

JUNE 2023

THE WANDERING ECHO



2023 PHOTO COMP ENTRY BY STARR CORNISH

 Wandering
Community Resource Centre
your local connection



WELCOME

To Our Monthly Community Newsletter

NEXT EDITION IS JULY 2023.

ITEMS FOR INCLUSION DUE BY 27TH JUNE 2023

Advertise in the Echo

50 hard copies printed per month
emailed to over 170 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>



Wandering Phone Directory

The Wandering Phone Directory is printed as required due to it being constantly updated. Copies are free and can requested at the CRC or Shire office.

If you need to update your details, please see the team at the CRC or Shire office and we will update them for you.



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



BOOK READ N CRAFT

"Herman Crab"

by

Peter Helliar

Tuesday 13th JUNE

Wandering Community Resource Centre

18 Watts Street

3:00 PM

Cost: \$5.00 P/child

*****Booking Essential for Catering *****

Contact: events@wandering.wa.gov.au

0898841561



Wandering
Community Resource Centre
Your local connection

Canva WORKSHOP

Canva is a free-to-use online graphic design tool. Use it to create social media posts, presentations, posters, videos, logos and more

Wednesday 14th June 2023
10am

\$10 includes morning tea

To book please contact the Wandering CRC
9884 1561 - crc@wandering.wa.gov.au

Wandering
Fair

Saturday 21st

OCTOBER 2023

9am - 3pm

Wandering Community Centre/Town Oval

Live Music CROSSFIRE

HEY PRESTO.....THE MAGICIAN

TAIKO ON DRUMMERS

AMY WILDE REPTILE ADVENTURES

and much more.....

Running in conjunction with the Camp Out Weekend.

CRAFT STALLS
GIFT STALLS
CLOTHING STALLS
HEALTH PRODUCTS
FOOD STALLS
FOOD VANS
KIDS RIDES AND ENTERTAINMENT
FACE PAINTING
HORSE AND CART RIDES
ICE CREAM
COFFEE
SHOWBAGS

WANDERING COMMUNITY GARDEN PLANT SWAP

Bring some cuttings or plants you wish to share
and your best gardening tips.

Tuesday 20th June 2023
10am

\$10 inc morning tea

Wandering Community Garden (next to the CRC)

Please RSVP for catering

9884 1561 crc@wandering.wa.gov.au



PHONE PHOTO WORKSHOP



Learn how to retrieve photos off your phone, storing them, backing up your photos from your phone.

WEDNESDAY 28TH JUNE 2023

10AM - 12PM

\$10 inc morning tea

Bookings essential - 9884 1561

crc@wandering.wa.gov.au



YOU'RE INVITED TO THE WANDERING

CRC PLANNING FORUM #2

After the first evening, we are now ready to continue our planning for the future of the CRC and look at the finer details of the CRC Review.

Your input is needed!

THURSDAY JUNE 29, 2023 | 6:00 PM

WANDERING CRC

LIGHT REFRESHMENTS PROVIDED

PLEASE RSVP ESSENTIAL FOR CATERING

98841561

CRC@WANDERING.WA.GOV.AU



WANDERING

Camp Out Weekend

WANDERING, WA



2023

20TH – 22ND OCTOBER

A weekend for the whole family!

Camping under the stars at the historical Grassdale Farm

Camping – Ag Show – Tours – Fair
Paddock Party Friday & Saturday night
with stage line-up & roving entertainment
Licensed bar

TICKETS: www.trybooking.com/CGERU

**FURTHER
INFORMATION**

E: eowcow@outlook.com

Ph: 0429 961 697

Facebook: [@wanderingcampoutweekend](https://www.facebook.com/@wanderingcampoutweekend)

ENTRIES NOW OPEN

2023 BIG BOYS TOYS



ENTER YOUR TRUCK

be part of the Wandering Camp Out Weekend Ag Show truck display, for your chance to win some cash and prizes!

To register: jotform.com/231432783970056

SATURDAY 21ST OCTOBER

GRASSDALE FARM, WANDERING, WA

FURTHER INFORMATION & REGISTRATIONS

E: eowcow@outlook.com

Ph: 0429 961 697

Facebook: [@wanderingcampoutweekend](https://www.facebook.com/@wanderingcampoutweekend)



WANDERING

Camp Out Weekend

GRASSDALE

Est. 1861

G & K WHITE & FAMILY

AG SHOW

SATURDAY 21st OCTOBER 9AM - 3PM

FARM TO PLATE DISPLAYS PRODUCE
SHEARING, HORSE, MACHINERY DEMOS
DOG JUMPING COMP ANIMAL DISPLAYS
ENTERTAINMENT GALORE!
POULTRY AND HATCHING EGGS FOR SALE



BIG BOYS TOYS
Truck Display

Entries now open!
COLOUR RUN

FREE ENTRY GRASSDALE FARM
99 WANDERING-PINGELLY RD

shuttle bus running to the Wandering Fair

HEAVY VEHICLE PILOT REFRESHER COURSE

HAPPENING SOON IN WANDERING

BOOK YOUR PLACE NOW!

WE NEED 8 PEOPLE REGISTERED TO RUN THIS COURSE!

If you attended a Heavy Vehicle Pilot training course in 2019 or 2020,
your license now needs to be renewed.

This course will run in a couple of weeks with a final date to be advised shortly.

To register your interest please contact the Wandering CRC -
98841561 or crc@wandering.wa.gov.au



**EMPLOYMENT
TRAINING
SOLUTIONS**





Local Business Listings

Have you listed your business or service with us? We'd love to add you to our business listings as we get enquiries at the administration office on a regular basis for various services.

If you are already listed and your details require updating please also get in touch! Please check your listing here:

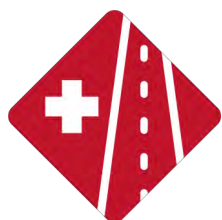
<https://www.wandering.wa.gov.au/discovering-wandering/about-wandering/local-business-operators.aspx>

2023 / 2024 Rates Notices

Rates notices are due to be sent out in July. If you would like to have your notice/s email to you then please email us at reception@wandering.wa.gov.au or phone 6828 1800 and we will update your details.

Click to Save

St John WA's free 30-minute digital first aid course for new drivers.



Getting your L-plates or P-plates is among the best moments in a person's life. However, the freedom of being out on the road comes with a huge responsibility to keep both yourself and others safe. Together, we are building resilience on WA roads with educated drivers who are ready to assist in the event of a road emergency. For more details visit <https://clicktosave.com.au/>

Opening Hours

Shire Office

(including Australia Post agency)
9am to 4.30pm weekdays

CRC (including Department of
Transport agency)

9am to 4pm Monday to Thursday

all closed on public holidays

Transfer Station

Sundays 8am to 4pm
Mondays 8am to 3pm

Waste Collection

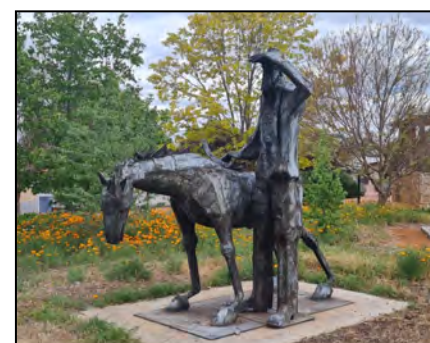
Every Tuesday

Recycling Dates:

6/06/2023
20/06/2023

Ranger

24 hours / 7 days
0459 678 154



Shire of Wandering | 22 Watts Street, Wandering WA 6308 | (08) 6828 1800

www.wandering.wa.gov.au | reception@wandering.wa.gov.au



www.facebook.com/wanderingshire

Wandering Community Resource Centre | 18 Watts Street, Wandering WA 6308 | (08) 6828 1820

crc@wandering.wa.gov.au



www.facebook.com/wanderingcrc



Council Meeting Dates 2023

- 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

Meetings commence at 3.30pm, public are welcome to attend.

Shire Chambers, 22 Watts Street Wandering. Please arrive at reception by 3.15pm and submit questions at least 24 hours prior to the meeting.

Could Your Organisation Benefit From Some Financial Assistance?

The Shire's Community Financial Assistance Grants Program commences on 1 July and closes on 31 July.

There are two categories available:

Minor Community Grants (up to \$2,000) eg minor building construction, maintenance or repair, equipment purchases or hire, events or functions, relief from Council fees and charges etc.

Major Community Grants (\$2000+) eg building purchase or construction, purchase of equipment, ground-works etc.

All applications shall be made on the appropriate forms which can be found on the Shire website www.wandering.wa.gov.au

Council Meeting Notes

At the Council Meeting held 18 May 2023 the following was discussed:

- Proposed Verandah at the Wandering Community Centre
- Shire of Wandering Policy Manual Review
- Delegations Manual – Update of Employee Title
- Financial Reports and Accounts for Payment
- 2022/2023 Budget Amendment-Wandering Fire Station Extensions
- Councillor Sitting Fees 2023/24
- Bush Fire Advisory Committee AGM March 2023
- New Shire Policies Level of Service Grading Activities and Road Hierarchy / Maintenance Standards
- Application for Development Transportable Dwelling – 5 Humes Way



Shire of Wandering Elected Members

Elected Members Contact Details

Cr Ian Turton (President) 0428 876 033

Cr Paul Treasure (Deputy President) 0428 506 553

Cr Gillian Hansen 0488 911 902

Cr Sheryl Little 0414 586 893

Cr Graeme Parsons 0428 876 631

Cr Max Watts 0428 841 069

<https://www.wandering.wa.gov.au/council/councillors.aspx>

Restoration Works at Pumphreys Bridge

The Peel Harvey Catchment Council recently met with the Shire and outlined their plans to continue to work with the Shire and the Community to restore the riverbank at Pumphrey's Bridge.

Students from Wandering Primary School at the planting day held last year



Extension to Fire Shed

- Wandering Fire Station upgrade is near completion. This will give the Wandering Brigade an office, training room, toilets and a kitchen for our current and future volunteers.



Works Update

- With rains upcoming winter grading has started and will continue over the next few months, please contact the Shire if your road needs attention.
- Road construction on the Moramocking Blackspot has been completed
- York-Williams Road and North Wandering Road upgrades has been completed this year in our construction program.
- Work is still ongoing along Kubbine Road with culvert clean out and the back slopes graded down and carted away to clear the shoulder edge for better maintenance and for table drain installation.
- Roadside vegetation works will recommence in the winter months due to the potential fire risk during summer.
- Tanks behind the machinery shed have been installed. These tanks will collect rainwater which will be used in the public toilets on the main street.
- 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> or contact the Shire on 6828 1800

You can also use the camera on your phone to scan the QR Code



Wandering's Cuppa for Cancer

The Wandering Crafters held the first Cuppa for Cancer Day in a long time. The community came together at the Wandering Community Centre on Wednesday 10th May. Co-ordinated by Linda Barge and Jane Bowen. "Our goal in the beginning was to raise \$1000," Linda said. "We soon achieved and exceeded it, so we raised the bar a bit higher to \$4,000. Through the Wandering Tavern, we raised over \$2000 through Charlie's brilliant idea of the bubble wrap roll and her and Janet's generosity providing a sausage sizzle with all proceeds going towards our goal. We've now raised over \$6000, which is amazing for such a small town."

At the community centre, a variety of soup, sweets and savouries were on offer while people enjoyed a chat and a cuppa in the cosy hall. "We started this journey back in March, kicking it off with the very successful bubble wrap roll." Jane said.



Darralyn's famous scones were a treat



Linda Barge and Jane Bowen



Wandering Primary School students



Dirk Christ and Filicity Lowrie

Wandering Primary School students delighted the crowd with a performance of "In a Little Wheatbelt Town". The song celebrates life in Wandering and was written three years ago by Dirk Christ. The school children sang, clapped and did actions to the song after they gave donations and enjoyed some sweet treats.



Lee Muller

At the conclusion of the song, a surprise presentation took place, with retired Education Assistant, Lee Muller receiving a special letter of commendation and a silver medal for her 20 years of service, presented to her by Principal Meryl. "It was a pleasure to have worked for the school for so long." Lee said.

A bus of Boddington residents attended the day with long time past resident of Wandering, June Woolfitt being one of them. The locals were so pleased to see her and have a catch up. A range of local crafts, plants and preserves were on sale and a raffle featuring 16 donated prizes was held. All winners have been notified and prizes delivered.



Sharon Lemmers buying a raffle ticket on sale.



Local produce and craft was



An array of teapots was the table decor.



Sweet treats.

By the end of the day another \$2000 was added to the funds previously raised. Jane is looking forward to doing it all again in 2024. "It's been terrific and I can't wait until next year. It was totally nerve racking and we couldn't have done it without all the help given on the day and the months of preparing for this day. A huge thank you to all our helpers and supporters. Very much appreciated for every little bit. Also a thank you to Riverside Roadhouse for their donation of buns to go with the soup and gravy lamb.



Lucy Jones, Jane Bowen and Linda Barge with new found friend Wim who has been staying at the caravan park and may be a beneficiary of the Cancer Council's support.



The array of raffle prizes



Cosy fires

Thank you Wandering



Wandering CWA

As the cooler weather finally begins to settle in, it's the perfect time to get into the kitchen and create something delicious, be it a heart-warming soup or a sweet dessert to finish off the day. You simply can't go past some of the fantastic recipes found in The CWA Cookery Book and Household Hints or some of the delightful treats from The Ultimate Scone Cookbook.

If your copy of the much-loved recipe book could do with an update or you'd like to try out one of the many fabulous versions of the humble scone, contact the Wandering CWA branch to purchase your copy (they make awesome presents too!)



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 Leanne (0417 097 149) for further info

Next meeting of the Wandering CWA

Wednesday 21 June 2023

10am meeting including morning tea

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



There are some people in life
that make you laugh a little louder,
smile a little bigger
and live just a little bit better.

Find us on 
Wandering CWA

Landcare matters

Hotham-Williams sub-catchment update



PHCC Working Together
Peel-Harvey Catchment Council

Edition 76
June 2023



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.



Green Card Training

Thank you to the 14 community members, landholders and PHCC staff who recently attended Green Card training in Boddington to learn skills to apply biosecurity hygiene when working in natural areas. Phytophthora dieback is one of the threats discussed in the course that can have a devastating impact to bushland areas by reducing biodiversity, food and shelter for native fauna.

The practical component of the training involved effectively washing down and inspecting a vehicle to ensure that weed seeds and pathogens such as dieback are not being transported into sensitive bushland areas. Thank you to Joe and Josh from Terratree for travelling to Boddington to deliver the course and the Boddington Shire for allowing us to use their depot for the wash down demonstration.



Green Card Training in Boddington



Vehicle wash down to remove soil and weed seeds

Birds On Farms Relunched

Back from a 25 year hiatus BirdLife Australia's Birds on Farms project has re-launched in WA!

In 1995 Birds Australia inaugurated the Birds on Farms project, aiming to answer important questions about bird distribution, population health and habitat use on private rural land.

Over a two-year period, 110 farms were surveyed in WA by 138 volunteers, recording a total of 179 bird species. Now, after 25 years the Birds on Farms Project is being relaunched to build upon the successes of the original 1990s Project.

The Project aims to engage with landholders and birdwatchers particularly in the WA wheatbelt to identify bird species, their behaviour, ecology, and habitat use.

Surveys are done seasonally at 2 ha sites within farms, with the help of experienced birdwatchers and interested landholders.

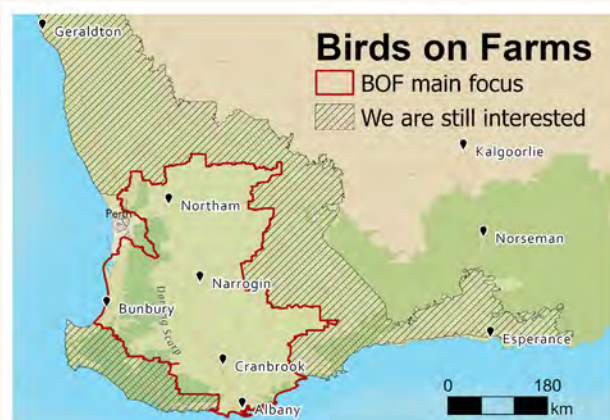


Image: BirdLife Australia

If this sounds like something you'd like to be involved in register your interest for the project here: <https://arcg.is/iHy90>

PHCC will be hosting a Birds on Farms Workshop on the 9th June in Boddington.

For more information and to secure your place visit: <https://peel-harvey.org.au/events/birds-on-farms-workshop/>

Landcare matters

Hotham-Williams sub-catchment update

HRNR 3-Old weir_P. Narducci

Lost River?

Many of you would follow one or more of the 'Lost' pages, which share breadcrumb trails about places and people in the past that live on in photo albums and peoples' memories.

Some of the photos you see here are from the Lost Pingelly Facebook page, reminiscing about the weir (now in ruins) on the Hotham River where it flows past the Hotham River Nature Reserve. Just 8km south of Pingelly, it was the site of the original town water supply and there was a pool nearby that was often used by locals for swimming, picnics and other gatherings.

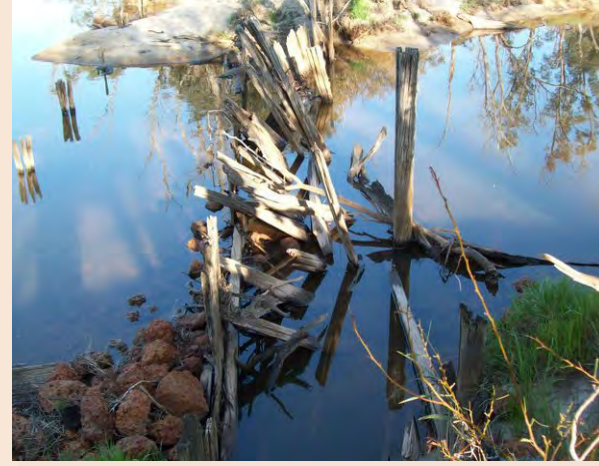
The Hotham River at this location is one of the eight restoration sites we have been telling you about, which are all part of the Hotham-Williams River Action Plan (RAP).

The channel of the Hotham River here is wide in parts, transitioning to a highly active meandering form, with eroding and retreating banks and considerable sediment deposition. Riparian vegetation has been impacted by the highly saline water and is dominated by scattered trees and exotic ground covers. Salt-loving samphires have provided some stability and habitat by colonising the bed and banks. Also the gorgeous ruby saltbush (pictured).

The Hotham-Williams River Action Plan is a long term project and although this site is not in our initial priority projects, eventually as funding is available, our intention is to carry out weed control, revegetation and bank stabilisation as well as coordination of protective fencing with the neighbouring properties.

Although not what it once was, the Hotham River still provides a picnic spot during a visit to the Nature Reserve, particularly during the shoulder seasons of 'first dew' and 'flowering'.

Photos of the weir have been taken by Peter Narducci.



HRNR 3-Old weir. Image: P. Narducci



HRNR-Old weir. Image: P. Narducci



Ruby Saltbush

Events...

Birds on Farms

Join us for an afternoon full of information about the re-launched Birds on Farms project

9 June 2023 at 2.00pm

Registration essential

Visit <https://peel-harvey.org.au/events/birds-on-farms-workshop/>

Wandering's New Resident

Kenny
the echidna



Kenny has been spotted close to town.
Please be vigilant when driving on our roads
and when walking your dogs.



Golf

can help you stay on your feet®



Balance

Balance keeps you upright while you shift your weight during a swing.



Strength

Strength around the core, hips, pelvis and lower back are essential for an effective swing.



Power

During the fast movement of a swing your muscles generate power, this keeps your muscles strong and able to move quickly.



Flexibility

Flexibility around the mid-section, shoulders and hips is vital for twisting your body during a swing.



Coordination

Golf uses hand-eye coordination and coordination of the lower and upper body by shifting body weight and rotating the trunk through the swing.

“

I love the friendship of fellow golfers who are like-minded and young at heart. It is a sport that involves walking in very pleasant surroundings, and the exercise is helping both my mental and physical health. Golf is a sport that can be continued well into mature age and is such that on occasions anyone can have moments of brilliance. It is never too late to start, and a great way to enjoy the outdoors, socialise and keep active.

Jenny, 76, Tapping

Partner:



Department of Health



CREATING OPPORTUNITIES
LEARN • PLAY • GROW



Move Your Body to stay on your feet®



Balance

Balance is our ability to stay upright and stationary when standing still and in control during movements. Balance occurs unconsciously and helps us with activities, like walking and going down stairs. We can improve our balance with thirty minutes of physical activity that challenges our balance most days.



Strength

Strength training is when we do exercises against resistance, perhaps with a weight or resistance band, or just using our own body weight. Strong muscles help protect our joints and bones, and also protect us from injury. As we get older our muscles naturally lose some of their size and bulk, but doing strength training 2-3 times per week can slow this process down.



Endurance

Endurance or aerobic exercises increase your heart rate and breathing for an extended period of time, which supports a healthy heart. A healthy heart can help us maintain lower blood pressure, cholesterol and promote a healthy weight.



Agility

Being agile allows us to stop, start and change direction quickly. This is important to avoid an unexpected obstacle in our path or catch ourselves if we trip. As we get older changes to our body can slow our reaction time however exercises that focus on strength, balance and coordination can improve our agility.



Power

Power is when our muscles work forcefully and as quickly as possible. Powerful muscles help us to stand up quickly, lift a heavy object and catch our self if we fall. Our muscles ability to produce power reduces as we get older however exercises that incorporate power such as jumping or weight training can reduce this.



Flexibility

Flexibility is when our muscles can easily stretch and our joints move well. This allows us to move, turn and bend, as well as stretch to reach things when we need them. The less we move, the less flexible we become, so moving our body through its full range of motions twice a week helps us stay flexible and prevents injuries.



Coordination

Coordination is when we use our arms and legs together in an efficient pattern. Coordination is needed to do everyday things like getting out of a car or stepping over objects in our way. We can improve our coordination by taking part in activities that challenge our coordination.



Cognition

Cognition is how our brain receives and uses information. This can be affected by a variety of health issues such as dementia. Staying active and upright uses different parts of our thinking and memory, so keeping a healthy mind can help prevent falls. We can keep our brain healthy with tasks that involve thinking or multitasking such as physical activity.

To find out more about how you can stay on your feet®
visit www.stayonyourfeet.com.au or phone 1300 30 35 40

It is advised that activities are performed with proper supervision and a sufficient assessment is completed by your doctor or health care professional prior to undertaking activity.



Wandering Lions Club

President: Peter Warburton 0429 366 617

Secretary: Stephen Bullock 0428 251 979

Treasurer: Sheryl Little: 0414 586 893



Lions Hard at Planning over Dinner.

CHANGEOVER NIGHT

Wandering Lions will share our changeover vent with our close Lion cousins in Boddington on the 10th of June.

Changeover is a more formal evening where new office bearers are installed for the coming year. It has been traditional to share these occasions with Boddington to build consolidation and fellowship. After the formalities the frivolities and the jesting begins.

This occasion allows both clubs to present a report of their year's activities. We proudly list our community sponsorships and support. Lions also support Lions research institutions and many Australian Lions support groups.



DID YOU KNOW?

- ◆ The Wandering Lions meet on the 2nd Thursday of each month at the Wandering Tavern. Dinner from 6.30pm and the meeting commencing at 7pm.
- ◆ Members of the Wandering Lions come from all walks of life—we have Farmers, Truck Drivers, Mine Workers and Retirees.
- ◆ That the Lions Moto is “We Serve”- we are here for the good and benefit of the community.
- ◆ That there are over 48,000 Lions Clubs all over the world?



BATTERY DRIVE

Do you have any unused and dead vehicle and machinery batteries lying around? The Wandering Lions are currently undertaking a battery drive. Send us a message via our Facebook page or get in touch with one of our awesome Members to arrange collection.



Wandering Lions have pods for eligible containers for change at the Wandering Tavern and Rubbish Tip. All donations are accepted.

Wandering Lions have once again been involved in a busy autumn and now as we move into the quieter winter months, there is all the planning as our involvement in upcoming community events approach.

Lions are always appreciative of the space provided by the tavern so our regular second Thursday dinner meeting can be held and much business there to be discussed.

Check out our Facebook page at: [Lions Club Of Wandering | Facebook](#)



Worsley Alumina

Worsley Community Update - Boddington

CONTINUING OPERATIONS

28
JUNE
2023

5.30-6.30PM

BODDINGTON COMMUNITY CLUB,
CLUB DRIVE, BODDINGTON

Please join us for an information evening with our team on an update on our operations.

RSVP:

E: worsleycommunity@south32.net

P: Monica 9734 9636

HOW MUCH SUGAR IS IN YOUR DRINK?

Sugary drinks can rot our teeth and they contribute to weight gain and being above a healthy weight, which increases the risk of heart disease, type 2 diabetes, fatty liver disease and 13 types of cancer.



= 4 grams of sugar

Partner:



Government of Western Australia
Department of Health



livelighter.com.au



WARRIOR WELLBEING ARTICLE

Understanding Anxiety

BY THE REGIONAL MEN'S HEALTH INITIATIVE
June 2023

Anxiety is an umbrella term for feelings of fear, nervousness, apprehensiveness or worry such as negative thoughts and seeing potential threats where they don't exist. Everybody gets anxious at times and some anxiety helps us to function well. But anxiety can become a problem when:

- It happens too often;
- It goes on for a long time;
- It stops us from doing things that we want to do.

Symptoms can be *psychological* (frequently feeling worried, tired, irritable and weepy with difficulty concentrating) and/or *physical* (including rapid breathing, rising blood pressure and pounding heart, a sense of restlessness or feeling on edge, muscle tension, sleep disturbance and nausea/sickness).



There is no single cause for anxiety but there are several factors that may contribute to its development:

- **Brain Chemistry** - most strongly implicated here are imbalances of serotonin and dopamine that regulate thought and feeling - makes for feeling depressed and anxious;
- **Heredity** - anxiety disorders run in families. Children are at higher risk if parents have an anxiety disorder;
- **Life Experiences** - any distressing or traumatic experience may be grounds for developing anxiety. Exhaustion and certain medications can also be triggers for anxiety;
- **Drug Use** - stimulant drugs like amphetamines and caffeine can trigger anxiety. Prolonged amphetamine use can cause feelings of panic and anxiety that last for years after the drug is stopped.

Some tips that may help you deal with your anxiety include:

- Self-awareness - identify the symptoms early. Ask yourself *what is making me feel this way?* You may be able to change the *anxiety-making circumstances* but if not, you can deal with it better if you acknowledge it;
- Interpret it positively - anxious about a situation? Instead of viewing it as threatening put a positive interpretation which will reduce the anxiety to a more manageable level;
- A little anxiety is a good thing - too much is damaging but too little can mean you may not perform to your best ability. View anxiety as a resource you can manage;
- Diet - the gut flora can get out of balance i.e. use more probiotics and omega-3 foods. Research has shown maintaining a balanced diet can reduce anxiety symptoms;
- Exercise - boosts levels of vital brain chemicals like serotonin, dopamine and norepinephrine that may reduce stress and anxiety;
- Relaxation and meditation programs – can help reduce stress, anxiety and depression. You can find many resources for these online; i.e. progressive muscle relaxation;
- Therapy - there are some good programs that are offered by psychologists and counsellors that help to re-program those unhelpful and negative ways of thinking that underpins anxiety.

Situations, or life events, can come from many places including relationship issues, financial burden, physical health, trauma, or just dealing with difficult times (like seasonal conditions). As these situations develop, we need to take steps to reduce anxiety for ourselves and for those close to us. Remember... *before it all gets too much... Talk to a Mate®!*

 @RMHI_4blokes

 Working with Warriors Podcast

 regionalmenshealth.com.au

Birds on Farms Workshop



Join us for an afternoon
full of information about
the re-launched
Birds on Farms project



Guest speaker: Ines Pereda – Birdlife's Birds on Farms Coordinator.

- Hear about the importance of birds on your farm and as indicators of ecosystem health.
- Learn how to undertake 20 min bird surveys & habitat assessments with a practical session at a nearby farm (own transport required)
- Receive FREE Black Cockatoo friendly seedlings to take home and plant on your land
- Win a copy of Simon Cherriman's book "Hollowed Out"

What to bring

- Suitable outdoor footwear, wet weather gear (pending), binoculars (if you have them)

Friday
9 June 2023
afternoon tea supplied

2pm – 5pm
2 - 3:30pm Boddington CRC
4 - 5pm farm session

Boddington CRC (Gallery
Room) 20 Bannister Road,
Boddington



natural resource
management program



Registration essential by June 5:

<https://peel-harvey.org.au/events/birds-on-farms-workshop/>

For more information contact Megan LeRoy

P: 6369 8800 or E: megan.leroy@peel-harvey.org.au

This event is supported by PHCC through funding from the Australian Government



REGIONAL COLUMN

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

18 May 2023

With Senior Regional Officer for the South West, Annetta Bellingeri

Keep your wits when buying tickets

Live sport and music lovers will be spoilt for choice in the coming months, as Western Australia gets set to host to a slew of major international events.

Competition for tickets to the likes of the FIFA Women's World Cup, Coldplay and P!NK has been fierce, so it's never been more important for WA consumers to stay on the ball when trying to secure their own seat or spot.

We have no doubt ticket scalpers and scammers will come crawling out of the woodwork to offer tickets on resale sites or online classifieds that either don't exist or are at illegally inflated prices.

That's why your safest option is to always buy tickets through the authorised ticketing agent, or via its authorised resale site if you miss out.

Before snapping up tickets to any event, it's important to check whether they come with a 'resale restriction.' If they do, it means you cannot sell them for more than a 10 per cent mark-up and you may have issues transferring them into a different name should you no longer be able to attend.

When advertising tickets with resale restrictions, resellers must also remember to include the original ticket cost (including booking fees) and details of the seat row and number.

Event goers can rest assured that when major concerts or sporting competitions are advertised, our compliance officers proactively monitor resale sites and online classifieds for fake tickets and to ensure genuine resale tickets comply with the legislation, in addition to investigating complaints about misconduct.

Following one such investigation earlier this year, Consumer Protection issued five \$2000 infringement notices to scalpers who illegally advertised tickets to the Ultimate Fighting Championship (UFC 284) event for up to 430 per cent more than they originally paid for them.

We want consumers to help us stop ticket scalpers and scammers in their tracks. The first thing to do if you've bought a ticket that doesn't comply with the law is to ask for a refund from the supplier or individual seller. Failing this, you may be able to seek a chargeback from your bank if you paid by credit card.

If you spot resale tickets exceeding 10 per cent mark-up, or believe you've seen fake tickets, contact Consumer Protection on 1300 30 40 54 or consumer@dmirs.wa.gov.au



REGIONAL COLUMN

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

24 May 2023

With Senior Regional Officer for the South West, Annetta Bellingeri

Speak up about substandard rentals

Western Australia's rental market has never been tighter, but it doesn't mean tenants should accept living in homes that are falling into disrepair, have mould or electrical safety issues.

So far this year, Consumer Protection has received 367 enquiries and 32 complaints about rental repair and maintenance issues, but we suspect these figures are only a small proportion of the actual number of tenants experiencing such problems currently.

Due to the low vacancy rates, we are concerned some tenants may feel trapped in substandard properties and afraid to voice their concerns out of fear of being unable to find another place to live.

While we understand these anxieties, we still urge tenants to learn about their rights or contact us so that we may try to help them resolve the problems.

Landlords are duty-bound to promptly attend to any maintenance or repair issues, as well as to provide a safe and healthy environment for their tenants.

We are concerned to see electrical hazards listed among some of the issues reported to us. If tenants experience any shocks, tingles or other serious electrical safety issues in their rental home, they should immediately contact their network operator (likely either Western Power or Horizon Power) before alerting their landlord, property manager or other government agencies like Consumer Protection or Building and Energy.

Harmful black mould is another health hazard to watch-out for, particularly as we head into the wetter months. A landlord could be in breach of a rental agreement if mould develops due to a lack of maintenance or repairs, while a tenant could be in breach if they fail to keep the property reasonably clean, dry and well ventilated.

Tenants facing repair or maintenance issues that could cause them harm or undue hardship are reminded they can breach the landlord for failing to carry out [urgent or essential repairs](#). If the matter goes to court, tenants may be released from their rental contract obligations and even be awarded compensation.



Tenants who believe their landlord or agent has failed to initiate repairs or maintenance within a reasonable timeframe are urged to contact Consumer Protection on consumer@dmirs.wa.gov.au or by calling 1300 30 40 54.

RICK WILSON MP

FEDERAL MEMBER FOR O'CONNOR

Working hard for Wandering



 345 Hannan Street (PO Box 10415), Kalgoorlie WA 6430  9021 2044

 rick.wilson.mp@aph.gov.au  rickwilson.com.au  RickWilsonMP



Mia DAVIES MLA

Leader of The Nationals WA

CENTRAL WHEATBELT

*Matters
to me*



Northam Office

171 Fitzgerald Street
(PO 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

mia.davies@mp.wa.gov.au

www.miadavies.com.au

 MiaDaviesMLA

 facebook.com/MiaDaviesMLA

THE NATIONALS *for Regional WA*

Authorised by M.Davies, Northam Boulevard Shopping Centre, Fitzgerald Street, Northam.

The Cost of Living Rebate Scheme is an annual payment introduced by the Government of Western Australia to help WA Seniors Card members with rising living expenses. Payments are made in late July each year.

Important information

WA Seniors Card members who have not previously applied must ensure that their application is received by the WA Seniors Card Centre by **31 May** to be eligible for that year's payment. If you have received the Cost of Living Rebate payment in a previous year and your bank details have not changed, you do not need to reapply as you will be paid automatically.

Previously inactive members who have had their WA Seniors Card reinstated must reapply for the rebate. Registration for payments will not be reinstated automatically.

It is important that you advise the WA Seniors Card Centre in writing if your address or bank account details have changed to ensure payments can still be made. If your bank details are not valid by **31 May** and you do not advise us of your correct bank details, payment for the Cost of Living Rebate cannot be made.

Please complete the form overleaf, ensuring:

- 1. Each WA Seniors Card member completes a separate application form, including partners.**
- 2. Your contact details are completed.**
- 3. Your Partner's details are provided if they also have a WA Seniors Card and they live with you.**
 - If only one of you is a WA Seniors Card member and registered, you will be paid the single rate. If both of you are registered and living in the same household, you will receive the couple's rate.
 - Where couples nominate two different bank accounts, payment will be split between the accounts.
 - Each member of a couple must apply for the Cost of Living Rebate on separate forms.
- 4. All bank details are provided.**
 - You can find your BSB and account number on your account statement issued by your financial institution. If unsure please check with your bank.
 - Do not enter your 16 digit debit or credit card number.
 - The **Account held in the name(s)** is the name of the account holder, for example, 'John and Jane Citizen'.
 - Payments will only be made to the account in the name of the applicant except in the following circumstances:
 - » Applicants partner (if they hold a current WA Seniors Card).
 - » An Enduring Power of Attorney, Guardian or otherwise (where evidence has been provided).
 - Payment will only be made into accounts with a bank, building society, cooperative or similar financial institution in Australia.
 - Strict procedures are in place to ensure your bank details are kept safe and secure.
- 5. The form is signed and dated.**

A full set of terms and conditions is available at www.seniorcard.wa.gov.au

You can contact the WA Seniors Card Centre on **1800 671 233** or email info@seniorcard.wa.gov.au

1. Your details

WA Seniors Card Number

Name

First name(s)

Surname

Date of Birth

DOB

Residential Address

Address

Suburb

Postcode

Postal Address

(if different from above)

Postal address

Suburb

Postcode

Contacts

Home telephone

Mobile

Email

For security purposes, please provide a current copy of one of the following documents to confirm your identity:

• Australian Passport • Centrelink or DVA Card • WA Driver's Licence • Medicare Card



Attach
copy of ID

2. Do you have a partner who lives at your address? If so,

Partners name

Partner's WA Seniors Card Number

3. Bank details

Complete all details. Please contact your bank to seek assistance if required. Business accounts, trusts or accounts in former names are not accepted.

Branch number

Account

Name of Account Holder(s)

As it appears on your bank statement eg. John and Jane Citizen. Without any title (no 'Mr' or 'Mrs').

4. Declaration signature

- I declare that the information I have provided is true and correct.
- The Department of Communities can make relevant enquiries to ensure I receive the correct entitlements.
- I understand I must advise the WA Seniors Card Centre of any change in my personal circumstances that may affect my ongoing eligibility for the WA Seniors Card or Cost of Living Rebate.
- I understand and agree to the Terms and Conditions of the WA Seniors Card.

Signature of applicant:

Date:



Sign and
Date

Submit application

Apply by mail

Please post this form with a photocopy of your ID to:

**WA Seniors Card Centre
Locked Bag 3
Perth Business Centre WA 6849**



Apply by email

Please email this form with a copy of your ID to:

info@seniorcard.wa.gov.au



Apply online

Complete your application using your online account:

www.seniorcard.wa.gov.au





WANDERING

HVAC

AIR CONDITIONING—REFRIGERATION—ELECTRICAL

WD.HVAC@OUTLOOK.COM

Chris - 0457 888 606

SUPPLY—INSTALLATION—SERVICING & MAINTENANCE

Split Systems—Ducted Air Conditioning—Evaporative

Cool Rooms—Fridges—Ventilation

Air Conditioning & Cool Room hygiene cleans and servicing

All Electrical installations, Repairs & Maintenance

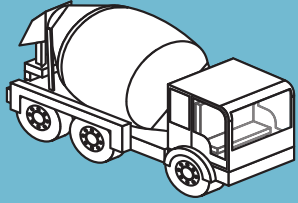
Solar Powered Air Conditioning, Solar powered Hot water

Solar powered pool pumps

Servicing Wandering and all surrounding areas

CONCRETE MIXING & SUPPLY

Any amount delivered



Also available:



★ Blue Metal

★ Narrow access Bobcat

also with hole augur available

★ Grano available or DIP with our gear

Phone Andrew 0428 841 015 or 9884 1015
andrew.carstairs@bigpond.com

KEITH THE MAINTENANCE MAN

Pty Ltd

GENERAL BUILDING & MAINTENANCE

PATIOS — VERANDAHS — SHEDS — FENCING
GATES — WINDOWS FITTED — DOORS HUNG

ASBESTOS REMOVAL

also TRAILER HIRE

Pingelly, Brookton, Wandering, Wickepin and surrounding areas.

Phone/Fax 9887 0008

Keith 0417 958 141



WANDERING FIREARMS & FIREWOOD



Trade in's, Reloading Gear

New & Used Firearms & Ammo

Firewood to keep you warm through winter

Vern Kealley Mobile - 0427 880 671



Bevan Steele & Heidi Melia

STEELO'S GUNS AND OUTDOORS

17 - 19 Egerton Street, Narrogin 6312

Phone (08) 9881 2455 Fax (08) 9881 3361

steelosgunsandoutdoors.com.au

steelosgunsandoutdoors@bigpond.com

DL 9994013



Wide Span Sheds
No Compromise Steel Building Solutions

**SERVICING WANDERING,
BODDINGTON & SURROUNDS**



Call Mel Browne **0417 924 836**



qualitysheds@bigpond.com.au

COMMUNITY GROUPS

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.

EMPOWERED NATIONS CHURCH

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

Check this month's Wandering CWA page in this edition of the Echo for the next meeting date – we meet at the Wandering CWA Rooms on Watts Street.
President – Jacquie Cornish 0407 241 004 Secretary – Leanne Rose 0417 097 149

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

WANDERING VIRTUAL VILLAGE

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

COMMUNITY CALENDAR

JUNE 2023

MONDAY 5TH
PUBLIC HOLIDAY

7PM | THURSDAY 8TH
LIONS MEETING

9AM | TUESDAY 13TH
PUMPHREYS CWA MEETING

10AM | WEDNESDAY 14TH
CANVA WORKSHOP

3.30PM | THURSDAY 15TH
COUNCIL MEETING

10AM | TUESDAY 20TH
PLANT SWAP

10AM | WEDNESDAY 21ST
WANDERING CWA MEETING

10AM | WEDNESDAY 28TH
PHONE PHOTO WORKSHOP

6PM | THURSDAY 29TH
CRC PLANNING FORUM #2

WEEKLY ACTIVITIES

AT THE CRC

MONDAY - VIRTUAL VILLAGE - 10AM - 12PM

THURSDAY - CRAFT GROUP - 10AM - 12PM