

MARCH 2023

THE WANDERING ECHO



Wandering
Community Resource Centre
your local connection



WELCOME

To Our Monthly Community Newsletter

NEXT EDITION IS APRIL 2023.

ITEMS FOR INCLUSION DUE BY 27TH MARCH 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>



The Wandering CRC will be operating from the Wandering Community Centre on Down Street for February and possibly into March.

These services are NOT available while we are at our temporary location:

- Library
- Services WA self-help
- Collective

All meetings and activities will be held at the Community Centre.

We thank everyone for their understanding during this time, while we have some urgent repairs done to the CRC building.



Beverley Gas + Plumbing Services

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

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

- | | |
|-------------------------|-----------------------|
| • Renovations | • Gas Maintenance |
| • Septic + Leach drains | • Dripping taps |
| • Hot Water | • Backflow prevention |
| • Blocked drains | • Sewerage Conversion |

For all your Plumbing and Gas needs please contact

Kodie Fleay : 0418929141

Email : beverleygandp@gmail.com

CELEBRATING
INTERNATIONAL
WOMEN'S DAY

Ladies NIGHT



Wednesday March 8th 2023

*Get the ladies together...it's on again!
An evening to unwind and enjoy good food and drinks.*

At the Wandering Community Centre - 6pm

\$25 per person

Bookings required for catering

Limited places

To book contact the Wandering CRC - 9884 1561

crc@wandering.wa.gov.au



cho

March 2023

COMMUNITY MEETING

We received some great feedback on the proposed upgrade to the Wandering Community Centre and are holding a community meeting to consider all the suggestions. Please RSVP to Lisa on 6828 1800 or csc@wandering.wa.gov.au if you'd like to attend!

**Wednesday
15 March 2023
@ 7pm**

Wandering Community Centre,
Down Street, Wandering

Wandering Lions

Wandering Lions have started 2023 with our usual involvement in community events. Australia day is soon after the Christmas break and never the less we had many members come to the breakfast and made sure the event was well supported and ran smoothly. There were nearly 100 attendees with still many of us unaware of the wonderful opportunity to come together and start the year over breakfast and celebrate being Australian. Also to start the school year Lions were invited to cook breakfast for the students, parents and staff along with Shire reps on the first day of school. This event was to bring the community together around the school. Lions are pleased to be an advocate for the primary school, its' progress and place in the Wandering community.

Lions once again fed the fox hunters before the teams ventured into the night of the 17th of February. Very successful campaign and more than 30 years of such events. Lying ahead for the Lions is our participation at the 'Long Table Lunch' Saturday 25th, ANZAC Day commemorations and bar support for the Medieval Festival in Boddington on the 22nd of April.

Most years Lions do a battery run and once again we are seeking out used batteries to raise funds. To this end we can pick up such items if you are able to put them aside and call either Gillian Hansen 0488911902 or Stephen Bullock 0428251979 or any Lions member.

Lions are always involved with community activities and we derive much satisfaction from our participation. We are part of an international organisation that encourages their members to reach out and support their communities and financially support research programmes in many health related areas.

We meet every second Thursday of the month at the tavern for a dinner meeting. There is great fellowship and participation planning.



Clean Up



STEP UP
TO
CLEAN
— UP —

WANDERING CLEAN UP AUSTRALIA DAY

SUNDAY 19TH MARCH 2023

MEET AT THE FUEL STATION @ 8AM

BACON, EGG & SALAD BURGER LUNCH

Enquiries: Wandering CRC 98841561 or crc@wandering.wa.gov.au



EASTER CRAFT AFTER SCHOOL

WEDNESDAY

22ND MARCH

CRC @ COMMUNITY CENTRE


3.30 pm - 4.30 pm

Register your Interest

089884 1561 or

crc@wandering.wa.gov.au

Cost \$5.00 p/p



Wandering Through the Lens



2023 PHOTO COMPETITION

Enter your photos of Wandering!

Up to 4 entries per person

Entries close 30th March 2023

A selection of photos entered will appear in the 2024 Wandering Calendar and on the covers of future editions of the Echo.

Contact the Wandering CRC for an entry form:

crc@wandering.wa.gov.au

9884 1561



YOU'RE INVITED TO THE
Wandering
Plant Swap

**Bring your cuttings, pots and
find a new plant to grow!**

Monday 20th March 2023

10.00 am

Community Centre

**\$10.00 includes a coffee & entry into
the door prize.**



YOU'RE INVITED TO THE WANDERING

CRC PLANNING FORUM SUNDOWNER

Your help is needed to shape the future of the Wandering CRC
and its services and activities.

WEDNESDAY MARCH 29, 2023 | 6:00 PM

COMMUNITY CENTRE

LIGHT REFRESHMENTS PROVIDED

PLEASE RSVP FOR CATERING

98841561

CRC@WANDERING.WA.GOV.AU



WANDERING COMMUNITY GARDEN BUSY BEE & LUNCH

This busy bee will get the garden ready for the new season of planting and finish the painting and trellis.

Saturday 29th April
10am

Wandering Community Garden (next to the CRC)

Please RSVP for catering

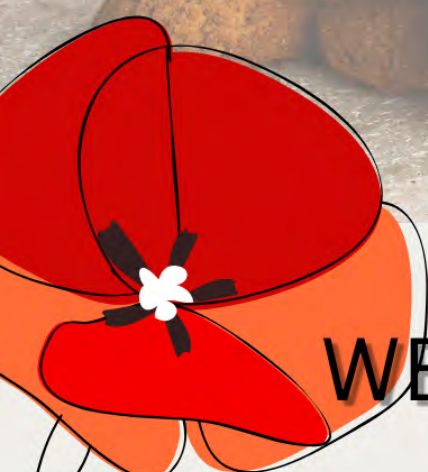
9884 1561 crc@wandering.wa.gov.au





THE WANDERING ANZAC BISCUIT BAKE OFF

Do you make a good Anzac
Biscuit?



WEDNESDAY 5TH APRIL 2023

It's time to get your "Cookie" on and register to
participate in The Wandering Anzac Biscuit Bake Off!

****Registrations are required by
30th March 2023****



Judging - Wednesday 5th April 2023

**EVERYONE WELCOME TO JOIN US FOR COFFEE AND A
BISCUIT ON THE JUDGING DAY AT 10.00 AM**

Never forgotten. Always
remembered. Let us give thanks.

To register or for more information
contact

the CRC - 089884 1561
crc@wandering.wa.gov.au



Wandering Community Centre Proposed Upgrade

We received some great feedback from the recent community consultation and have arranged a community meeting to discuss the comments on Wednesday 15th March 2023 at 7pm at the Community Centre. If you'd like to attend please contact the Shire Office on 6828 1800 to RSVP.

Fire Preparedness Workshop

In February DFES visited Wandering to undertake a Fire Preparedness Workshop. This was a highly informative evening and taught us all how to prepare a bushfire plan and gave us lots of helpful tips of what to do if the area is under threat, a lot of things that you would not think about in that moment of panic. The Shire would like to have DFES back for another workshop for those that would like to attend. Please register your interest with Helen at the Shire helen.herbert@wandering.wa.gov.au or 6828 1800.



Restricted Burning Period

Restricted burning is currently permitted. Permits are required - please contact your Local Fire Control Officer.

Please plan ahead - do not ring a Fire Control Officer on the day you want to burn and expect a permit as it may not be granted. You must give notice to your neighbours and the Shire once the permit is granted.

NO BURNING WITHOUT A PERMIT

CAMPFIRES AND BONFIRES ARE PROHIBITED

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

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:

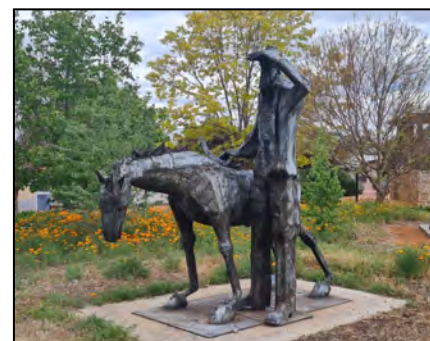
14/03/2023

28/03/2023

Ranger

24 hours / 7 days

0459 678 154





Post Office News

Post office box renewals are currently being sent out - due date is 31st March 2023. As with all other bills that have the Post Bill Pay logo, you can pay this at the Shire Office.

Would you like the option of your rates notices emailed to you?

We are getting more requests for rates notices to be emailed out. If this is something that you would prefer please let us know! Email csc@wandering.wa.gov.au or call 6828 1800. Please make sure to give us your assessment number or property address.

Welcome Karl!

Karl Mickle joined the Shire in February as our Operations Manager. Karl has had many years experience in Local Government and will fill the shoes of Barry Gibbs who left the Shire last December. All the best to Barry for his future and welcome to Karl!

Council Meeting Notes

At the Ordinary Council Meeting held on 16 February 2023 the following items were listed on the agenda:

- 2023 Council Elections
- Shire of Wandering Policy Review
- Committees of Council
- Community Financial Assistance Grants Program
- Updating bank signatories
- Update to fees and charges

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.



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>

Works Update

- Summer grading will be ongoing over the next few months, please contact the Shire if your road needs attention.
- Road construction on the Moramocking Black spot has started and will be ongoing for the next few weeks. Bitumen has been booked for the 21st of March to coincide with the stabilisation work to be done along the North Wandering Road. The second coat of bitumen on York-Williams Rd is to be completed after this work.
- Road side 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.
- Wandering Fire Station upgrade - Has commenced with work rapidly going up as per plans. This will give the Wandering Brigade an office, training room, toilets and a kitchen for our current and future volunteers . The plans can be viewed on our website.
- If you have any concerns with Roads, Parks or Shire Buildings please lodge a request by going to our website

<https://www.wandering.wa.gov.au/forms/feedback-form/6>

or contact the Shire on 9884 1056

Use the camera on your phone to scan the QR Code



Installed Water Tanks

AGM



AGENDA

- Welcome.
- Attendances/apologies
- Acceptance of Previous AGM
- Treasurers Report
- Chairpersons Report
- Election of New Committee Members
- General Business
- Date of next meeting
- Close

Please be advised of the

Wandering Fair AGM

to be held on

Monday 3rd April 2023

@ Wandering Tavern

6pm

3 Committee positions need filling.

All welcome

Enquiries to Jacqui 0428301895

2023 Wandering Community Fox Hunt

2023 was an extremely successful night for the fox hunt. Conditions were fantastic and most teams saw a large number of foxes. With great team numbers, around 15 individual teams entering the competition, we knew there were going to be some records falling. A big thanks to the amazing local Lions Club yet again, providing something to eat and raising some funds at check in.

First Place with 41 Foxes

Nigel Morrison, Shaun Reynolds, Dennis Pittard, Callum Smith, Matt Locke

Second Place with 30 Foxes

John Turton, Darren Jarvis, Jenna Turton, Paul Treasure, Rhys Pullen

Wooden Spooners

Anthony Turton, Kim Parsons, Phil Hardake, Jacob Hardake

We had an amazing total tally this year

Foxes	219
Feral cats	12
Pigs	4
Rabbits	25

A huge thank you to all our sponsors again this year. We had a random draw for all the prizes donated. Winners included:

Simon Butler, Ron Bryant, Des Rick, Darren Jarvis, Brandon van Zyl, Aimee Curtis, Wade White, Trent Stubberfield, Tim Lowndes, Bill Schorer, Bailey Parsons, Justin van Dorgen and Codey Dyer.

2023 Wandering Community Fox Hunt Sponsors

Peel Harvey Catchment Council

Lockemess Designs

Shire of Wandering

Wandering Tavern

Warby's Transport

Mooterdine Transport

Steelo's Guns and Outdoors

C&J Ferguson

San Mateo Merino Stud

Naibilli Farming Co.

CMS Concrete

Stihl shop Cockburn

G&K White

J&L Turton

Gillian Hansen

Avena Mills

Wogolin Spring

Tanglefoot Winery

Wandering Smash Repairs

WD Auto Repairs

Widespan Sheds

John Hansen

Morro (Hon)

Wandering Firearms

Apex Barrel Racing

Tom Price

The Polished Plate

Brookton Tyres

Ben Pike Carpentry



The Wandering Autumn Graze

is on again on
Saturday 25 March 2023
from 12 noon to 5pm

Tickets are \$165.00 and are now on sale
through [Trybooking.com](https://trybooking.com)
on the Wandering Autumn Graze Facebook page

Our celebrity chef for this event is
Sophie Budd from Taste Budds

About Sophie Budd



From Cornwall to the Kimberley, Sophie Budd has cooked with celebrity chefs and for rock stars and established herself as an authority on minimising food waste and cooking with a conscience.

Sophie trained in the UK and was making her mark on the food scene even before graduating culinary college. She won a national cooking competition and at 16, worked in the kitchen of much-loved TV chef Rick Stein where she peeled, shucked and filleted her way through some of the UK's best seafood.

After college she worked at Michelin starred restaurant Pennypots; cooked for Queen drummer Roger Taylor from UK to Mallorca on his 125ft superyacht, Tigerlily; had her first head chef role at 21 in a busy 16th century inn on the Roseland Peninsula; and subsequent head chef roles in London before returning to Cornwall to work as chef de partie at Jamie Oliver's soon-to-open Fifteen Cornwall.

It was at Fifteen that Sophie found a purpose and passion for food. She became the pasta, gnocchi and risotto chef, cooking alongside Genarro Contaldo, learning everything she could and falling in love with Italian food and produce. Jamie taught Sophie that being a great chef was one thing but being able to teach was another skill set entirely.

She learnt a kitchen could transform people and provide them with a new purpose. Seeing nine of the 21 underprivileged youth from Fifteen graduate and enter the world as great chefs motivated her to continue combining food and teaching.

These days, Sophie's heart is divided between the UK and Australia. What was intended as a working holiday to WA in 2007 became a permanent move, and 'Taste Budds Cooking Studio' was born.

Over eight years, thousands of kids, adults, friends and corporate groups have cooked together at Taste Budds, learning to create a variety of cuisines. Sophie and her team have also catered for some amazing gigs, cooking backstage for Adele, Fleetwood Mac, Sting and Paul Simon. Cooking alongside legend Antonio Carluccio at Rick Hart's showroom and Marco Pierre White at Western Australia Gourmet Escape are career highlights.

Taste Budds has been a mobile business since 2019, allowing Sophie to accept invitations to food festivals and events in some of Western Australia's most spectacular locations. She's now a sought-after celebrity chef in her own right, and WA has claimed her as their own.

Sophie loves creating meaningful team building cooking experiences through Taste Budds, teaching groups to turn bruised or ugly fruit and veg rescued from supermarkets into delicious meals and feeding community members in need at Tranby Homeless Centre in Northbridge.

Expect to see Sophie pop up at Australia's most iconic food festivals feeding, entertaining, and showcasing the incredible local produce WA and Australia has to offer and bringing communities together with food.

Sophie is an ambassador for Beta Spuds and Chef Ambassador for Hart & Co.

Warm, authentic and brimming with talent, Sophie Budd makes every event truly memorable.

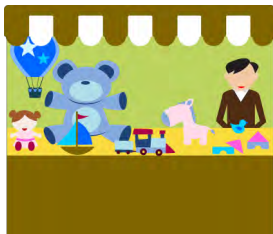
Save the dates:

Wandering Markets

Sunday 2nd April 2023

9am — 1pm

**Wandering Community Centre
Down Street, Wandering**



Regular and new stallholders welcome

wanderingcraftersmarkets@gmail.com

Sharon 0409 151 951

Jane 0403 865 401

Linda 0448 331 954



***Wednesday
10th May 2023
Wandering CRC
18 Watts Street
Wandering***

Landcare matters

Hotham-Williams sub-catchment update



PHCC Working Together
Peel-Harvey Catchment Council

Edition 73
March 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.



WA Feral Cat Symposium 2 - A Huge Success!

Congratulations to the WA Feral Cat Working Group (WAF CWG) and Executive Officer, Dr Judy Dunlop on a fantastic Feral Cat Symposium (#2) which was held over 13 – 15th February at the University of Western Australia. The WAF CWG is an initiative of and hosted by the PHCC.

The Symposium saw more than 230 people attend who stemmed from every Australian State and Territory. Themes for the Symposium included, Threatened Species management and success stories, improved and emerging management techniques and feral cats and people (cat legislation and social license). PHCC's Christine Townsend presented on the successes of the Numbat Neighbourhood project through partnerships with DBCA, local landholders and the wider community.

The event also included a field trip to the Karakamia, the Australian Wildlife Conservancy's first sanctuary, protecting 268 hectares of wetlands, granite outcrops, and large areas of Jarrah, Wandoo, and Marri woodlands. The entire sanctuary is surrounded by a feral-proof fence, which excludes cats and foxes. Karakamia is home to many species, some of which are declining or regionally extinct, providing a snapshot of what the Australian bush might have been like 200 years ago (<https://www.australianwildlife.org/>). For more information, speaker presentations, and to see the list of wonderful sponsors, please visit 2023 Feral Cat Symposium - WA Feral Cat Working Group (wafcwg.org.au).

Plants going strong over summer

With many Landcare projects supported by PHCC across the Hotham-Williams involving planting seedlings for habitat or to increase farm productivity, it's been great to get updates from some of our farmers whose plants are growing well despite the dry conditions.

The plants pictured received really good site preparation. The rows were ripped and mounded to address soil compaction and saturation, and the area was sprayed to reduce competition by Spiny Rush, which was manually removed in the preceding months.

This site was planted when the land had dried out enough to access by foot and planted by hand, so there was plenty of soil moisture available to support good root growth, while not flooding the roots (thanks to the mounding).

Interestingly, areas in the same project that were planted a little later once the site was accessible by vehicles have not shown the same level of growth, so like many things in farming, timing and how climatic conditions interact at a farm scale always play a part in project success.



Some of the native and saltbush seedlings planted last year showing great growth



Dr Bruce Webber (Western Australian Biodiversity Science Institute), Dr Judy Dunlop (WA Feral Cat Working Group), Hon Reece Whitby (MCA Minister for Environment, Climate Action, Racing and Gaming) and Jane O'Malley (PHCC CEO) attending the Feral Cat Symposium

Continuing partnerships with local Shires

PHCC are pleased to announce we have recently renewed the five year Memorandum of Understanding (MOU) with the Shires of Boddington, Cuballing, Wandering and Williams to June 2027. The original MOU was signed in 2018 which formalised the partnership between the respective Shires to provide natural resource management/landcare support to the landowners and community of the Hotham-Williams catchment, as defined within the Hotham-Williams NRM Plan 2015-2025 and PHCC's "Bindjareb Boodja Landscapes: A Strategy for Natural Resource Management in the Peel-Harvey Region, Western Australia".

This MoU has two primary purposes, the first is to extend the agreement to solidify and define the relationships between the Shires and the PHCC, and secondly to demonstrate a commitment to continue to work together to deliver these important community services through cash funding and/or other support. We look forward to continuing to work with our Hotham-Williams Shires and Community.

Landcare matters

Hotham-Williams sub-catchment update

Darminning (Ranford) Pool

Boddington locals will be familiar with the shady banks of the Hotham River at Darminning Pool, providing a popular swimming and picnic spot close to town.

In 2019, local community group Friends of the Reserves – Boddington (Inc) rejuvenated the area with the assistance from PHCC and the Shire of Boddington. Funding from South32 Worsley Alumina provided the means to stabilise the banks with rock walling, carry out revegetation and install a dedicated access point for swimming and canoeing. Darminning is one of the eight sites included in the Hotham-Williams River Action Plan (RAP) and is therefore earmarked for further restoration efforts, including the use of logs to stabilise the banks at other vulnerable locations, succession planting alongside the water's edge, and targeted weed control.

Pools provide an important refuge in the late summer months when salinity levels are particularly high. They are considered a 'refuge' because the species that are the least salt-tolerant can hang out there until the diluting winter rains arrive, and it's important that the form and functionality of pools are maintained for that reason. Threats to this include sedimentation, a drying climate and degradation of vegetation condition.

Darminning is part of the Hotham River Aboriginal Heritage site and is known to be a significant location throughout history for the Noongar people, from a mythological perspective as well as a social one, pools provided gathering places for people as well as sources of food and water.

Here is a reminder of all the RAP sites we have introduced you to so far in previous Landcare Matters articles if you want to go back and take a look! Visit our website for more information www.peel-harvey.org.au/phcc_publications/management-plan/

Koompinkinning – Pumphreys Bridge

Williams

Popanyinning

Quindanning



Coming up...

Great Cocky Count Workshop

8 March 2023

Hill Street, Waroona

Register online <https://peel-harvey.org.au/events/great-cocky-count-workshop-2/>

Saltbush Field Day

16 March 2023

Email mick.davis@peel-harvey.org.au for more information and to register your interest

Event News...

Wandering Community Fox Hunt Results

The results are in from the Wandering Community Fox Hunt which was held on the 17th of February.

The 65 participants have played an important role in reducing threats to threatened native fauna and stock.

- 219 foxes
- 12 feral cats
- 4 pigs
- 25 rabbits

PHCC were able to fund the breakfast through the Numbat Neighbourhood Project.

Thank you to all of the participants and the Wandering Community Fox Hunt committee.



School Council



Our School Council are looking for a community member to join them.

Being a member of a School Council is an important and rewarding role that contributes greatly to the success of a school. Members from the wider community can lend their skills and expertise to the school to assist in its success.

Nominations are open now for a community member to join our council. If you are interested, please contact the school on 9884 2950 or via email: wandering.ps@education.wa.edu.au

GET INVOLVED



DISCOVER | LEARN | GROW

WANTED

We are looking for donations of:

- **Clean empty drink bottles, milk bottles / cartons**
- **Small to medium boxes**
- **Wood offcuts (wood and branches)**
- **Retic pipe / poly pipe offcuts**
- **Empty 1kg
Hummus / Yoghurt
containers**



Also:

**Vacuum cleaners,
toasters, bread
makers, small**

**electrical appliances that no longer work that the students
can use on our 'tinker table' (please cut the electrical cord
off).**

**All donations can be delivered to the office at the
school.**





Wandering CWA

With our first branch meeting under our belts, as well as our AGM, we are ready for another year filled with friendship and support, food and crafting and everything in between! And we would like to begin by confirming our office bearers for 2023;

Wandering CWA 2023 Office Bearers

President – Jacquie Cornish

Secretary – Leanne Rose

Treasurer – Starr Cornish



If you would like to know more about the Wandering branch of the CWA, please feel free to join us at our meetings held on the 3rd Wednesday of each month at the CWA Rooms, Watts Street in Wandering.

Next meeting of the Wandering CWA

Wednesday 15 March 2023

10am meeting

with morning tea to follow

(please note the change of meeting times!)

Everyone welcome!



Find us on 
Wandering CWA

I can do things you cannot, you can do things I cannot;
together we can do great things.
Mother Teresa

WARRIOR WELLBEING ARTICLE

Walking up to 20km a Day – Our Ancestors and Exercise

BY THE REGIONAL MEN'S HEALTH INITIATIVE
March 2023

Our ancestors were used to walking up to 20 kilometres per day, they had to, to survive on the Savannah Plains and the Serengeti or they would end up as someone's lunch. We are not designed for sitting around and not exercising. The human body has not had millions of years to adapt to our sedentary lifestyle and we need to change our habits before it is too late.

Blokes have had a significant change because many of the work tasks that have always been manually done are now obsolete or automated.

Exercise is essential for our brain, mind, body and our cardiovascular health. I read a book titled *Brain Rules* by John Medina and rule 1 (out of 12 brain rules) is *exercise boosts brain power*. An enlightening read.

There are a lot of variables, from nurture to nature, that help how we age but one of the greatest predictors of successful ageing is the absence of a sedentary lifestyle. Industrialization has given us many benefits, but it has also meant, that for most of us, we have gradually quit moving. The result of this is more and more Australians are being classified as being overweight, with the fastest growing chronic condition in Australia in 2022 being Type 2 Diabetes.



There is a lot of current research that suggests exercise can:

1. help prevent Type 2 Diabetes (by up to 60%);
2. improve our cardiovascular health thus decreasing the risk of strokes and heart attacks;
3. affect the outcome of both anxiety and depression. The fact that exercise helps regulate the release of chemicals (serotonin, dopamine, and norepinephrine) into our bodies makes it an important element in maintaining the right balance;
4. halve the risk of general dementia through aerobic exercise, just twice a week. It can also cut the risk of Alzheimer's by 60%.

So, what does this all mean for our exercise regime? There is a lot of advice around with different suggestions on exercise requirements. This varies from 5 minutes high intensity, to 30 minutes per day, to 1 hour a day every second day. We are the only one that knows our body's physiology and what will ultimately work for us. A guide is a minimum of 150 minutes per week of moderate exercise.

If you are limited in how you can exercise you can still make a difference. If you can physically walk only 50 metres a day, double it! Walking 100 metres per day compared to 50 metres can make a difference. The improvement in your body's physiology will be profound and the positive effect is that starting with a little bit of exercise will make you want to move more.

Exercise options are endless, swimming, hydrotherapy, light gym work, walking groups, belonging to sporting groups, volunteering. Although in regional WA sometimes these options can be limited for people to access.

Don't let it stop you exercising – get moving!

**Remember... before it all gets too much...
Talk to a Mate@!!**

 @RMHI_4blokes

 Working with Warriors Podcast

 regionalmenshealth.com.au

Health and Wellbeing

Kaylor Andrews
Wheatbelt Regional Education Officer
Cancer Council Western Australia
Kaylor.Andrews@cancerwa.asn.au



'Sounds Like' it's time to quit smoking

On Sunday 12 February 2023, Cancer Council WA's Make Smoking History Program launched a new WA-made campaign, [Sounds Like](#), which asks people to listen to their bodies for the sounds and signs to quit smoking.

If you smoke, you will be all too familiar with the health impacts in the advertisements, which range from smoker's cough to bleeding gums. These common concerns may lead to life-long consequences, like severe breathlessness or loss of teeth.

The good news is, as soon as you quit smoking, your body starts to repair itself. Becoming a non-smoker is the single most important thing you can do for your health. There are more benefits too, like saving money and protecting your loved ones from secondhand smoke. When you quit, you're setting yourself up for more quality time with the people you love most.

It's never too late to quit. **Get started today:**

- Visit www.makesmokinghistory.org.au/tips for all the best tips to quit and stay quit
- [Try our free, interactive quit planner](#)
- Download the free [My QuitBuddy app](#)
- Chat to your GP, Aboriginal Health Worker or Pharmacist
- Call the Quitline on 13 7848 or chat online at quitlinewa.org.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.

Partner:

Department of Health

Cancer Council WA

For more information visit findcancerearly.com.au or call 13 11 20

For cancer information and support call 13 11 20

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)

Mindful March 2023

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY



1 Set an intention to live with awareness and kindness

2 Notice three things you find beautiful in the outside world

3 Start today by appreciating your body and that you're alive

4 Notice how you speak to yourself and choose to use kind words

5 Bring to mind people you care about and send love to them

6 If you find yourself rushing, make an effort to slow down

7 Take three calm breaths at regular intervals during your day

8 Eat mindfully. Appreciate the taste, texture and smell of your food

9 Take a full breath in and out before you reply to others

10 Get outside and notice how the weather feels on your face

11 Stay fully present while drinking your cup of tea or coffee

12 Listen deeply to someone and really hear what they are saying

13 Pause to watch the sky or clouds for a few minutes today

14 Find ways to enjoy any chores or tasks that you do

15 Stop. Breathe. Notice. Repeat regularly

16 Get really absorbed with an interesting or creative activity

17 Look around and spot three things you find unusual or pleasant

18 Have a 'no plans' day and notice how that feels

19 Cultivate a feeling of loving-kindness towards others today

20 Focus on what makes you and others happy today
dayofhappiness.net

21 Listen to a piece of music without doing anything else

22 Notice something that is going well, even if today feels difficult

23 Tune into your feelings, without judging or trying to change them

24 Appreciate your hands and all the things they enable you to do

25 Focus your attention on the good things you take for granted

26 Choose to spend less time looking at screens today

27 Appreciate nature around you, wherever you are

28 Notice when you're tired and take a break as soon as possible

29 Choose a different route today and see what you notice

30 Mentally scan your body and notice what it is feeling

31 Discover the joy in the simple things of life



ACTION FOR HAPPINESS

Happier · Kinder · Together



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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

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

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

President - Jacqui Cornish - 0407 241 004

PUMPHREYS CWA

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

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

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

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

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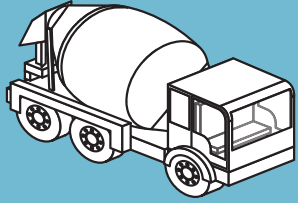
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COMMUNITY CALENDAR

MARCH 2023

6PM | WEDNESDAY 8TH
LADIES NIGHT

7PM | THURSDAY 9TH
LIONS CLUB MEETING

9AM | TUESDAY 14TH
PUMPHREYS CWA MEETING

1PM | WEDNESDAY 15TH
WANDERING CWA MEETING

7PM | WEDNESDAY 15TH
COMMUNITY MEETING

3.30PM | THURSDAY 16TH
COUNCIL MEETING

8AM | SUNDAY 19TH
WANDERING CLEAN UP AUSTRALIA DAY

10AM | MONDAY 20TH
PLANT SWAP

3.30PM | WEDNESDAY 22ND
KIDS EASTER ACTIVITY

12PM | SATURDAY 25TH
AUTUMN GRAZE

6PM | WEDNESDAY 29TH
CRC PLANNING FORUM SUNDOWNER

WEEKLY ACTIVITIES

AT THE CRC (COMMUNITY CENTRE)

MONDAY - VIRTUAL VILLAGE - 10AM - 12PM

THURSDAY - CRAFT GROUP - 10AM - 12PM