

NOVEMBER 2022

THE WANDERING ECHO



WELCOME

To Our Monthly Community Newsletter

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

The deadline for submissions is 9AM MONDAY 28TH NOVEMBER.

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>



From the Deputy Shire President

On behalf of the Shire of Wandering I would like to take the opportunity of send out a huge congratulations to the Committees and the huge legion to Volunteers that helped put together and run the 2022 WCoW and Annual Fair.

It was fantastic to see such a huge turnout for these events with families and people “wandering” our town and amenities and enjoying all the events and displays.

Both events worked in together seamlessly to create a vibrant entertaining weekend. The format worked very well and helped showcase our community to a massive audience.

We applaud your ongoing collective efforts and look forward to assisting both committees where needed in 2023. Well done.

It was a stunning event.

Paul Treasure
Deputy Shire President



SECOND FIRE TRUCK GETS DELIVERED TO WANDERING FROM SOUTH 32





2022 Wandering Fair



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



Wandering Lions Club



The big weekend!

Congratulations to those who organised the events of the Campout weekend as there was once again a great opportunity to showcase our locality and community.

Lions were once again proud to be involved in the workings of the Campout and Fair weekend.

One of the attractions at the Fair ground was the presence and patronage of the Lions Cancer Screening Bus. The screening tasks, record keeping and driving, of the bus are carried out entirely by volunteers and strongly supported by Lions in general. Wandering Lions are keen financial contributors to the screening bus overheads.

An exercise such as this produces interesting statistics which Lions are able to share. There were 42 local clients booked into 70 available time slots. By the end of the screening period all available time slots were filled by walk in patrons and an additional 26 were accommodated meaning 96 people were able to partake.

There were 62 females and 34 males. There were 5 people referred. 15 lesions were discovered, 2 being threatening. It is carefully noted that all lesions are only suspect until proven otherwise by further investigation.

55 clients had not been checked for over 12 months and 27 had never been checked.

From Wandering the screening bus had another fully booked next day at Boddington.

For those who took advantage of the screening, well done. And a great thank you to the volunteer specialist doctors.

Wandering History Group Meeting

2pm

Monday 28th November 2022 @ the CRC

All welcome!



Thank You

From the Wandering Playgroup

An enormous thank you to everyone who came and supported our hamburgerS at the Wandering Fair (Saturday of WCOW) recently!

We were overwhelmed by the support we received and were certainly kept very busy!

A massive thank you to our volunteers who helped out during the day and prep the night before it was your help that made all the difference!

A massive thank you also goes to the businesses where we got everything from so a shout out to South32 for your generous donation, the Wandering Tavern for your help and Narrogin Fresh

THANK YOU!

THANK
YOU





Wandering CWA

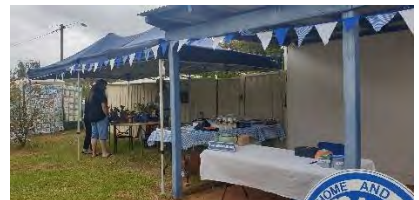
Wandering Fair

An enormous THANK YOU to everyone that visited us
at the CWA Rooms as part of the Wandering Fair
(and on the Saturday of WCOW) recently!

We were very lucky with the weather, and we were certainly kept busy
serving our Devonshire Teas and selling plants and baked goods galore,
and our "Quilts on the Fence" display livened up the yard.

A huge thank you to all our volunteers
that helped us on the day too, you made all the difference!

A big thank you also to Audika
who came along again and provided free hearing tests.



Next meeting of the Wandering CWA



**PLEASE NOTE CHANGE OF MEETING DAY FOR THIS MONTH
to Thursday 17 November**

1pm meeting with afternoon tea to follow. Everyone welcome!

Find us on 
Wandering CWA

Wandering Australia Day Celebration 2023

Community Breakfast
7am

Thursday 26th January 2022
Wandering Community Centre

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

Reflect. Respect. Celebrate.



New Ways November 2022

MONDAY



TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

1 Make a list of new things you want to do this month

2 Respond to a difficult situation in a different way

3 Get outside and observe the changes in nature around you

4 Sign up to join a new course, activity or online community

5 Change your normal routine today and notice how you feel

6 Try out a new way of being physically active

7 Be creative. Cook, draw, write, paint, make or inspire

8 Plan a new activity or idea you want to try out this week

9 When you feel you can't do something, add the word "yet"

10 Be curious. Learn about a new topic or an inspiring idea

11 Choose a different route and see what you notice on the way

12 Find out something new about someone you care about

13 Do something playful outdoors - walk, run, explore, relax

14 Find a new way to help or support a cause you care about

15 Build on new ideas by thinking "Yes, and what if..."

16 Look at life through someone else's eyes and see their perspective

17 Try a new way to practice self-care and be kind to yourself

18 Connect with someone from a different generation

19 Broaden your perspective: read a different paper, magazine or site

20 Make a meal using a recipe or ingredient you've not tried before

21 Learn a new skill from a friend or share one of yours with them

22 Find a new way to tell someone you appreciate them

23 Set aside a regular time to pursue an activity you love

24 Share with a friend something helpful you learned recently

25 Use one of your strengths in a new or creative way

26 Try out a different radio station or new TV show

27 Join a friend doing their hobby and find out why they love it

28 Discover your artistic side. Design a friendly greeting card

29 Enjoy new music today. Play, sing, dance or listen

30 Look for new reasons to be hopeful, even in tough times





Council Corner

COUNCIL MEETING DATES – 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

Shire Opening Hours

9:00am - 4.30pm

Weekdays

(closed Public Holidays)

Department of

Transport closes at

4pm

(CRC Building)

Next Council Meeting

17 November 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

8/11/2022

22/11/2022

6/12/2022

20/02/2022



COUNCIL MEETING NOTES

At Council's Ordinary Meeting held on 20 October 2022, the following matters were listed on the agenda:

- Council Meeting Dates 2023
- Request to Waive Fees
- Policy Manual Review
- 2022/23 Annual Budget
- Existing Outbuilding and Water Tank

To view the minutes of this meeting go to the Shire Website www.wandering.wa.gov.au

RESTRICTED BURNING PERIOD

Please be advised that the restricted burning period is now in place. Please contact your local Brigade Captain if you wish to be issued a permit to burn.

Wandering Town - Shaun Brand 0429 433 452

Wandering Town 2 - Graham Treasure 0427 841 083

Wandering - Tim Treasure 0458 653 521

Codjototone - Peter Monk 0429 887 725

Hastings - Anthony Turton 0428 876 042

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



WANDERING CAMP OUT AND FAIR

Congratulations to the Wandering Campout Out and Wandering Fair Committees as well as all the volunteers that helped make the weekend such a success! It was great to see so many people visit our town and there was plenty of positive feedback—bring on next year!

2022 / 2023 RATES NOTICES

Rates notices have now been issued. Thank you for your patience with the delay in the issuing of notices for this financial year.

Due dates are as follows:

Option 1- One Payment (with early payment discount) due by 16 November 2022.

Option 2- One Payment (without early payment discount) due by 30 November 2022.

Option 3- Two (2) instalments due on 30 November 2022 and 30 January 2023.

Option 4-Four (4) instalments due on 30 November 2022, 30 January 2023, 31 March 2023, 30 May 2023.

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

NEW SHORT TERM ACCOMMODATION RENTAL

The Shire is offering a house for short term rentals. The house has four bedrooms and a large living areas and is now available to be booked for \$250 per night (two night minimum) or \$800 per week. The house is fully self contained like the cabins at the caravan park. It is furnished and includes linen and tea and coffee making facilities. Three of the four bedrooms have queen sized beds in them. The fourth bedroom is currently empty. If you are looking for short term accommodation for family or friends visiting Wandering then please go to the Shire website to book.

<https://book.roommanager.com.au/wandering-caravan-park-and-pumphreys-bridge-camp/accommodation/139905>

COUNCIL MEETING DATES 2023

At the Ordinary Meeting of Council held on 20 October 2022, Council adopted the following meeting dates for 2023:

Ordinary Council Meetings:

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

Special Council Meetings:

23 October 2023 – to swear in newly elected Councillors
6 July 2023 – budget adoption

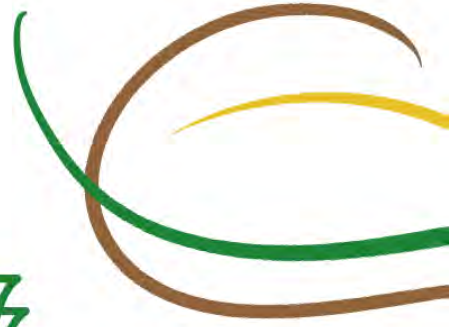
Note: Each meeting commences at 3.30pm unless otherwise advertised.

WORKS UPDATE

- Winter maintenance grading of gravel roads has finished and summer grading will be ongoing over the next few months.
- Road construction work on the York Williams Road between Kelly Road and Carrabin Road will commence and 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 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. See photo below.
- Inspection of the Wandering Bowling Green is showing no signs of damage since the subsoil drainage was installed.
- 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 Moramocking 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.



Rates Explained



Step 1



Cost of
running the
Local Government



Minus non-rate
revenue
(grants, fees &
charges, other)



To calculate
rate revenue
required

Step 2



Divide
the rates revenue
required



By the
combined rental
value of all ratable
properties



To calculate the
rate in the dollar

Step 3



Multiply the rate
in the dollar



By your property's value as
set by the Valuer General -
either Gross Rental Value (GRV)
or Unimproved Value



To calculate your
rates for the year



Shire of Wandering
Public Notice Amendment to Fees & Charges

Council wish to advise of the change to its Schedule of Fees & Charges in accordance with the requirements of s6.19 of the Local Government Act, 1995.

The adjusted charges are the addition of charges as follows:

1. The rental of 19 Humes Way, Wandering be set at:
 - \$250 per night with a two-night booking minimum; and
 - \$800 per week
2. The statutory fees from the *Dog Act 1976* and *Cat Act 2011* as follows:

ANIMAL CONTROL (Legislated)		2022/2023
DOGS		
Non-Working dog - Sterilised - 1 year	Dog Regulations 2013 - Statutory Fee	\$20.00
Non-Working dog - Sterilised - 1 year (after 31 May)	Dog Regulations 2013 - Statutory Fee	\$10.00
Non-Working dog - Unsterilised - 1 year	Dog Regulations 2013 - Statutory Fee	\$50.00
Non-Working dog - Unsterilised - 1 year (after 31 May)	Dog Regulations 2013 - Statutory Fee	\$25.00
Non-Working dog - Sterilised - 3 years	Dog Regulations 2013 - Statutory Fee	\$42.50
Non-Working dog - Unsterilised - 3 years	Dog Regulations 2013 - Statutory Fee	\$120.00
Lifetime Registrations - Sterilised dog or bitch	Dog Regulations 2013 - Statutory Fee	\$100.00
Lifetime Registrations - Unsterilised dog or bitch	Dog Regulations 2013 - Statutory Fee	\$250.00
Seizure of Dog	Excl-GST	\$90.00
<i>NB- Pensioners entitled to discount of 50% of above charges.</i>	Dog Regulations 2013 - Statutory Fee	
<i>NB- Working farm dog entitled to discount of 75% of above charges (owner to provide proof of working dog status)</i>	Dog Regulations 2013 - Statutory Fee	
<i>All other Statutory Fee's as per Dog Act 1976 & Dog Regulations 2013</i>		
CATS		
Cat 1 year - No concession for Sterilisation	Cat Regulations 2012 - Statutory Fee	\$20.00
Cat -1 year (after 31 May)	Cat Regulations 2012 - Statutory Fee	\$10.00
Cat - Three-Year registrations	Cat Regulations 2012 - Statutory Fee	\$42.50
Cat - Lifetime Registrations	Cat Regulations 2012 - Statutory Fee	\$100.00
<i>NB- Pensioners entitled to discount of 50% of above charges.</i>	Cat Regulations 2012 - Statutory Fee	
<i>All other Statutory Fee's as per Cat Act 2011 & Cat Regulations 2012</i>		
Misc Fees relating to Animal Control		
Cat Trap Hire Bond for max of 2 weeks	Excl-GST	\$150.00
Replacement of Dog or Cat tag	Per tag - excl GST	\$ 5.00
Surrender Fee Dog or Cat impounded	Excl-GST	\$50.00
Seizure of cat or dog for adoption	Excl-GST	\$50.00
Disposal/Destruction of cat or dog	Excl-GST	\$100.00
Daily sustenance fee (pound) cat or dog	per day or part thereof - Excl GST	\$ 30.00
Yard Inspection Fee - Restricted or Dangerous Dog	Excl-GST	\$ 50.00
Application Fee for keeping more than the prescribe number of dogs	Excl-GST	\$100.00
First Aid Treatment of any impounded animal	Cost Recovery	

3. The hire of items from the Wandering Community Centre as follows:

- Hire of plastic/steel frame chairs from the Wandering Community Centre at a rate of \$1.10 per chair for a hire period of three (3) days.
- Hire of brown wooden/steel frame tables from the Wandering Community Centre at a rate of \$2.20 per table for a hire period of three (3) days.
- Bond of \$100.00 for any combination of chairs and tables.
- If any chair/s or table/s are damage beyond repair or not returned the hirer will be charged the cost of replacement plus a 20% administration fee.
- Endorse the statutory advertising of the 2022/2023 Fees and Charges for the Shire of Wandering effective 1 September 2022.
- A bond of \$100 is payable per hire period.
- The hirer will be responsible for paying for any damaged items. Replacement cost will be cost plus 20% for each damaged item.

Alan Hart

Chief Executive Officer

Landcare matters

Hotham-Williams sub-catchment update



PHCC Working Together
Peel-Harvey Catchment Council

Edition 70
November 2022



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.



Thank you Darralyn Ebsary

At the PHCC AGM on 20 October our wonderful Darralyn Ebsary stepped down as PHCC's Deputy Chair and Board member.

Darralyn has been a long-time advocate for Landcare in Hotham-Williams, in her early role as a Natural Resource Manager, as a landowner and more recently as a member of the PHCC Board.

Her on-going commitment to the Upper Catchment, her support for the team and her hands-on approach to restoring and protecting the area's natural assets is highly valued. Darralyn is a true champion for the environment and has been an important member of the PHCC Board.

With new upper catchment members of the Board Amanda Batt, Veronica Metcalf and Cr Rob Harris up and running, Darralyn felt confident that the upper catchment was in good hands and she could step back – but just a little.

We know Darralyn will keep in touch with the team in the Boddington office and they look forward to her continued support and guidance along the way.

Thank you so much for all your hard work Darralyn – you're fabulous and you have made a difference.



L-R: Board Members Paddi Creevey, Caroline Knight, Darralyn Ebsary, Bob Pond and Marilyn Gray

Weed ID Workshop

What a fantastic event!

Local Landowners from the Hotham- Williams Catchment recently enjoyed a very informative and valuable information session on identifying local weeds, with the help of plant experts Bronwen & Greg Keighery.

There were 20 participants with over 30 weed samples that were identified and discussed.

All participants received a copy of "Southern Weeds and their control".

Just two of the species identified on the day were:

Watsonia

Tufted herb that propagates from underground corms. Grazing provides effective control, as does cultivation to 100mm, if done after the old corm is exhausted and before the new corms form or the flower stem emerges.



Spear thistle

Herbaceous biennial with narrowly winged spiny stems. Mowing is only effective if done closely and multiple times throughout the year to prevent seed production. Manual removal is effective for small areas but make sure you wear gloves!



Landcare matters

Hotham-Williams sub-catchment update

Woodlands for Wildlife

Recently we held a Woodlands for Wildlife Workshop in Dryandra Woodland National Park where Simon Cherriman presented to 29 interested local landholders and community members. Simon spoke about tree hollows, habitat loss and how nest-boxes can help wildlife in south-west Australia. We then had a guided nature walk through the woodland to learn how to identify tree hollows and look for animal traces, some of the old wandoo trees that we saw were like hotels for multiple bird species. We finished up the afternoon with a nest box building and installation demonstration from Simon, using re-used and recycled materials.

We were able to give away a copy of Simon's book 'Hollowed Out?', a medium mammal nest box and a numbat pin as door prizes which were all well received. If you would like to learn more about Simon's Re-cyc-ology project and order a copy of 'Hollowed Out?' or a nest box you can visit the website <http://www.re-cyc-ology.com.au/>



Investigating hollows in a Wandoo tree hotel



Simon providing a nest box building demonstration



A Wandoo tree hotel

Coming up....

Up coming events:

WA Feral Cat Symposium

13 - 16 February 2023

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

WA Feral Cat SYMPOSIUM 2

Save the Date

February 13-16



First held in 2018, the inaugural WA Feral Cat Symposium brought together nearly 200 people from across Australia to tackle the complex issue of protecting WA's native animals, through effective, humane feral cat control.

Following the success of this event, the WAFCWG is holding a second Symposium in February 2023.

The Symposium will bring together conservation managers, Traditional Owners, researchers, landholders, industry and all 3 levels of government to learn, share, discuss and network. Speakers and attendees will be from across Australia.

Event Details	
DATE:	13 - 16 February 2023
LOCATION:	UNA Club, Hackett Drive, Crawley Western Australia
MONDAY:	Registration & Sundowner
TUESDAY:	Symposium
WEDNESDAY:	Symposium
THURSDAY:	Field Trip - Dryandra

Theme

Progress with meaningful, on-ground work on feral cats, to benefit our native species

Objectives

- Increase participants' knowledge of management options for management of feral cats
- Celebrate and share successes so that more stakeholders can be empowered to take action
- Share the latest research of what is successful, and upcoming techniques

Key Topics

- On-ground stories of challenges and success
- New and emerging techniques
- Social license and community engagement
- Indigenous Ranger work on Country
- Local council cat laws and wildlife protection

wafcw.org.au/2023-feral-cat-symposium

Gnarrojin Community Garden Inc events:

8 Hale Street, Narrogin WA 6312

Microbats!

Saturday 5 November 2022

Bat boxes and night walk

1.00pm - 4.30pm & 6.30pm - 8.30pm

Bookings required & fee payable. Visit <https://www.trybooking.com/CDHWY>

Native bees!

Sunday 20th November 2022

Creating bee gardens & hotels

9.30am - 12.30pm

Bookings required & fee payable. Visit <https://www.trybooking.com/CDHVD>

November is Lung Cancer Awareness Month

Did you know?

- Lung cancer is the third most common cancer affecting both women and men in Western Australia.
- In 2017, 637 Western Australian men and 472 Western Australian women were diagnosed with lung cancer.

Common symptoms of lung cancer include:

- Coughing or spitting up blood (once or more)

Or, for more than four weeks:

- A new cough or change to your usual cough
- Repeated chest infections
- Becoming more short of breath, tired or lacking energy
- Losing weight without trying
- Pain in your chest or shoulder
- Finding it hard to breathe or swallow
- Not feeling hungry.

If you have coughed up blood, even if it was just once, it's important to tell your doctor, clinic nurse or Aboriginal health worker straight away.

If you have had any of the other symptoms for more than four weeks, tell your doctor, clinic nurse or health worker. It doesn't mean you've got lung cancer – often these symptoms turn out to be something less serious. But it's important to tell your health professional and get checked out to be safe.

If it is lung cancer, the earlier it's found, the earlier it can be treated.

Sid's message – 'Slip Slop Slap Seek and Slide' It's National Skin Cancer Action Week 21st – 27th November and with two in three Australians diagnosed with skin cancer by age 70, the action week is an important reminder to use sun protection and of the importance of early skin cancer detection for all Australians as we make our way into summer. It's important to use the five forms of sun protection:

Slip on sun-protective clothing,

Slop on SPF30 (or higher) broad-spectrum, water-resistant sunscreen,

Slap on a broad-brimmed hat,

Seek shade,

Slide on sunglasses.

A combination of these measures, along with getting to know your skin and regularly checking for any changes are the keys to reducing your skin cancer risk. Find out more about being SunSmart at [SunSmart - Cancer Council WA \(cancerwa.asn.au\)](http://SunSmart - Cancer Council WA (cancerwa.asn.au))



REGIONAL COLUMN

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

13 October 2022

With Senior Regional Officer for the South West Annetta Bellingeri

Renters experiencing financial difficulty

As living costs rise, many tenants may find themselves in a difficult financial position and struggle to pay rent.

We urge tenants who miss (or expect to miss) a rental payment to explain their situation to their landlord or real estate agent as soon as possible to hopefully avoid stressful breach notices, potential court action and even eviction.

A landlord might agree to a rent reduction for a period of time, waive a payment or agree to defer payment over a longer timeframe while you get back on your feet.

Your landlord's willingness to help may depend on their own financial position and whether you've been a responsible tenant, however it could be in their interest to negotiate a solution.

In shared tenancies, the landlord might let you assign the agreement to a replacement co-tenant, or allow you to sub-let the property to another tenant to help share the cost.

It is wise to avoid pay-day loans or buy now pay later schemes to pay your rent. They might look like an easy way out, but can make a difficult financial situation worse.

If you have a periodic tenancy, you can provide 21 days' written notice to terminate the agreement. Remember that it is usually easier to move from one rental into another, rather than try to find a new tenancy once court action or an eviction process has commenced.

Should you fail to pay rent, a landlord can either issue a breach notice requiring you to pay the outstanding amount in 14 days, or a termination notice giving you seven days to vacate. A landlord cannot force you out of a property by changing the locks or tampering with the water and power supply.

If you don't pay all rent owing by the due date and don't move out, the landlord must apply to the Magistrates Court for an order to vacate. A tenant can ask the magistrate to delay the termination for 30 days if they're likely to suffer hardship (such as being unable to find other accommodation).

More information on housing stress is on our website at www.consumerprotection.wa.gov.au or contact us on 1300 30 40 54 or consumer@dmirs.wa.gov.au

<ENDS>



REGIONAL COLUMN

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

20 October 2022

With Senior Regional Officer for the South West Annetta Bellingeri

Keeping up with the cost of living

Times are tough for many Western Australians right now, so lots of households will be looking at ways to manage their rising living costs and keep on top of bills.

To help consumers manage their living expenses, the Australian Securities and Investment Commission's (ASIC) Moneysmart service has developed a [cost of living 'hub'](#) on its website.

The hub contains information to help consumers make a plan, including how to prepare a budget to track where money is spent, prioritise what matters most and identify any expenses that can be reduced.

With interest rates on the rise, some consumers may be concerned about meeting their mortgage repayments. Taking action straight away can stop a small problem from becoming a big one, so these consumers are urged to talk to their lender as soon as possible. The hub talks through the steps to apply for a financial hardship variation, which may involve changing the loan's terms, or temporarily pausing or reducing repayments.

Financial hardship assistance may also be available for those struggling to pay their rent, utility bills, credit cards, loans and insurance premiums, so these consumers are also advised to contact their providers sooner rather than later to discuss possible options.

Further advice is provided on how consumers can save for an emergency fund to cover urgent or unexpected costs for things like car repairs, unexpected travel or an urgent medical bill.

For those living on a low income, the hub provides guidance on what financial support is available, as well as exploring practical ways to manage costs, such as automating regular bill payments and paying large bills in smaller instalments.

Consumers needing help to get debt under control and their finances back on track can talk to a financial counsellor, who can help prioritise bills and repayments. The National Debt Helpline provides a free, confidential financial counselling service on 1800 007 007.

There is also advice on where to turn in a crisis for help with food, housing, bills and emergency support, plus a reminder that help is available via Beyond Blue on 1300 22 46 36 if financial stress is impacting on mental health.

To explore Moneysmart's cost of living hub, head to moneysmart.gov.au/manage-the-cost-of-living

Thinking of marketing or
leasing your Rural property?

Then call me Steve Wright
Nutrien Harcourt's Real Estate Narrogin!

I have been specialising in Rural Property sales since 1982. I have a proven track record, a solid understanding of the rural property market, and a comprehensive list of both buyers and lessees.

So if you're in the Narrogin, Wandering, Pingelly, Brookton, Corrigin, Kondinin, Hyden, Wickepin, Harrismith or Kulin areas and would like to discuss your Rural Property options please call me, Steve Wright
"Nutrien Harcourt's Real Estate - Narrogin"



Steve Wright

0427 794 500

steve.wright@nutrien.com.au

WARRIOR WELLBEING ARTICLE

Cardiovascular Awareness - How's Your Pump and Pipes?

BY THE REGIONAL MEN'S HEALTH INITIATIVE
November 2022

It's no surprise that when we combine disease associated with the *heart* (pump) and *blood vessels* (pipes) it's our biggest killer, largest health problem, and places a great burden on our economy and health system. This of course is without even considering the issues around grief, loss of function and care requirements that can also impact individuals and families.

Cardiovascular Disease (CVD) is a major cause of death in our country. It kills one Aussie every 12 minutes and is responsible for causing one in four (26%) of all deaths. Someone is hospitalised for CVD every minute and those living in regional and remote areas, generally have higher rates of death from CVD than other Australians (Heart Foundation Aust).

Why Pump and Pipes? If we think about a pump moving water through a series of pipes, over time sediment can slowly build up and slow the flow of water or even cause a blockage. Most blokes would understand this would result in the pump having to work harder which can cause it to eventually fail or blow a hose.

This is no different to coronary heart disease which occurs through the build-up of fatty deposits (plaque) in the arteries that feed the heart. Narrowing reduces the supply of blood and oxygen to our heart and if this becomes too narrow it can cause angina (pain/discomfort in chest) or if a blood clot causes a complete block, then this can cause a heart attack. This is similar to when a clot occurs in blood vessels to the brain causing a stroke.

Warning signs for a heart attack may include a single or a combination of symptoms such as pain, heaviness or tightness in one or more areas of the upper body, shortness of breath, dizziness or a cold sweat.

If you think someone's having a stroke the Stroke Foundation has come up with an easy to remember checklist referred to as **FAST**:

- **Face** – Has their mouth dropped?
- **Arm** – Can they lift both arms?
- **Speech** – Is it slurred, can they understand you?
- **Time** – Is critical, call 000 immediately.

Factors that contribute to CVD include family history (which we can't change) but some of the other risks we can manage by making healthy lifestyle choices are:

- don't smoke;
- maintain a healthy diet;
- do regular exercise;
- reduce our alcohol intake (take a couple of days off a week);
- monitor our body weight;
- moderate our salt, sugar & fat intake; and
- look after our mental health & wellbeing.

It's important we acknowledge that a lot of CVD is preventable, however it's essential that we understand our individual risk factors that may impact on us developing diseases associated with our heart and blood vessels. The onset of other health issues such as diabetes, obesity, even erectile dysfunction can be an indicator that our pump and pipes could be under pressure.

So, just remember like any good piece of machinery, there are some basic *Operating Tips* to keep things running at optimal performance!

*Gauge your guts - Regulate your risks - Move more -
Make a service visit... Talk with your GP*

 @RMHI_4blokes

 Working with Warriors Podcast

 regionalmenshealth.com.au



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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

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

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President - Raelene Warburton 0428 877 038
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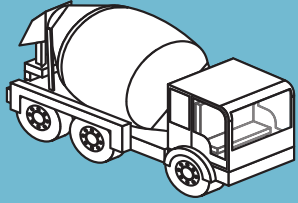
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PUMPHREYS CWA MEETING

7PM | THURSDAY 17TH
LIONS MEETING

3.30PM | THURSDAY 17TH
COUNCIL MEETING

1PM | THURSDAY 17TH
WANDERING CWA MEETING

2PM | MONDAY 28TH
HISTORY MEETING@ CRC

