

WELCOME

To Our Monthly Community Newsletter

NEXT EDITION IS FEBRUARY 2023. ITEMS FOR INCLUSION DUE BY 27TH JANUARY 2023

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



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

Great for Christmas presents.



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 Fox Hunt

Wandering Fox Hunt



Friday 17 Feb 2023

All inquiries to Leisa Turton 0428 599 854 More details to follow

Wandering Refuse Site Christmas/New Years Opening Times

Tuesday 27th December Monday 2nd January Tuesday 3rd January



WANDERING HISTORY GROUP

The Wandering History Group plays an important role in collating and updating the history of Wandering, including all recent residents, community groups and businesses. This information will be stored and accessible to everyone in the future through an online database.

For this project to be successful it requires the input from the community to bring all information together. If you have an interest in the history of Wandering and would like to participate in this exciting project please come along to the next get together and discover how you can help.

MONDAY 6TH FEBRAURY 1PM @ THE WANDERING CRC

WANDERING CRC CHRISTMAS CLOSURE

The Wandering CRC will be CLOSED from 4pm Thursday 22nd December 2022 until 9am Tuesday 3rd January 2023.

MARWONGI CRICKET CLUB 1906

Part of the Wandering History Project



KIDS CHRISTMAS COLOURING



Wandering Lions Club





Lions members and several others of our local support crew assisted the Boddington Lions during Saturday and into the Saturday night at the very successful rodeo.

Our main task is to run the bar and those who attended from the public and frequented the bar, know the the strong patronage of the bar and dance hall late into the evening. It takes a team of approximately 20 hard working souls to serve and keep up the supplies as the revellers revel.

A special thanks to the non Lion supporters as the task is formidable and rewarding and hugely appreciated by the Boddington Lions. Wandering Lions relish the opportunity to support and become involved in broader community events as this can generate strong communities in general and is a Lions ethos.

Batteries

The lions club will initiate another battery drive in February '23. In the past Lions have been well supported in our collection of batteries and we are looking for similar support. The culmination of harvest and the earnest start to the year is a good time to start so please if you have such unwanted batteries put them aside, let a Lion know and we will collect.

A battery here and a battery there soon add up to tonnes and make it a worthwhile project.

Lions use this income from the batteries to promote and develop our local community. This can include infrastructure and facilities that have an ongoing benefit to all.

SNAKE AWARENESS AND SAFETY

The weather is warming up which means snakes are becoming more active.

Always keep your eyes open, remove any favourable hidey holes, long grass and clutter from around your home and keep to the track if walking in bush areas.

Residents can reduce the risk of having a snake in the backyard by keeping yards clear of long grass, discarded household rubbish and building materials, which provide snakes with shelter.

Outdoor aviaries often attract snakes, so keeping aviaries and surrounding areas free from discarded bird seed will deter the snake's favourite prey items, such as rats and mice.

If you are concerned about a snake on your property, bring your children and pets inside.

You can contact the nearest licensed Snake Handler, Clive Caldwell, on 0428 836 337

In case of snake bite:

Call 000 immediately

Do not wash, squeeze or puncture the bite site

Apply a broad pressure immobilisation bandage

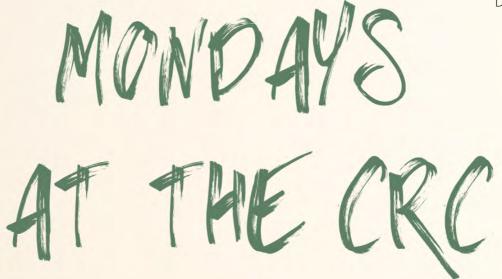
Keep the victim calm and still and do not give food or alcohol

Never allow the victim to walk

Never try to catch or kill the snake

Bites to the head and body must be bandaged as firmly as possible

For additional information, please refer to the link below https://www.dpaw.wa.gov.au/images/documents/plants-animals/animals/living-with-wildlife/reptiles_fauna_note_2017.pdf



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!



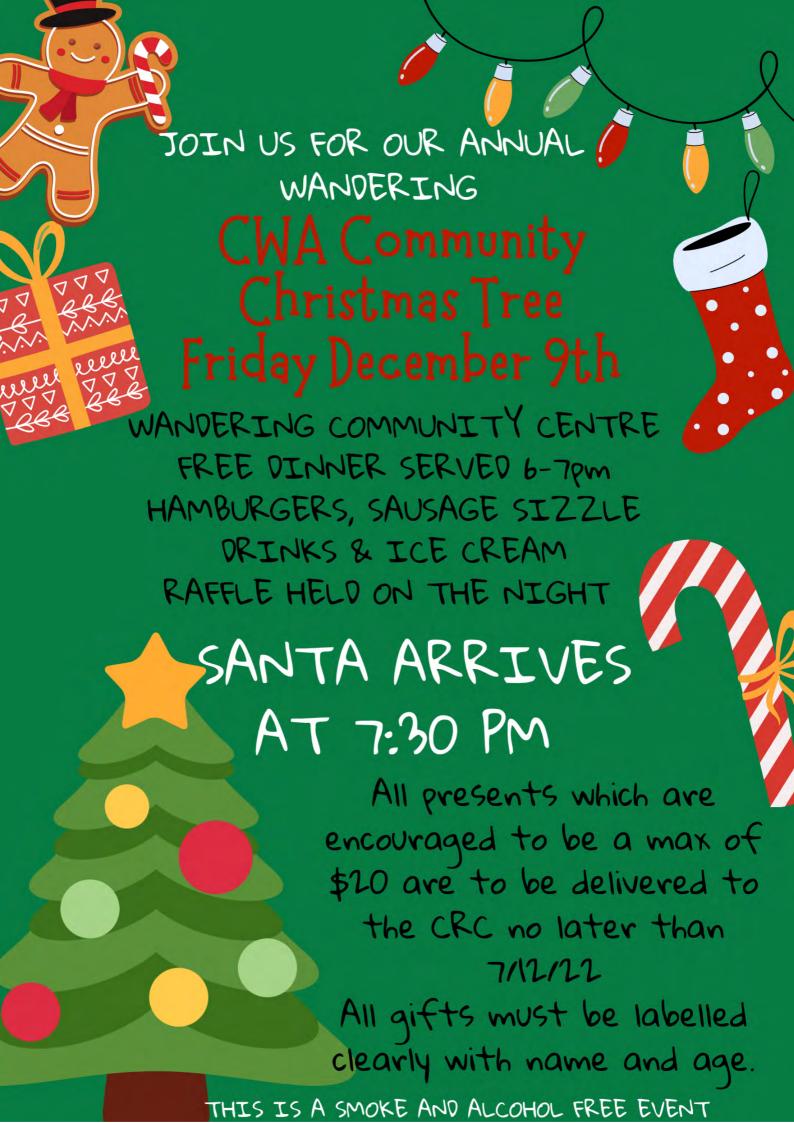
FROM 10AM



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













Shire Opening Hours

9:00am - 4.30pm Weekdays (closed Public Holidays)

CRC and Department of Transport closes at 4pm

Next Council Meeting

15 December 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 6/12/2022 20/12/2022

Find us on Facebook

Council Corner

COUNCIL MEETING DATES – 2022/2023

15 December 2022

January 2023 no meeting

- 16 February 2023
- 16 March 2023
- 20 April 2023
- 18 May 2023
- 15 June 2023

- 20 July 2023
- 17 August 2023
- 21 September 2023
- 26 October 2023
- 16 November 2023
- 14 December 2023

COUNCIL MEETING NOTES

At Council's Ordinary Meeting held on 17 November 2022, the following matters were listed on the agenda:

- Shire of Wandering Policy Manual Review
- Peel Harvey Catchment Council Memorandum of Understanding
- Update Bank Signatories—Westpac Bank
- Review Standard of Restrictions—Access Vehicle Routes—Wandering

SHIRE OPENING HOURS CHRISTMAS / NEW YEAR

The Shire office will close at 12pm on Friday 23 December.

Please note the Shire office will be open for Australia Post services only as follows:

Monday 26 December CLOSED (public holiday)

Tuesday 27 December CLOSED (public holiday)

Wednesday 28 December 10am – 2pm

Thursday 29 December 10am - 2pm

Friday 30 December 10am - 2pm

Monday 2 January 2023 CLOSED (public holiday)

Tuesday 3 January 2023 – open as per normal 8.30am to 4.30pm

A few staff will be available for emergencies, undertaking rubbish removal and watering of plants over this period .

The Councillors and Staff at the Shire of Wandering would like to wish everyone a Merry

Christmas and a safe and happy new year!





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Council Corner

FIREBREAKS

Land owners are reminded to maintain their firebreaks from now until 19 April 2022 (which is went the season normally ends, subject to weather conditions), to keep the community and their property protected during the bushfire season. If you have any questions, please contact the Shire Office or your local Fire Control Officer.

FREE RATS

The Shire still has free RATs available if anyone requires them. These are available at the front counter. If you think you may have COVID-19 we can leave some out for collection, just give us a call on 9884 1056!

WORKS UPDATE

- Summer grading will be ongoing over the next few months please contact the Shire if your road needs attention.
- Road construction work on the York Williams Road between Kelly Road and Carrabin Road is nearing completion with the bitumen booked for the 9th and 10th of December.
- Road side vegetation works have finished on Grahams Road due to the summer months and potential fire danger mulching has finished until next winter.
- Construction of the new access ramp between the Wandering Community Centre and the Oval has been installed and was finished by 21 October prior to the Wandering Fair with a lot of people using it on fair day. The Shire is awaiting railing and tactiles to complete the job.
- The installation of four water tanks for fire fighting purposes has been completed with fencing installed on all four tanks and fitting to mains water installed on the Moramockining tank. Signs for fire fighting purposes are to be installed.
- Wandering Fire Station upgrade the Shire has applied for additional funding for the project due to increased costs and has been approved by DFES. The Shire is hoping to have this project completed before June 2023. The plans can be viewed on our website.
- The Shire has connected the Caravan Park dump point to the Caravan Park leech drain system so as to reduce pump out costs due to the increase use of this free liquid waste disposal for caravan and camper van owners.
- 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.



Council Corner

REMEMBRANCE DAY

Thank you to the students and staff of Wandering Primary School for their attendance on Remembrance day, joining Shire and CWA representatives. A huge thank you to Jacquie Cornish for her lovely wreaths once again. Lest we Forget.



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Every Tuesday

Recycling Dates 6/12/2022

20/12/2022

CHRISTMAS GIFT IDEAS

If you are stuck for a Christmas gift idea why not call into the Shire office and purchase a gift voucher from Australia Post? We stock a HUGE range of vouchers suitable for everyone.



Cash out is available at the counter (most banks) and of course stamps for your Christmas

cards.







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





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Council Corner

CHRISTMAS MESSAGE FROM THE SHIRE PRESIDENT

As the Christmas period rapidly approaches and the year draws to a close, I reflect on the operation of the Wandering Shire in 2022 and an early look at the year ahead.

Last year started with acting CEO Ian Fitzgerald in control of the operations of the Shire. We thank him for his effort particularly as he spent an extended period with us as we appointed a new CEO in Alan Hart, who joined us from Wongan-Ballidu. Special thanks to our staff including those new to the office for their effort in the changeover period. I am sure Council look forward to working with them towards a productive new year.

Council is operating with one Councillor less following Gary Curtis and family leaving town. I am hopeful members of our community will take the opportunity to nominate for Council vacancies next October and we can return to seven members. I encourage all to consider this as fresh input is a prerequisite to progress.

Council is optimistic 2023 under Alan's direction will see steady advances in the projects already committed to including some upgrades to the North Bannister/Pumphreys Rd and the York/Williams Rd both being important freight routes as well as carrying increasing general vehicle numbers. The work is set to continue towards the upgrade of the Community Centre and the preparation of the light industrial blocks for sale. Recently some focus has also been given to further staff housing.

In closing I take this opportunity to wish our community a happy and safe holiday period. For many a chance to relax following a busy year, for others a few days break before completing harvest or returning to those important community service jobs. Please be very fire conscious and drive safely on the roads, particularly our gravel ones.

I am optimistic your Council Team can handle the challenges of 2023.

Ian Turton, Shire President

COULD YOUR ORGANISATION BENEFIT FROM SOME FINANCIAL ASSISTANCE?

The Shire's Community Financial Assistance Grants Program commences 1 January (closing 31 January) and 1 July (closing 31 July) each year.

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.

All applications shall be made on the appropriate forms which will be available on the Shire Website when the grant round is open.

For all the details please scan here to go to our website





Impact of rail closures on deliveries to Western Australia – 17/11/2022

As you know, severe and widespread weather events have caused, and continue to have, significant logistical impacts for businesses across the country.

We'll be keeping you up to date as regularly as possible on how these events are impacting our network, any delays, or changes to our services to help you keep your customers informed around delivery timings.

Following heavy rain and flooding, the Sydney to Perth rail line is closed and will remain that way for some weeks ahead. Unfortunately, the Melbourne-Adelaide rail link has also been closed due to damage caused by a train derailment earlier this week and its recovery date is unknown at this stage.

With both rail lines impacted and based on current information available to us, all freight and logistics services are likely to experience significant challenges and we expect there will be delivery delays.

The greatest current impact is on items traveling via Parcel Post and StarTrack Express to Western Australia from the east of Australia, which by our current estimates, may take up to an additional two weeks to arrive.

While these events are out of our control, we understand how critical it is to keep you updated to help you communicate and ensure the best possible experience for your customers, particularly at this crucial time of year.

What we are doing

- We're regularly scanning to ensure we can identify and track items that may potentially be delayed and will let you know about any impacted items directly where possible.
- In line with increased activity at this time of year, we've more than doubled our usual airfreight capacity, which powers our Express Post and StarTrack Premium services. We are also looking to access additional capacity via passenger flights across weekends.
- To ensure we get deliveries to people's doors as soon as we can, we're kicking off weekend deliveries in all metro capitals and some regional cities and towns this weekend.
- We're closely monitoring our network against our recommended final lodgement dates for Christmas, to ensure they remain accurate.
- We're engaging the Commonwealth Government around participating in national emergency relief and response arrangements.

What you can do

- Our Express Post and StarTrack Premium services are unaffected by the rail closures, and we encourage customers who need to senditems to Western Australia urgently to consider these options. However, as more customers opt to use these services, we may see a slight delay of up to two days on these lanes.
- Please consider reviewing your supply chains from the east coast to Western Australia, including lead times on sales events, and adjust your information and communication to customers accordingly.

Once again, thank you for your patience and understanding as we work through these industry-wide challenges as quickly as possible. As you know these things can change quickly and our team are working hard to find a solution to keep your items moving.



Crafters Group Outing

10th November 2022

The Crafters Group went on an excursion to the Ranger Red Zoo in Pinjarra on the 10th of November. We all boarded the bus outside the CRC and drove to Pinjarra. On the way we stopped at Dwellingup for morning tea and to sing Jane B happy birthday. We also looked at the Visitors Centre while we were in Dwellingup, then we were on the road again.

When we got to the Ranger Red Zoo, we looked at all the animals. It was really cool. There were kangaroos, camels, snakes, baby crocodiles, bats, and lots of different birds. Most of the animals had just been fed so they were busy eating. Others were hiding because of the cold weather. One of the wombats was snoozing upside down on it's back in a barrel; it was really funny. We were excited when we saw the Tasmanian Devils! My favourite part was when I got to hold SJ the Carpet Python, because I have always wanted to hold a snake. She was a bit heavy, and her scales were not slimy, but smooth and dry.

After the zoo we all had lunch and some of the group looked at the Pinjarra Art and Craft Centre and the Art Gallery. There were lots of different things on display and for sale. I enjoyed looking at the ocean themed paintings in the gallery most of all.

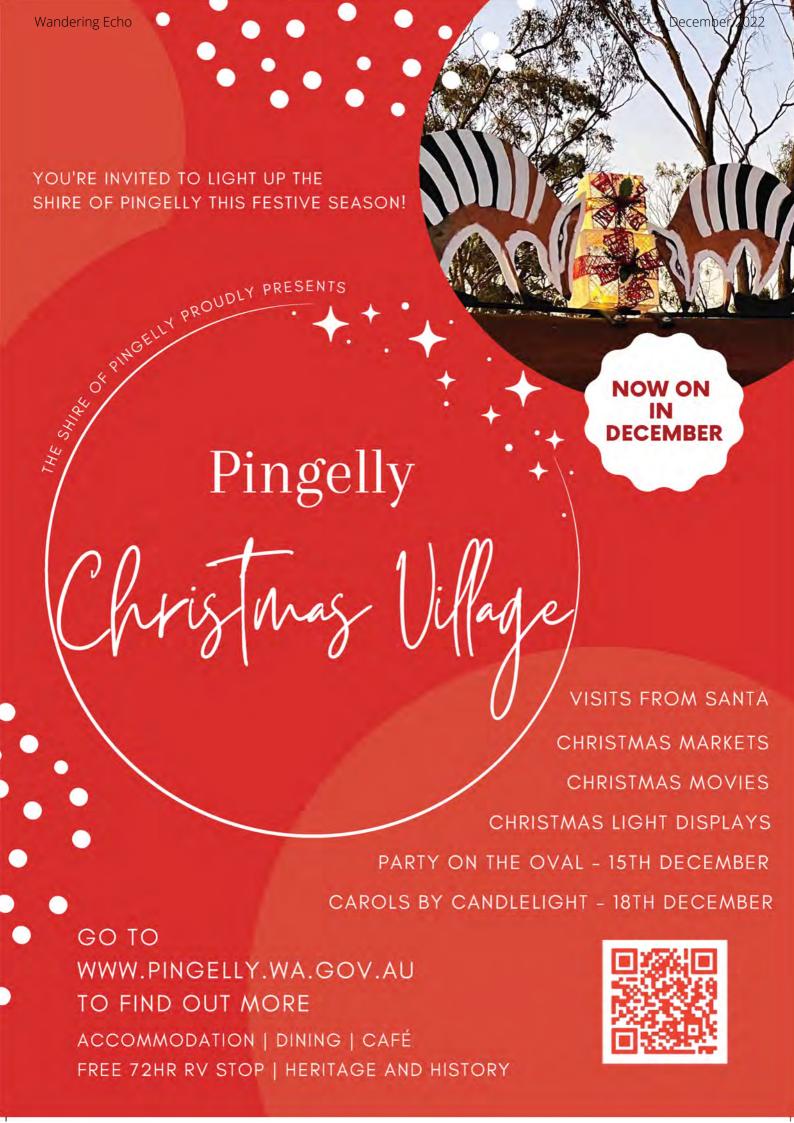
The ladies did a little bit of shopping and then we headed back to Wandering. On the way we played a really fun game of I spy. The day was full of lots of laughs, and we all had a really fun time.

By Jacob and Archer





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Wandering Australia Day Celebration 2023

Community Breakfast
7am

Thursday 26th January 2023 Wandering Community Centre

Enquiries: CRC - 9884 1561 crc@wandering.wa.gov.au

Reflect. Respect. Celebrate.









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.



Popanyinning - Hard to say, nice to stay!

The small town of Popanyinning is close to the eastern extent of the Peel-Harvey Catchment and home to one of eight Hotham-Williams River Action Plan (RAP) sites which we have been introducing you to in recent months.

The Hotham River is located between the township to the west and small rural landholdings to the east, in turn bound by broad scale agricultural land in the surrounding landscape. The RAP site spans 1.2km along the River and is characterised by a narrow meandering channel form, scattered tree species and a sparse native shrub layer intermingled with both exotic and native grasses. A large pool existed on the Hotham River close to where the town is now situated, and according to the WA Heritage Committee, the original name of 'Popaning' is a representation of the word for waterhole in the Noongar language.

Weed control has recently been carried out at the site to target bridal creeper and other timely weeds within the area earmarked for strategic effort this season and the use of an all-terrain vehicle by Nexxial Ecology meant that we were not restricted by site conditions. The Popanyinning Progress Association has been working in natural areas along the River for many years, and some of them met with Nexxial Ecology on-site to get the lowdown on the latest control methods for bridal creeper. The group is assisting in an area where they have previously concentrated their efforts, putting a significant dent in the population of this troublesome weed.

By seeking additional funding and partnerships, PHCC would like to increase the scope of weed control efforts in future seasons to assist the natural regeneration of existing native species at the site, including grasses and orchids.



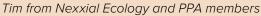




Photo by Tim Heckler

Landcare matters

Hotham-Williams sub-catchment update



Another successful season of Carnaby breeding

Carnaby pairs return to nest in Mandurah and Lake Clifton

In 2021 with the addition of cockatubes on private property we saw an increase in the number of breeding pairs of Carnaby's Black Cockatoos. Recent surveys have seen the same number of pairs of Carnaby's return to known breeding hollows in Mandurah (5 pairs) and Lake Clifton (2 pairs).

Whilst artificial nest tubes placed in the correct locations can provide fantastic alternative breeding hollows they do have their limitations, such as needing to be regularly maintained and monitored. The retention of natural tree hollows is undeniably paramount in preventing a decline in Black Cockatoo populations.

Natural breeding hollows are often found in trees upwards of 150 years old, and with age comes significant risk of collapse. We not only need to protect these veteran trees to keep them upright in the landscape for as long as possible, but also protect the next generation of trees, that will hollow out in time to replace their grandfathers.

You can help by retaining all large trees, fencing trees from stock, and planting small shrubs and ground covers to protect roots, provide ideal soil conditions and avoid compaction.

For more information on protecting your bush for Black Cockatoos click here: https://www.birdlife.org.au/ documents/swbc-BCs-and-your-property.pdf



Coming up....

Up coming events:

WA Feral Cat Symposium 13 - 16 February 2023

Register your interest or for more information visit https://wafcwg.org. au/2023-feral-cat-symposium/



PHCC Christmas and New Year office hours:

Please note that the office will be closed from Monday 26 December, reopening on Monday 9 January

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

- 1080 training and assistance with baits
- · Loaning cage traps









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





Finding your life calling

Some of us are waiting for the rain to stop to get the crop in, others are flat out trying to wrap things up so Christmas isn't overwhelming! But perhaps you've started giving thought to your plans for 2023. Some people are super organised, making specific goals. Others just roll with it. Either way we're goal-driven creatures, aren't we? Listen to these big goals:

God almighty has set before me two great objects: The abolition of the slave trade, and the reformation of manners.

- William Wilberforce

It has always been my ambition to preach the gospel where Christ was not known, so that I would not be building on someone else's foundation.

- Saint Paul

Now that I'm five and a half years old, I know I want to be a ninja chef when I grow up.

- Child

I'm usually focused on small goals. 'Get 7 on the beep test'. 'Teach the kids to type at 70 words per minute.' I haven't ever been ambitious, and I back up my approach calling to mind the humility that ought to characterise Christians. I can tend to think big dreams are wrong. And we're called to value small things as well as big things. One Bible passage says, 'Do not despise the day of small things.' Often I think, 'I'm called to small things. God will do the big things himself.'



Bible talks here I

I'm slowly realising this isn't the way God works. Part of the dignity he gives humanity is our genuine choice in what to give our lives to. God doesn't generally see something we're doing and say 'hmm, I don't like that. I'll put a stop to it.' Sometimes he 'zaps' people, but almost never. He gives us the freedom to choose.

God is a big God. He's given us a *gigantic* task. After Jesus rose from the dead, he came to his followers and said an incredible thing: "All authority in heaven and on earth has been given to me. Therefore go and make disciples of all nations, baptising them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age." (Matthew's biography of Jesus, Chapter 28, final few sentences).

I pray our churches in Boddington, Williams, Wandering and Darkan and surrounds can be part of this big task in 2023. God is able to do abundantly more than we ask for or even imagine. Thinking only small is not the Christian thing to do. Thinking big and aiming high for the glory of God puts us in the realm of our life calling. What's a goal worthy enough to give your whole life to it? Hmm... that's big.

Every Blessing.

Revd Paul Bartley paul@gatewayparish.org 0431 849 169

Our Sunday services for the next while- you're welcome!

Sunday	Williams	Wandering	Marradong	Quindanning	Darkan	Arthur River
4 Dec	10:30am	■ Will the world ever be put right?				
11 Dec	10:30am	-	1pm	-	8am	-
18 Dec	10:30am	Christmas in Arthur River ►				8:30am
24 Dec	-	Carols at St Boniface ►		5:30pm		
25 Dec	9:30am	◆ Christmas celebration			_	
1 Jan	10:30am	-	-	-	-	-

Wandering Crafters Christmas Markets



Sunday 11th Dec 2022

9am—2pm
Come along and start
your Christmas shopping

Tanglefoot Winery

2507 Nth Bannister-Wandering Rd, Wandering

Regular and new stallholders

Wine Tasting

Morning Tea/Lunch

WA Hemp Seed Oil

Redhill Creations

Nutrimetics

Ocean Treats

Soaps & Potted Plants

Artist—sketches

Lucky Dip Chocolate Wheel

And so much more......

wandering markets@gmail.com

Sharon 0409 151 951 Jane 0403 865 401 Linda 0448 331 954

















Wandering Tavern Christmas Opening Hours

Kitchen

(D) 5:30pm - 8pm.

Sat 24 Christmas Eve... 12:00pm - 8:00pm (L) 12pm - 2pm. (D) 5:30pm - 7:30pm. Sun 25 Christmas Day... Closed Closed Mon 26 Boxing Day... Closed Closed

Closed Closed Tues 27 Dec...

Weds 28 Dec... Closed 3:00pm - 8:00pm Closed Thurs 29 Dec... 3:00pm - 8:00pm

(D) 5:30pm - 8pm. Fri 30 Dec... 3:00pm - until late

Sat 31 New Year's Eve... 12:00pm - until late (L) 12pm - 2pm. (D) 5:30pm - 8pm.

Sun of New Year's Day... Closed Closed

Closed Mon 02 Jan 2023... 3:00pm - 7:00pm

Closed Tues 03 Jan 2023... 3:00pm - 8:00pm

3:00pm - until late Thurs o5 Jan 2023... 3:00pm - until late (D) 5:30pm - 8pm.

Fri o6 Jan 2023... 12:00pm - until late (L) 12pm - 2pm. (D) 5:30pm - 8pm.

Thank you for your custom and wishing you happy Christmas holidays,

from the Wandering Tavern family.



Weds 04 Jan 2023...

The Gathering Place

😭 @wanderingtavern (atavernwandering) Wandering Tavern 31 Watts Street Wandering WA 6308 hello@wanderingtavern.com.au (08) 9884 1097 www.wanderingtavern.com.au



Wandering CWA

We would like to take this opportunity to thank everyone for their support of our branch this year. Whether you ate some of our delicious food at a community event or bought some of our baked goods or potted plants lovingly created or tended by hand....

your support has indeed been much appreciated.

But more support is needed!

To ensure the continuation and growth of our branch, we need new members.

If you would like to know more about the Wandering CWA please feel free to join us at one of our meetings usually held on the 3rd Wednesday of each month (meeting at 1pm followed by afternoon tea) at the CWA Rooms, Watts Street in Wandering.



The ladies from your local Wandering CWA branch wish everyone a happy and safe holiday season. May this time bring love, laughter, friendship, and peace to you all.

Save the date for the annual Wandering CWA

Community Christmas Tree Friday 9 December 2022

See the flyer in this month's Echo for more details





Don't wait until after Christmas to get your cancer symptoms checked

The lead up to Christmas gets pretty hectic, with a lot of focus on other people, so it's easy to forget about ourselves. If you know something isn't right, we encourage you to see your doctor, clinic nurse, or Aboriginal health worker early. Taking time in the lead up to Christmas to see your doctor about possible cancer symptoms may save your life. Getting our symptoms checked out and treated early means we can get back to the people we love and the things we love doing.

Be SunSmart this summer... but also all year round!

It is important to protect your skin from the ultraviolet radiation all year round. Don't forget to Slip, Slop, Slap, Seek, and Slide.

It's important to also be aware of the common symptoms of skin cancer. These include:

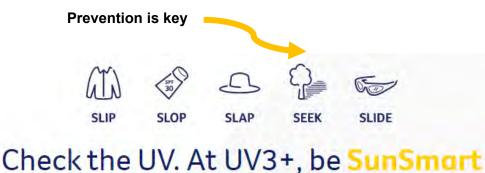
- A new spot or mole on your skin
- A spot that is different from other spots on your skin
- Any crusty or non-healing sores
- Any spots, freckles or any moles changing in size (width), thickness (height), colour, or shape over a period of weeks to months.

If you notice any of these symptoms or any other unusual changes tell your doctor, clinic nurse or Aboriginal health worker without delay.

For more information visit www.findcancerearly.com.au

Have you had any of these... ... for more than 4 weeks? Problems peeing Runny poo Unexplained weight loss An unusual pain, lump or swelling anywhere in your body Becoming more short of breath A persistent cough A new or changed spot on your skin ... once or more? Blood in your poo Coughing up blood Blood in your pee If you have and you are over 40... Tell your doctor The earlier cancer is found, the greater the chance of successful treatment. Cancer Council For more information visit findcancerearly.com.au

or call 13 11 20



DOWNLOAD
THE
FREE
SUNSMART
APPI

Cert frow on Apple and Andreac
Intillete and attemphanes.



Support a

help someone who is facing difficulties at

someone you can't be with

kindness and

Spread

share the

Contact

to see how

they are

calendar with

December

Offer to



message for positive Leave a

someone else to find

> someone who s homeless or

Give a gift to

comments to as many people as possible today **Give kind**

friend or family

member

Do something

helpful for a

Share a

happy memory thought with or inspiring a loved one

many different

See how

13

people you can

with food, love or

Feed someone

Be generous.

kindness today

smile at today

Appreciate

who do things kindness and thank people for you 7

something that

nay be alone or

someone who

Contact

feeling isolated

you don't need

by giving away

Help others

achievement

that may go

unnoticed

someone for an 29

to people the planet. Eat use less energy less meat and Be kind to

to say hello and

have a chat

kind for nature

who is far away

Pick up litter or

Get outside.

do something

Call a relative

and really listen digital devices Turn off

know how much you appreciate Let someone

them and why

do in 2023

31

item and donate ou really care charity, cause or campaign Buy an extra about 1

the moment

it to a local without judging wholeheartedly

to others

ou're hard on

yourself or

Notice when

others and be

kind instead

them

Listen

else discover the and let someone Ask for help 18

things others

positive to say

something

Look for

have done

for you

you speak to

to everyone

and brighten

neighbour

an elderly

Contact

15

up their day

List the kind

Give thanks.

joy of giving

today, including Treat everyone with kindness

something which

others. Share

give or receive

the gift of

Choose to

Congratulate

Bring joy to

made you laugh

forgiveness



new acts of kindness to Plan some







ACTION FOR HAPPINESS

Kindness ecemper

feeling lonely

WARRIOR WELLBEING ARTICLE

Talk to a

Work/Life Balance - Strike it Right

BY THE REGIONAL MEN'S HEALTH INITIATIVE December 2022

How many times have we heard the phrase *getting* the balance right; what does this even mean? If we look up the word balance in the dictionary we will find 18 definitions, depending of course on the way in which the word is used. The context of a work/life balance also depends on individual circumstance and attitude; whether we are single or married, studying, self-employed, contracting, FIFO, caring for someone or raising a family.

To assess if we have a healthy work/life balance, firstly identify the prominence of work in your situation and how do you define work? Does it challenge/drive you, is it enjoyable, does it provide a sense of satisfaction/purpose or is it just a means to an end? Let's be realistic and honest, for most of us if we don't work, we don't get paid, if we don't get paid, we can't live the life we want or do the things we enjoy. It's always a bit of a mix and getting the balance right is important.



The *life* side of things for most of us is usually enjoying some form of interaction with others. This can happen through our hobbies, sport, children, family, religious congregation, social and community groups, or by volunteering (ironically work can also provide interaction with others).

The best fit when considering work/life balance is to have these two areas well-proportioned and harmonious. It's important for us blokes to remember that there is more to our lives than just our jobs and we must be encouraged to invest in the other areas of our lives.

This work/life balance can be disturbed when we are under pressure or feeling distressed by events in our life. It is common for blokes to disengage from others and try to solve problems and deal with stressors alone. Unfortunately, by doing this we remove ourselves from valuable support systems, which in turn creates and exacerbates feelings of loneliness and isolation. It's important to remember during difficult times to maintain and re-engage with social opportunities as this is a significant part of positive mental health, coping and overall wellbeing. Something as simple as taking time out, talking, having a laugh with others and even if we are busy, making time to have that game of bowls or connecting with our kids or partner, is essential to get the work/life balance back on track.

Having a busy life may lead us to feel that there is more to do than what seems reasonable in any given day. We all get equal measures of time, there is 24 hours in a day for everyone. Why then, is it that for some of us 24 hours never seems enough, while others seem to have plenty of time? Perhaps we need to ask ourselves is time the problem, or is it our ability to manage our time? How much we have on our plate varies throughout the year, so we need to be aware to continually monitor our time to ensure that for most of the year we have a well-proportioned and harmonious work/life balance.

9@RMHI_4blokes

Working with Warriors Podcast

mregionalmenshealth.com.au





REGIONAL COLUMN

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

16 November 2022

With Senior Regional Officer for South-West Annetta Bellingeri

Avoid disappointment, get on top of Christmas shopping early

Christmas is an exciting and magical time of year but the lead up to the big day can often be chaotic and stressful. With online shopping scams and delivery delays, Western Australian shoppers are urged to get on top of their Christmas shopping early to avoid disappointment.

Online shopping is an easy and convenient choice to buy Christmas gifts, but Western Australian shoppers should be aware of scammers looking to trick unsuspecting victims into buying a product they may never receive.

Already in 2022, WA ScamNet reports 354 Western Australians have lost a total of \$1,074,637 to online shopping scams through a range of fake websites and social media pages.

To be cyber safe when shopping online, look at the overall quality of the website or social media page. If there are grammatical errors, poorly edited images and no address for their location, it could be a scam.

Another red flag is the method of payment requested, only pay by credit card or a secure payment method like PayPal. That way, if something goes wrong, you can get your money back much easier. Don't be fooled into paying via electronic funds transfer, money order, pre-loaded money card or crypto currency as it is unlikely you will get your money back through this method if you don't receive your goods.

With record numbers of Australians shopping online, deliveries are already surging so it is recommended to do online shopping and post your Christmas gifts early. Check the guide on the Australia Post website for when to post parcels so they arrive in time for Christmas.

Online retailers should provide a timeframe for delivery and if your goods fails to arrive by the timeframe indicated (or within a reasonable amount of time if no timeframe was indicated), your Australian Consumer Law (ACL) rights mean you can ask for a refund or credit.

For goods that don't arrive, you can seek a chargeback from your financial institution if you paid via credit card. If you paid by PayPal you can lodge a dispute for a refund.

The best advice to ensure your Christmas gifts make it under the tree this year, is to shop in local brick and mortar stores or give preference to Western Australia online retailers.

Western Australian shoppers can report a scam on the WA ScamNet website at www.scamnet.wa.gov.au

<ENDS>



POLICE NEWS

Pingelly Police Station, 25 Queen Street, Pingelly, WA 6308

Phone: (08) 9887 2300

CRIME NEWS

Pingelly Police are increasing patrols in and around Wandering. Some of you may have seen us driving around and waving like kids on a school bus, while others may have just heard we have passed through town. The truth with our patrols is, while we like everyone to see us, we also spend a fair amount of time patrolling in the early hours of the morning and skulking round the back streets to ensure everyone is abiding by the law. Pretend we are there all the time and the world will be a happy place.

We have been very busy over recent weeks and have been committed to apprehending drivers committing various offences including, speeding, drink driving, driving whilst under suspension and the use of unlicensed vehicles.

The dangers of driving whilst drunk have been very well publicised in the media and it is a proven fact that driving whilst having consumed alcohol does significantly reduce driving skills.

Although we all like kicking in doors and seizing drugs, it's the basics like apprehending people for drink driving and cruising around with a suspended licence that puts a smile on our dials.

The number of drivers apprehended for driving unlicensed vehicles never ceases to amaze us. Way back when we had stickers reminding us of when the vehicle registration expired, but as we all know times have changed and we now need to rely on our excellent organisational skills and the renewals sent out by the Department of Planning and Infrastructure. The renewal notices are a courtesy reminder and not a requirement, so please be aware of when your rego is due.

It is worthy to note that when a person is stopped for driving an unlicensed vehicle the driver can be summonsed to court and receive a monetary fine. On top of this the driver can be ordered to pay the half annual licence fee. In some cases and depending on the vehicle stopped the half annual licence fee can be several thousands of dollars. We remind all owners to be vigilant in this area.

Recently we have been working into the early hours of the morning in the effort to apprehend hoon drivers. The week was very productive and sadly the courthouse appears to be the place to be these days.

Pingelly Police will arrest and charge any person who has been identified in committing hoon driving offences. The dangers of reckless driving are very high, where pedestrians have been killed in such instances. The vehicle may be seized for a period of 28 days, which costs a great deal of money (for the driver, not the police).

Furthermore..... Police can place a compliance notice on the vehicle (yellow sticker) requiring work be conducted in order for it to conform to the Vehicle Standards Regulations (VSR). It is fairly common for vehicles that are known to do burnouts to have numerous VSR defects, a large percentage of vehicles used in the commission of a hoon type offence have been modified (normally illegal) and no one wants to spend their hard earned cash getting their pride and joy reverted back to standard (legal).

If everything on your vehicle checks out fine while we are running you on our database, we are far less likely to stop you than if you put in an attempt to be burnout king on the main drag. This is a bit silly!

The Pingelly Police have been exceptionally busy over the last few weeks with Community Events.

The instance of burglaries, damages and stealings in the Wandering area is on the rise. A couple of significant incidents have occurred resulting in firearms being stolen, we urge that all residents, including farmers please be vigilant in ensuring your houses and vehicles are locked at all times. We encourage everyone to please report any suspicious activity.

Any activity can be reported directly to 131 444. This allows the Police Communications Centre to create a job for us to attend when the vehicle is sighted. When reporting suspicious activity please try and take note of the time, vehicle registration numbers, significant markings or damages on the vehicle and driver descriptions. By being alerted to suspicious activity when the vehicle is sighted, we have a much greater chance of catching the culprits in the act and preventing the crime occurring.

On the traffic side, we spent numerous hours patrolling the highways monitoring drivers' speeds. In excess of 80 vehicles were stopped for Random Breath Testing and other traffic breaches. It is still disappointing to see that drivers are still driving at speeds well in excess of 20km over the speed limit.

Here at Pingelly Police we encourage you to phone or wave us down when you see us if you have any queries or information to supply us or even if you just want a chat.

Happy days!

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The Golden Lens is an opportunity for WA Seniors Card members to share photos they have taken, that celebrate the lives of older Western Australians.

All winners will win a prize donated by participating businesses of the WA Seniors Card program.

Members can submit an entry in each of the five categories.

- Active ageing
- Diverse cultures
- Artistic photography
- Flora and fauna
- Seniors Influencer

Entries close Friday 17 March 2023





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Steve Wright
0427 794 500
steve.wright@nutrien.com.au

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

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

PUMPHREYS CWA

President - Raelene Warburton 0428 877 038 Secretary - Shirley Wasley 0427 988 702

WANDERING VIRTUAL VILLAGE

Virtual Village activity every Monday at the Wandering CRC at 10am. Contact Lee Muller

Mia DAVIES MLA

Leader of The Nationals WA



Northam Office

171 Fitzgerald Street (P0 Box 92) Northam WA 6401 Ph 08 9622 2871 Fax 08 9622 1668

Merredin Office

The Old Town Hall, Mitchell St Merredin WA 6415 Ph 08 9041 1702 Fax 08 9041 2554 Freecall 1800 673 914

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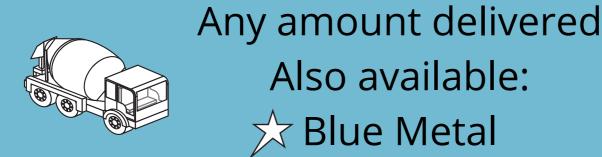
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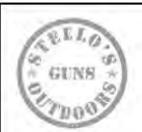
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COMMUNITY CALENDAR

10AM | EVERY MONDAY VIRTUAL VILLAGE ACTIVITY

6PM | FRIDAY 9TH
CHRISTMAS TREE

9AM | SUNDAY 11TH CHRISTMAS MARKETS @ TANGLEFOOT

9AM | TUESDAY 13TH PUMPHREYS CWA MEETING

12PM | WEDNESDAY 14TH
CRC XMAS LUNCH

7PM | THURSDAY 15TH LIONS MEETING

3.30PM | THURSDAY 15TH COUNCIL MEETING

1PM | THURSDAY 15TH WANDERING CWA MEETING

10AM | MONDAY 19TH
KIDS ACTIVITY - GINGERBREAD HOUSE MAKING

