NO Gluten Free options available

## PRODUCE AND PRODUCTS AVAILABLE FOR PURCHASE



Unfortunately, we do not have EFTPOS facilities, cash only



AUDIKA will kindly be performing hearing checks from the CWA Rooms.  
So come along for a free hearing test. NO appointment required!

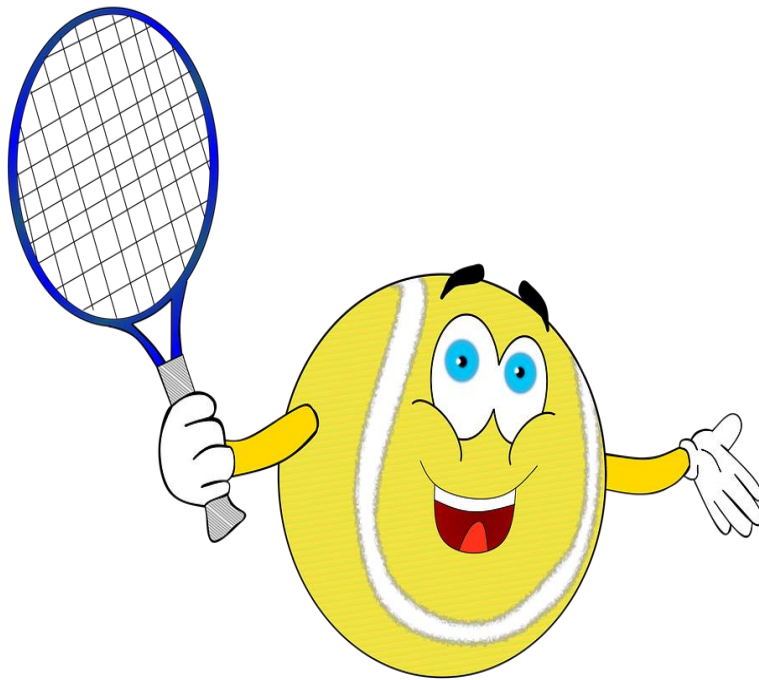
This is a fundraising event for the Wandering CWA –  
a donation is made to our branch by Audika for each follow up appointment booked.

# WANDERING SOCIAL TENNIS

**FRIDAY NIGHTS @ 6PM**

**SEASON BEGINS ON 28<sup>TH</sup> OCTOBER**

**DUST OFF YOUR RACQUETS AND  
COME ALONG TO JOIN US FOR A HIT**



**FOR FURTHER INFORMATION PHONE:**

**DAWN DOWSETT 0427841031**

**JACQUI SCHORER 0428301895**



# WOODLANDS FOR WILDLIFE workshop

Join Simon Cherriman to learn how to identify and create habitat for native fauna, enjoy a guided nature walk and nest box building demonstration

*Be in the running to receive a copy of Simon's book "Hollowed Out" and a nest box*



A light lunch will be served on arrival and afternoon tea

Please RSVP by Monday 10th October

[victoria.brockhurst@peel-harvey.org.au](mailto:victoria.brockhurst@peel-harvey.org.au)

or 6369 8801

Friday  
14 October 2022

12.00pm – 3.30pm

**McDougall Hall**  
Dryandra Woodland

# Festival to Celebrate our Wonderful Wetlands

Wonders of Our Wetlands 2021 (L-R) PHCC Chairperson Caroline Knight, Charlie Jones, a frog with a dog, Jesse Rowley

Nature enthusiasts of all ages are invited to get involved with the Wetlands Weekender Mini Festival these school holidays in Mandurah on Saturday 8 and Sunday 9 October. Celebrating the waterways that are the lifeblood of our region, the Peel-Harvey Catchment Council's annual festival program is packed with fantastic family-friendly activities.

Sunday's festival is the highlight of the weekend but the fun begins with Saturday's program kicking off not one but two Nature Photography Workshops with Sharon Meredith Photography where participants will venture into the great outdoors to discover photography basics, along with tips and tricks for snapping wetland landscapes. The morning workshop is targeted towards budding photographers and the afternoon workshop is designed especially for kids aged 4 to 13 years old..

Saturday's main event is a Peel-Harvey Estuary boat tour aboard the Dancing Dolphin with expert tour guides Jeremy Ringma and Steve Fisher sharing their stories about the abundant wildlife and wetland environment. Participants will experience this internationally significant wetland from the water before docking at Len Howard Conservation Park to explore the park on foot with local Noongar Representative George Walley and local Zoologist Sarah Way. The twilight boat trip home includes a smorgasbord of local produce and refreshments.

Sunday 9 October is 'World Migratory Bird Day' and the festival continues with a free family-friendly event – the Wonders of Our Wetlands! Coodanup Foreshore will come alive from 8.30am with live music, vibrant market stalls, and various food and coffee vans. Come and join in with a range of exciting interactive activities for all ages offered by Coastal Waste Warriors, Mandurah Environment and Heritage Group, Estuary Guardians, BirdLife WA, Ways to Nature, Sharon Meredith Photography and others at their foreshore stalls.

As part of the Wonders of Our Wetlands event on Coodanup Foreshore participants can bring their dogs to meet with City of Mandurah rangers and BirdLife WA for the Dog's Breakfast between 8.30am to 10.30am. Bring your furry friend along and receive a free bacon and egg roll! For those who would like to get hands on in looking after the wetlands, join the Pave the Way clean up with Coastal Waste Warriors, starting at 9am and concluding at 11am.

PHCC's Chairperson Caroline Knight says "The Wetlands Weekender festival brings the community together to celebrate and learn more about our Peel-Yalgorup Wetlands, recognised as internationally significant through the Ramsar Convention for the habitat they provide for migratory birds and for a diversity of other species such as fish, crabs, dolphins and threatened communities like the thrombolites at Lake Clifton. We invite anyone who is interested in the natural environment to join us for the festival to explore our waterways and especially to welcome back migratory birds to our shores after their breeding season in the northern hemisphere".

Be sure to visit the festival webpage for further information and to secure your place for the ticketed events that are selling out fast ahead of the festival weekend: <https://www.peel-harvey.org.au/wetlands-weekender>

The Wetlands Weekender Festival is supported by the PHCC through funding from the Australian Government's National Landcare Program.







**Follow**



@evolve6391



@evolve22williams

# EVOLVE-15th October 2022

A Festival of Health & Wellbeing for Women

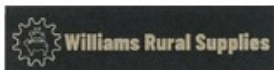
*Millbrook Homestead Williams*

- ✓ 10am to 5.30pm  
Therapies/Stalls
- ✓ Caravan Bar
- ✓ 12.30pm  
Lunch- Paella & Salad
- ✓ 3pm  
Keynote Speaker- Lucy Peach
- ✓ 4pm to 7pm  
Sundowner grazing board

*+ Live Music  
+ Art Gallery  
+ Coffee Van  
+ Gelato*

## Tickets

<https://www.eventbrite.com.au/e/evolve-festival-of-health-wellbeing-tickets-366526238847>



# BREAST CANCER



## Common symptoms:



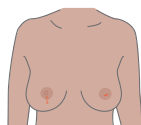
### Lumps and bumps

A lump or hard area in your breast or underarm, especially if it is only on one side.



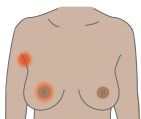
### Unusual dimpling or rashes

Change in the look of your breast, like: your skin looks like the skin of an orange, your skin looks and feels different in one area, redness or rash.



### Changes to the nipple

Changes to the nipple, like: it's pulled inwards, leaking, itchy or has a sore that won't heal.



### Pain or swelling

Breast pain or discomfort, especially if it is only on one side.



### A change in size

A change in the size, shape or feel of your breast.

**Get to know your breasts and what is normal for you. If you notice any of these symptoms or unusual changes, talk to a doctor, clinic nurse or Aboriginal health worker without delay.**

If you have a symptom, it does not mean you have breast cancer. Often these symptoms turn out to be something less serious. However, it is important to get these symptoms or any unusual changes in your body checked out just in case.

For further information visit [findcancerearly.com.au](https://findcancerearly.com.au) or call **13 11 20**.



Government of Western Australia  
Department of Health





# WARRIOR WELLBEING ARTICLE

## Mental Health and Wellbeing – You Can't Have One Without the Other

BY THE REGIONAL MEN'S HEALTH INITIATIVE  
October 2022

Google the word mental health and you'll find numerous organisations and groups promoting the importance of mental health, but how it is described and the context in which it is discussed can vary significantly. We think understanding the difference between mental health and wellbeing and mental illness is important as this is one area where definitions can become blurred and language may disempower people by putting them in a box.

Mental health and wellbeing encompasses all aspects of our emotional, psychological and social wellbeing, so it affects how we feel, think and interact with the world around us. A good definition which encapsulates this is summarised by the World Health Organisation (2007) – a state of wellbeing in which an individual realises his or her own abilities, can cope with normal stresses of life, can work productively and is able to make a contribution to his or her community. In summary we think that having good mental health is the ability to deal with life's challenges and changes, maintaining positive relationships, enjoying life and getting the balance right.

Mental illness on the other hand is a health problem that affects how we think, behave and interact therefore significantly affecting our mental health and wellbeing. It is diagnosed according to standardised criteria. Some of the major types of mental illnesses are anxiety, schizophrenia, bipolar, personality disorders, and depression. However, what if I was in a period in my life where things were not so great, I'm not coping, and the challenges and changes are starting to become overwhelming? Does this mean I have a mental illness? I think not.

I say this because sometimes it seems in society, we are almost not allowed to feel pain, show weakness, or not cope as this may be interpreted as there being something wrong with us. Unfortunately, the system provides the word depression as an answer for a whole range of situational stressors which occur in society and need to be discussed. We need to normalise a person's response during a difficult or abnormal life event and a phrase we coin for times like this is being in a state of Situational Distress.

There are numerous life challenges that come our way that can cause us distress such as separation, illness, injury, trauma, financial worries, grief, adolescence, fatherhood, midlife, change of job, redundancy and transition into retirement. When it comes to our mental health and wellbeing it's important to remember none of

us are exempt from hard knocks! Just as we're given the vulnerability to experience tragedy, we're given the human resources to heal and deal with it. As T. Green (2008) states "We don't get memory erasures, but we're given stamina, resilience and fortitude to see the world hasn't stopped."



What can we do to assist and manage situational distress and get our mental health and wellbeing back into balance?

- Identify our mates (build a support network of people we feel safe to confide in i.e. peer, partner, mentor);
- Program time out from work and normalize the problem;
- Maintain social opportunities, take time to laugh with others;
- Take a break, a holiday, go fishing, try something different, explore our passions and interest;
- Exercise, keep active and maintain a healthy diet (this includes reducing alcohol use);
- Make sure we are getting enough sleep;
- Be willing to talk to the appropriate people i.e. family, mates, work colleagues or a professional (accountant, lawyer, psychologist, helpline or GP).

Maintaining a balance and aiming for positive mental health and wellbeing is something we all need to do, this includes acknowledging that we are all susceptible to the stressors of life. Our health and wellbeing are our responsibility, be proactive, address our distress early and don't let it get out of hand.

 @RMHL4blokes

 Working with Warriors Podcast

 [regionalmenshealth.com.au](http://regionalmenshealth.com.au)





## **REGIONAL COLUMN**

[www.dmirs.wa.gov.au](http://www.dmirs.wa.gov.au) [www.wa.gov.au](http://www.wa.gov.au)

8 September 2022

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

#### **Shining a light on solar complaints**

As one of the world's sunniest landscapes, Western Australia is home to a booming rooftop solar industry that shows little sign of slowing down as many households look to address rising power bills and reduce pollution.

More than 400,000 WA homes and businesses, or around 36 per cent of customers, are estimated to have rooftop solar connected to WA's main grid, with that figure predicted to swell to 50 per cent by 2030.

Although there's a lot to love about this particular renewable, 189 consumers have complained to Consumer Protection in the past two years about issues such as poor quality parts, companies not responding or providing false and misleading information, and installers failing to use due care and skill.

During a recent radio segment we heard from one consumer whose \$12,500 rooftop solar system had stopped working not long after the installer went out of business. As we make enquiries to see whether the manufacturer can honour the warranty, it's a timely reminder for consumers to thoroughly research who they plan to do business with.

Before agreeing to buy a solar PV system, get several quotes for the total cost, search online for independent reviews and make sure your preferred supplier is accredited by searching the [Clean Energy Council](#) (CEC) website.

If a supplier's verbal claims are influencing your decision, make sure to have them included in the written contract and read through all the terms and conditions.

Remember that solar installers are not allowed to use forceful or high pressured sales tactics to get you to buy something, nor can they provide you with false or misleading information. They must also ensure their products and services meet the consumer guarantees.

The system's electrical components must be installed by a licensed electrician working under a licensed electrical contractor. Ask to see these licences and expect to receive an electrical safety certificate for the work. Our colleagues at Building and Energy can assist if you have any electrical compliance concerns.

For more information or to find out where you should go to make a complaint, check Consumer Protection's solar factsheet at [www.commerce.wa.gov.au/publications/solar-panel-systems-factsheet](http://www.commerce.wa.gov.au/publications/solar-panel-systems-factsheet)





## **REGIONAL COLUMN**

[www.dmirs.wa.gov.au](http://www.dmirs.wa.gov.au) [www.wa.gov.au](http://www.wa.gov.au)

15 September 2022

**With Senior Regional Officer for South West, Annetta Bellingeri**

### **When bait advertising bites**

It may be a familiar scenario for some shoppers – you spot an advert for a product at a very attractive sale price and place an order, but it's later cancelled by the retailer claiming the item is 'out-of-stock.'

Consumers may be left wondering whether the business is obliged to honour the discounted price, regardless of whether the item had genuinely sold-out or if a mistake had been made during the advertising process.

The answer depends on a number of factors. Bait advertising – where sale prices and special offers are promoted to attract customers – is a legitimate form of advertising, but only if the trader provides sufficient quantities of the product to meet the anticipated demand. The only exception to this rule is if it's made very clear in the advert that the discounted goods are available for "today only" or "while stocks last" for example.

Let's say a retailer advertises a week-long sale on a product and it would usually expect to sell thirty of those items in a week, but stocks just two items at the advertised price that sell-out in one or two days. This is likely to be illegal bait advertising and a breach of Australian Consumer Law (ACL) because the retailer does not have a reasonable supply of the advertised product.

In a situation like this, a consumer may be entitled to receive a remedy, such as a 'rain check' (a coupon guaranteeing an out-of-stock sale item may be purchased at a later date at the same reduced price) or an acceptable substitute product at the same discounted price. Alternatively, to avoid breaching the ACL, a retailer can publish a retraction to a similar audience or circulation number as the original advert.

Remember that it makes no difference whether a business intends to mislead customers or not. If the overall impression of any advertisement, promotion, quotation or representation leaves a misleading impression in customers' minds – regarding price, value or quality – then the behaviour is likely to breach the law.

Consumers who believe they have been misled can contact Consumer Protection on 1300 30 40 54 or [consumer@dmirs.wa.gov.au](mailto:consumer@dmirs.wa.gov.au)

## **Op Ed**

*Member for Roe – Peter Rundle MLA*

The recent Optus data breach has reminded us of the need to stay alert to scams and scammers.

A day doesn't go by when I don't look at a few emails and wonder if they are legitimate. A suspicious looking email address is the first clue. An unfamiliar contact is further proof that the email is not safe to open.

We know of the scams that promise millions if we just provide our bank details. This is another clue of its obvious motive to lure someone in and take their money.

Recently I have been reminded of the need to be vigilant by constituents who have rung me with their experiences.

I have had farmers who have big enterprises, businesses, sporting clubs and other agencies who deal with large figures approach me about receiving correspondence in what are appearing to be increasingly sophisticated scamming operations.

Scammers are infiltrating email accounts and changing invoices before resending and using the same template with slightly different contact information, to make sure everything looks legitimate.

We have heard this before, but the scammers are changing their methodology and developing new strategies to con us.

Sums of up to \$250,000 per transaction have been scammed out of these businesses. It is serious money and the chance of getting that back is very low.

In the past, there was management liability insurance, but the growing nature of the problem has seen the conditions change to be almost impossible to insure against.

I want to alert everyone to the possibility of being targeted and losing precious income. If the invoice says that the bank details have changed, don't accept it – ever.

Ring the company directly, with a contact number sourced from their website or somewhere other than the invoice, and speak to someone in accounts and check the bank details. Get confirmation in writing, even from a separate email account.

If you find an anomaly, let the business know and then report it to Consumer Protection or ScamNet on 1300 30 40 54 or use their website to report the scam online. You can also stay up to date on new scams by subscribing to WA ScamNet alerts.

We work incredibly hard for our income. It is up to us to protect our hard-earned money. Don't be afraid to report it, don't be embarrassed that it has happened to you. Be informed and be alert.



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Steve Wright

0427 794 500

[steve.wright@nutrien.com.au](mailto:steve.wright@nutrien.com.au)

**WANDERING CRAFT  
GROUP**

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.

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- Tuesdays fortnightly: Ladies group.
- Wednesdays at 10:30 AM. Bible Study, Study notes provided.
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- 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.

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Any enquiries to  
Clive Lindner on 9884 1535

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**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

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**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

Fortnightly Social Card Making sessions - next session 12th August from 9am.  
For more information please contact Sharon - 0409 151 951

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**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



# Mia DAVIES MLA

Leader of The Nationals WA

CENTRAL WHEATBELT

*Matters  
to me*



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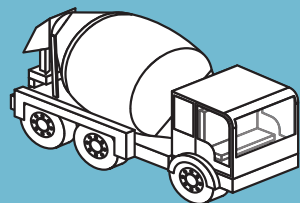
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# COMMUNITY CALENDAR

OCTOBER 2022

10AM | EVERY MONDAY  
VIRTUAL VILLAGE ACTIVITY

9AM | TUESDAY 11TH  
PUMPHREYS CWA MEETING

7PM | THURSDAY 13TH  
LIONS MEETING

10AM | FRIDAY 14TH & 28TH  
CARDMAKING @ CWA

3.30PM | THURSDAY 20TH  
COUNCIL MEETING

9AM - 3PM | SATURDAY 22ND  
WANDERING FAIR & AG SHOW

21ST - 23RD  
WANDERING CAMP OUT WEEKEND

9AM | THURSDAY 27TH  
ESSENTIAL INDUSTRIAL RELATIONS FOR YOUR FARM BUSINESS

2PM | MONDAY 31ST  
HISTORY MEETING @ CRC

4.30PM | MONDAY 31ST  
KIDS HALLOWEEN DISCO

