THE WANDERING







WELCOME

To Our Monthly Community Newsletter

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

CRC HOURS

The Wandering CRC will be **OPEN FRIDAY 20TH OCTOBER 2023 9AM-3PM** for <u>Cafe Services ONLY</u>.

The Wandering CRC will be **CLOSED MONDAY 23RD OCTOBER.**

It will re-open at 9am Tuesday 24th October 2023



Beverley Gas + Plumbing Services

** Now Servicing The Wandering Area.**

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

- Renovations
- Septic + Leach drains
- Hot Water
- Blocked drains

- Gas Maintenance
- Dripping taps
- · Backflow prevention
- Sewerage Conversion

For all your Plumbing and Gas needs please contact

Kodie Fleay: 0418929141

Email: beverleygandp@gmail.com

Wandering Autumn Graze AGM

Wandering Autumn Graze AGM will be held on **Monday, 21st of August at 7pm** in the meeting room of the Shire Chambers, 22 Watts Street, Wandering. Office bearers will be elected on the night and new committee members are very welcome. Please come along and help to continue the great event this has always been, showcasing regional and Western Australian produce, while having fun along the way.









SALES - HIRE - MODIFICATIONS - STORAGE



0423 957 043 www.seacontainerswa.com.au "Servicing the South West"

VIETNAM VETERANS VIGIL

THURSDAY 3RD AUGUST 11AM WANDERING CEMETERY ALL WELCOME



GIBBS, Ian James

Service Number: 5715657

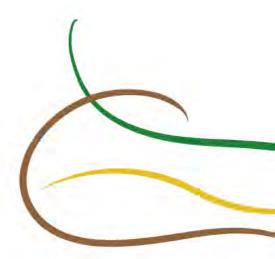
Unit: 1st Battalion, Royal Australian Regiment

2023 marks 60 years since the arrival of the Australian Army Training team (AATTV) in South Vietnam (SVN) on the 3 August 1962 and 50 years since the withdrawal of combat troops in 1972.

Commemorative Service recognizing the individual loss and to pay their respects to those who were Killed in Action (KIA)

Coffee will be served at the CRC after the service for those attending.



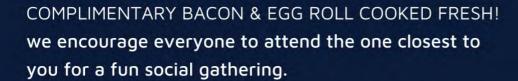


Wandering Echo

COMMUNITY ROADSIDE BREAKFASTS

The Wandering Community Resource Centre, Wandering Lions Club and Shire of Wandering are proud to bring you these Community Roadside Breakfasts.

We'll bring the BBQ & food. Let's gather together over breakfast, discuss community opportunities and issues and check on each other.



EVERYONE WELCOME TO ATTEND!

TUES 19TH SEPT

7AM - 8.30AM Wandering Fuel Station

WED 20TH SEPT

7AM - 8.30AM
Corner of Reid &
Moramockining Roads,
Blackboy Springs

THURS 21ST SEPT

August 202

7AM - 8.30AM

Codjatotine roadside parking bay

Old School Site

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









Saturday, 19 August 2023

6pm Wandering Community Centre

BOOK NOW

Contact - Wandering CRC to book your table 9884 1561 or crc@wandering.wa.gov.au



PLANT & BOOK EXCHANGE

Have you seen our new book exchange on the front verandah of the CRC? Its full of books looking for a new home. If you have some books you would like to pass on, please put them in the hut.

The Plant Exchange is located next to the playground and is part of the growing Community Garden. This is a good place to find a new plant to add to your garden and also give away your cuttings or plants you don't need.







Saturday 21st OCTOBER 2023

Wandering Fair

CRAFT STALLS
GIFT STALLS
CLOTHING STALLS
HEALTH PRODUCTS
FOOD STALLS
FOOD VANS

Wandering Community Centre/Town Oval

9am - 3pm

KIDS RIDES AND ENTERTAINMENT
FACE PAINTING
HORSE AND CART RIDES
ICE CREAM
COFFEE
SHOWBAGS

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.



VENUE: WANDERING CARAVAN PARK
6pm

okay to not be

OKAY



CHAT
to your

\$25 INC DINNER & DRINKS BOOKINGS ESSENTIAL PLEASE CONTACT: WANDERING CRC 9884 1561 CRC@WANDERING.WA.GOV.AU

Wandering Welcomes: Guest Speaker/Author

Anthea Hodg

"The War Nurses" New Release:

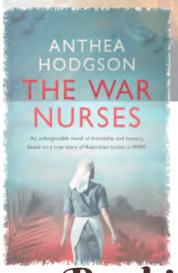
Previous Books: "The Cowgirl"

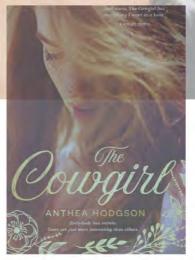
"The Drifter"

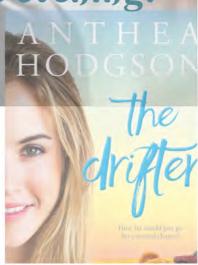
Join us for a "Sundowner Book Launch" Wednesday 30th August 2023

Come along and meet Anthea

"It's sure to be a memorable evening!"







Bookings Essential for Catering

Tickets - \$20.00 includes food and drinks

Where: Wandering Community Resource Centre

Time: 6:00 PM

Contact: CRC - 0898841561 email:crc@wandering.wa.gov.au



SHEARING OR CRUTCHING

Professional, experienced shearer available to do your shearing.

Clean job.

Hard worker, reliable.

Will travel to most areas.

Price:

S6 per head Shearing S20 per head Rams S2.50 crutching

Contact: Tom - 0492 415 148





CRC Events Coming Up

Kids Halloween Disco - 3.30pm - Tuesday 31st October
Kids Christmas Craft - Thursday 30th November - 2.45pm
Christmas Lunch @ the CRC - Thursday 23rd November - 12.30pm
Barefoot Bowls Fundraiser Evening - GET YOUR TEAMS READY! Friday 10th November - 6pm

Make Your Own Calendar with Your Photos Workshop -

Tuesday 7th & 14th November - 2 day workshop - 10am

Outdoor Movie - Friday 8th December - 6.30pm

Xmas Lights Judged - Thursday 14th December





BOOK FAIR!

To be held over 2 days at Wandering Primary School

Monday 28 August and Tuesday 29 August 8.30am – 3.30pm

We look forward to you joining us... where we're sure you'll find your next great read!

Remember every purchase made during the Fair earns learning & literacy resources for your local school





Congratulations to our newest Aussie!

On the 6th of July we were thrilled to host a Citizenship Ceremony for Teresa Earlam. Teresa, pictured below with Shire President Cr Ian Turton, has lived in Wandering for many years and is a much loved member of the community.





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:

1/08/2023 15/08/2023 29/08/2023

Ranger

24 hours / 7 days

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











2023 Local Government Elections

The Shire will have four vacancies for this year's Local Government Elections, which will be held in October 2023. This year we are undertaking a postal election, run by the Western Australian Electoral Commission.

More information will be available closer to the time.

In the meantime check you are enrolled to vote or update your enrolment details by going to https://www.aec.gov.au/enrol/

Council Meeting Notes

At the Council Meeting held on the 20th of July 2023 the following was discussed:

- Wandering Community Centre cost estimate for the verandah, proposed relocation of the gazebo and proposal to engage a Project Manager
- Shire Policy Manual Review
- Allocation of Local Roads & Community Infrastructure Program Funds
- Purchase of new wheeled excavator

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







2023 Local Government Elections - Candidate Information Webinars

Interest in running for Council? On Monday 14 August 2023 from 6pm you can access a free webinar which will give you all the information you need to understand the role of being a local government Councillor and how to become one.

During the webinar, you can also ask questions of representatives from the Electoral Commission, Western Australian Local Government Association and the Department of Local Government. The Minister for Local Government David Michael, a former local councillor, will open the webinar.

For more information go to www.dlgsc.wa.gov.au/department/news/news-article/2023/07/27/election-candidate-information-briefing-webinar

Are you a young person looking at running for Council?

The Youth Affairs Council of WA will be running information forums in Mandurah, Stirling, and the Western Suburbs in late July and early August for young people interested in potentially running for Councillor.

In these forums, you will learn:

- · What is involved in being a local government elected member
- · What issues local government looks at and what councillors make decisions on
- · How to nominate for local government
- How to run a local government campaign

You will also have the opportunity to meet local young or youth-friendly councillors and ask technical questions to the Department of Local Government, Sports, and Cultural Industries. For more information visit the website: https://votingparty.umso.com/infosessions-lg

The Department of Local Government, Sport and Cultural Industries (DLGSC) is hosting a free forum for people with disability who may be interested in nominating for local government council this year, or in future elections.

Hear from the Minister for Local Government, Hon David Michael MLA, and a panel that includes current and former councillors with lived experience of disability. Topics will include the local government election process, campaign tips and potential pitfalls and support, resources, workplace adjustments and accessibility. The session will include time for attendees to ask the panel questions or address specific feedback.

To attend, please complete the registration form, call us on 1300 762 511 or email us at <u>LGTrain-ing@dlgsc.wa.gov.au</u> with your details, including whether you will be attending online or in person.

The event will be live streamed from 5pm. An Auslan interpreter will translate the event (can be viewed on the live stream).





Reporting local issues is now a snap!



The Shire of Wandering encourages residents to download Snap Send Solve – a free smartphone app you can use to report issues.

Using the app, you can tag the location and upload photos of the issue and send a report directly to the Shire. You can use it report a wide range of issues, including potholes, illegal dumping and more.

How Snap Send Solve Works

To report an issue using the app, simply:

- 1. Tap 'snap' to start a report.
- 2. Select the issue you want to report.
- 3. Upload or take a photo and add details to help us identify the issue.
- 4. Send the report.

Find out more on the **Snap Send Solve website**

Download the app

Snap Send Solve is free to download from the Apple or Google play store. Please note we still take works requests via email, though our website, telephone or in person.

2023 / 2024 Rates Notices

Rates notices are due to be sent out in the next couple of months. 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.





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.
- Bitumen edges have commenced and will continue along Pingelly-Wandering Rd and Wandering-Narrogin Road. Traffic control will be in place so please be patient.
- 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



AI & CHRISTIANITY

Here's something slightly scary. I was running short on time to get this article into the Echo News, so I typed the following 'prompt' into both chatGPT and Google's Artificial Intelligence (AI) system called Bard: "Write a very short article about the Christian worldview and how it speaks into recent massive advances in AI." You see, I love technology. And I've been fascinated and pretty amazed to start using these tools. Anyway, here is what it came up with (I liked Bard better than chatGPT in this instance):



"The rise of artificial intelligence (AI) is a major technological development that has the potential to impact all aspects of human life. From healthcare to transportation to warfare, AI is poised to revolutionize the way we live and work.

As Christians, we have a unique perspective on AI that can help us to navigate this new technological landscape. The Bible teaches that humans are created in the image of God (Genesis 1:27), which means that we have a special relationship with Him- and this is a dignity no AI system has, no matter how realistically it may impersonate us.

Here are some specific ways that the Christian worldview can speak into the massive advances in AI:

- The concept of the imago Dei. The Bible teaches that humans are created in the image of God (Genesis 1:27). This means that we have a unique relationship with Him and that we are called to reflect His character in the world. As we develop AI, we need to be careful not to create machines that are more powerful than us or that could replace us. We also need to make sure that AI is used in ways that are consistent with the values of the imago Dei, such as love, compassion, and justice.
- The concept of stewardship. The Bible teaches that we are stewards of creation (Genesis 2:15). This means that we have a responsibility to use the resources of the world wisely and responsibly. As we develop AI, we need to be careful not to misuse this technology or to use it in ways that harm the environment or other people. We also need to make sure that AI is used in ways that benefit all of humanity, not just a select few.
- The concept of redemption. The Bible teaches that Jesus Christ came to redeem humanity from sin (Romans 5:8). This means that we have hope for the future, even in the midst of the challenges posed by AI. As we develop AI, we need to remember that this technology is not the answer to all of our problems, and humans *always* use new technologies for evil as well as good. Instead, we need to look to Jesus Christ for the ultimate hope and redemption.

The rise of AI is a complex issue with no easy answers. However, the Christian worldview can provide us with a framework for thinking about AI in a way that is consistent with our values and our faith. As we continue to develop AI, we need to be mindful of the potential risks and challenges, but we also need to be excited about the potential benefits. With God's help, we can use AI to make the world a better place."

Wow. Can you believe it!? That is incredible 'intelligence'. My main thought is 'it can say so many truths about so many things... but can it get to the **heart** of the matter?' I wonder if often the hard and time-consuming work of thinking is to discern the main or best thing from many other really good things. AI might make us lazy to do that work, as was somewhat the case with my attitude to this very article.

Anyway... here's a little challenge for you... there are just **two** phrases I added myself in that article (The only other change was I deleted one paragraph to make it shorter). Can you spot my two additions? I've put the answer in fine print at the bottom of the page.

And do come along to our next **St Alban's Marradong** service **Sun 13th August at 1pm** followed by afternoon tea, and our next **St Martin's Wandering** service, **Sun 27th August at 2pm** followed by a cuppa. Those Sundays we'll be opening up songs from the most famous songbook of all time, Psalms.

Revd Paul Bartley 10 Adam Street Williams Office 9885 1174 Email paul@gatewayparish.org Listen to the most-watched Psalms video (69M) on YouTube- Psalm 34.

WE ARE BACK

WANDERING MARKETS

AT THE TAVERN:



11 WATTS ST, WANDERING



SUNDAY 19TH NOVEMBER 2023 8AM - 1PM

SAVE THE DATE:



BOOK YOUR STALL EARLY:

(PLEASE HAVE YOUR MARKET INSURANCE UP TO DATE)



CONTACT:

JANE BOWEN - 0403865401

OR

LINDA BARGE - 0448331954



Email: wanderingcraftersmarkets@gmail.com



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

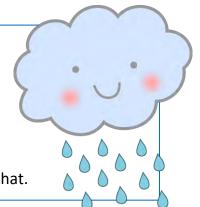


Wandering CWA

We are hoping that everyone has been enjoying the recent rains and has been making the most of the lovely crisp mornings too.

We are also hoping that you and your families are managing to stay well in amongst the current flu season and cooler weather.....

However if you have any specific needs, or know of anyone that does, that the Wandering CWA are able to help with, please don't hesitate to get in contact with one of our members and have a chat.



We hope you have the date for this year's Wandering Fair marked on your calendar!

Saturday 21 October

Come and visit the Wandering CWA for your Devonshire Tea!

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 16 August 2023 10am meeting including morning tea



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

A strong woman knows she has strength enough for the journey, but a woman of strength knows it is in the journey where she will become strong.





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.



All About Planting

The last two weeks have been all about getting seedlings in the ground! Revegetation was carried out at Koompkinning (Pumphreys Bridge) and Tunbridge Gully. Both sites are attached to the Hotham River, which in the Noongar Dreamtime was formed by the Wagyl when she emerged from the ground and moved across the landscape.

At Koompkinning (Pumphreys Bridge), 20km east of Wandering on the Hotham River, we focused our attention on a patch of remnant vegetation with a largely weedy understorey. Restoration efforts always require weed control, and the target weeds in this case were Guildford grass and perennial veldt grass which were carefully sprayed two weeks prior to planting. This should assist with seedling survival along with the decision to avoid using guards due to the small number of seedlings planted last year being over-shaded and blocked from the rain. On 20 July, Jock Abraham welcomed the planters to Country and was keen to see kangaroo paws, grass trees and bottlebrush (Calothamnus) included in the species list. It was great to have two of the Wandering Shire Councillors there to help out, along with local property owners, and thanks must go to the CWA and Wandering Lions for the sausage sizzle and Devonshire tea.

Tunbridge Gully flows into the Hotham River near Boddington and has been a long term project site focused on removing the invasive *Juncus acutus* (sharp rush) and replacing it with native species. Every year since 2016, the Boddington District High School has helped plant seedlings, and the local kids have been able to watch them grow and thrive to the point that the sharp rush is present in significantly smaller numbers (decrease of 80%) and can be maintained with a much-reduced weed control program. On 25 July, 65 school kids joined PHCC, Friends of Reserves (Boddington), Shire of Boddington, Newmont and South32 to plant 3000 seedlings in a fabulous revegetation effort to build on years of restoration.

Planting days provide multi-fold benefits of efficiency, environmental outcomes and most importantly connections between people.





Alan, Vincent, Jordan, Bella, and Travis (Jock) at Pumphreys Bridge

Our wonderful volunteers at Tunbridae Gullv

This project is funded through partnerships with both South32 Worsley Alumina and Newmont Australia (Boddington).





victoria.brockhurst@peel-harvey.org.au

www.peel-harvey.org.au







Narrogin



Western Australian College of Agriculture Narrogin

OPEN DAY

Friday 15 September 2023 9am to 3pm

TOURS DEMONSTRATIONS PRODUCE FOR SALE **LUNCHES & MORNING TEAS DISPLAYS OF STUDENT WORK**

216 Cooraminning Road, NARROGIN WA 6312 t: (08) 9881 9700

e: narrogin.wacoa@education.wa.edu.au

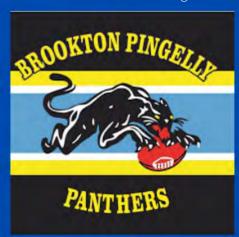
w: www.narroginag.wa.edu.au

An Independent Public School

Follow us on Facebook @WACOANarrogin

BPFC 2023 MONSTER RAFFLE





PRIZES

1ST PRIZE - 2023 AFL Grand Final Tickets for 2 (Flights & Accom Inc) or \$6500 Cash

2nd Prize \$3000 Cash * 3rd Prize \$1000 Cash * 4th Prize \$500 Cash 5th Prize \$200 Cash * 6th Prize \$100 Cash * 7th Prize \$100 Cash 8th Prize \$100 Cash * 9th Prize \$100 Cash * 10th Prize \$100 Cash



WHERE TO BUY A TICKET?

NUTRIEN PINGELLY PINGELLY PHARMACY PINGELLY TYRE SERVICE BROOKTON RURAL TRADERS ANY COMMITTEE MEMBER

THANK YOU TO OUR SPONSORS

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- BAYER ANIMAL HEALTH
- BROOKTON RURAL TRADERS
- MCINTOSH & SONS KULIN
- H.RUSHTON & CO BROOKTON

- NUFARM
- ZOETIS
- COERCO
- GOLDACRES
- AFGRI NARROGIN

PINGELLY TYRES & AUSTRALIAN TYRE TRADERS

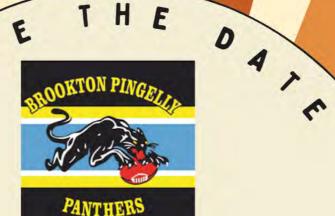
FOR FURTHER INFO PLEASE CONTACT:

JACOB SOUNNESS -0436 027 501

DRAWN **SATURDAY 19TH AUGUST** 6PM @ PRACC



THE



BROOKTON PINGELLY FC MONSTER RAFFLE DRAW & FAMILY FUN DAY

RAFFLE DRAW - LIVE MUSIC BY ROB MILLS AFL GAME ON TV - FACE PAINTING BY MARY KIDS FOOTY CLINIC- KIDS MOVIE ON THE BIG **SCREEN FROM 6.15PM BAR & DINNER AVAILABLE**

SPECIAL GUEST STAR

CHANCE BATEMAN

AT PINGELLY RECREATION & **CULTURAL CENTRE**

DOORS OPEN 2PM - LATE

19 AUGUST 2023 - FREE ENTRY

ALDERSYDE

CARAVAN WEEKEND 2023

SEPTEMBER 8TH-10TH

Join us for a weekend of delicious food, great company, campfires, games and tours.



CONTACT: GAIL 0456226674

EMAIL: GAILMACNAB@OUTLOOK.COM

FOLLOW US ON





@aldersyde O @aldersydehall



Media Statement

Consumer Protection 140 William Street Perth Western Australia 6000 Email: cpmedia@dmirs.wa.gov.au www.wa.gov.au www.wa.gov.au

20 July 2023

Consumers urged to exercise caution dealing with licensed car dealer (Ventura Autos Pty Ltd)

- Ventura Autos Pty Ltd continues to sell unroadworthy vehicles to consumers.
- 136 complaints received by Consumer Protection from WA consumers since 2016.
- Five compliance visits have resulted in 43 defect notices being issued.

Consumer Protection warns WA consumers to exercise caution when buying vehicles from a licenced car dealer in Welshpool, after receiving 136 complaints relating to it selling unroadworthy vehicles which is a breach of the Australian Consumer Law (ACL).

A warning has been issued against **Ventura Autos Pty Ltd**, with the business failing to meet ACL consumer guarantees, particularly the guarantee of selling vehicles of acceptable quality, and the reluctance to engage with consumers to provide suitable remedies.

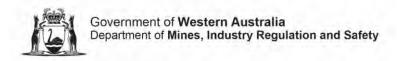
Of 136 complaints received by Consumer Protection since 2016, 46 have been received from January 2022 to May 2023, making Ventura Autos the third most complained about licensed car dealer in WA.

Ventura Autos has also had five compliance visits by Consumer Protection since January 2021, with a total of 43 defect notices issued regarding vehicles being sold. Reasons for defect notices included non-compliant tyres, windscreens, oil leaks and seatbelts.

Commissioner for Consumer Protection Trish Blake said that the consumer guarantee of acceptable quality requires, at a minimum, that a vehicle be roadworthy at the point of sale.

"When purchasing a vehicle from a licensed car dealer, consumers rightly expect that they are able to drive their new car away with no significant problems.

"This has not been the case for many consumers who have purchased an unroadworthy or faulty vehicle from Ventura Autos – which is highly concerning.





"Ventura Autos continues to sell defective vehicles to consumers and appears reluctant to assist us in our conciliation process.

"Consumers should exercise caution when purchasing a vehicle from this business and make sure they get an independent mechanical report. If you have purchased a vehicle that has issues, immediately report it to us so we can investigate."

Further complaints against Ventura Autos Pty Ltd can be lodged on the <u>Consumer Protection website</u> and enquiries can be made by calling 1300 30 40 54 or by email <u>consumer@dmirs.wa.gov.au</u>. Information about what consumers should check before buying a used car can be found on Consumer Protection's <u>buying a car</u> webpage.

<ENDS>

Media Contact: Frankie Pennington, (08) 6552 9410 / 0423 846 397 cpmedia@dmirs.wa.gov.au





REGIONAL COLUMN

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

19 July 2023

With Senior Regional Officer for the South West, Annetta Bellingeri

Keep kids safe and warm this winter

During the chilly months, it's important to keep our families warm while also staying vigilant to the potential dangers of commonly-used heating products.

Children are particularly vulnerable to burns and accidents from 'winter warmers' such as hot water bottles, open flames, heaters and loose-fitting sleepwear.

While hot water bottles are a cheap and popular way to fend off the cold, they can cause serious burns if not used correctly. According to Perth Children's Hospital data, eight children presented to its emergency department in the two years from June 2020 to 2022 with injuries relating to hot water bottles. That's why they should only ever be filled with hot tap water (never boiling water) and always covered with a fitted cover or wrap.

Given hot water bottles can deteriorate with age, it's smart to keep an eye on the 'daisy wheel' date marking that shows when the product was made. Better yet, buy a new hot water bottle every year, because even though they might look in good condition on the outside, they could be hiding damage internally.

Multiple children are also admitted to hospital each year with burns sustained from their clothing catching fire, so keep them well away from open heat sources like fireplaces and heaters.

Children's nightwear like pyjamas and dressing gowns must display a fire hazard label, but even nightwear considered a low fire hazard can still be flammable. Earlier this year, a range of <u>Target Australia kids' pyjamas</u> were recalled for being too loose-fitting on the wearer, meaning they posed a fire risk if exposed to a heat or flame source.

When shopping for kids' clothes, be particularly cautious when buying online or while on holidays, as they may not be subject to Australian mandatory safety standards.

If your child does suffer a burn, the <u>advice</u> from Kidsafe Australia is to apply cool running water to the injury for 20 minutes. Products like ice, oil or butter should never be placed on a burn and any jewellery or clothing should be removed unless stuck to the skin.

Simple precautions such as checking for <u>recalls on all products</u>, following safety guidelines, and being vigilant about safety can go a long way in protecting your family and home. Find more winter safety tips at <u>www.productsafety.gov.au/wellwinter</u> and learn more about burns prevention at <u>www.kidsafe.com.au</u>

WARRIOR WELLBEING ARTICLE

Talk to a Ma

Self-Care - What Does it Look Like for Blokes?

BY THE REGIONAL MEN'S HEALTH INITIATIVE August 2023

A statement I often find myself saying to family members, friends, and individuals I interact with through the work we do at Regional Men's Health is look after yourself mate! This message does come from a genuine place of concern for these people and encompasses a key component of our vision statement which is to empower men and communities to take responsibility for their wellbeing and health. However, what does it really mean and look like for blokes living and working in regional, rural and remote WA?

Looking after oneself is best described as *self-care*. This involves a deliberate and self-initiated act to help maintain our physical, mental, or social/spiritual wellbeing. As humans, we all live different lives and the circumstances around our work, family commitments, individual capacity and environmental factors can change, so self-care will vary from person to person. However, for most of us we should endeavor for it to be:

- Regular & ongoing (it's not just a one-off thing we do and forget about for the rest of the year).
- More than just the time left over. Don't leave yourself the dregs, time for self-care must be a necessity not a luxury! Factor it into our daily, weekly, or monthly routine/planning.
- An important part of our work-life balance. It can help us cope with challenging times and makes us more effective managing the demands of daily life.

For a lot of men, the pursuit of business goals and success (warrior attitude - winning) often pushes personal wellbeing and health issues down our list of priorities. When we think about it, acts of self-care give us the opportunity to reset and gives a circuit breaker effect on the daily grind and rat race that life can often feel like. Especially in these times of fast-moving technological advances, bombardment of social media influences, information accessibility and blurring of work-life balance (i.e. working from home, 24/7 access through smart phones). Self-care makes us more effective and offers us a buffer from the bumps in the road of life and ignoring this fact can result in us not being up to par in any aspect of our lives. Relationships can become strained, we can suffer burn out, harbor resentment, and miss out on the things that we don't realise are important until they're gone.

There is a varying range of definitions for self-care, but they all point towards us as individuals making the time to do things on a regular basis to help us live well and supports good physical, mental and social/spiritual wellbeing, including but not limited to:

- Starting with small changes that we can manage.
 Ask yourself 'what's in my control, do I need to learn to say no to unhelpful habits, behaviors, or extra commitments?'.
- Changing our mindset and putting ourselves first.
 We shouldn't see this as selfish but a form of good
 self-management. We must actively plan and
 commit for self-care to happen.
- Being connected to our passions, interests and a sense of belonging (family/community).
- Eating well, regular exercise and a good sleep routine.
- Getting a checkup with our GP and other health care professionals.



Remember, self-care starts with you so try doing something that makes you feel good, gets you excited and puts a smile on your face. If you're finding it hard to do this don't forget ...before it all gets too much... Talk to a Mate®!!

● @RMHI_4blokes

Working with Warriors Podcast

regionalmenshealth.com.au



2023

monday

tuesday

wednesday

thursday

friday

saturday

sunday

Write your story for Wear it Purple day.

This years, Wear it Purple day theme, "write your story" is an opportunity to voice your personal expression and individuality! This can be especially important for those who may feel isolated or unsupported. This August, support Wear it Purple day, come together to share stories to create a powerful sense of solidarity and support. Remember to always be kind and respectful of others.



Breath in. Hold. Breath out. You've got this! Name three things that make you happy.

Like walks on the beach, puppy cuddles, the smell of fresh-cut grass or the taste of chocolate cake!

Say thank you to someone.



Take a break and enjoy an alcohol-free weekend.

You can still have a good time with your mates without drinking.

Get creative! Give painting, photography or clay-making a try.

Join our eheadspace chat to discuss the pressures and implications of starting a habit-forming behaviour like vaping.

Tonight at 6pm

7

Catch up on some zzz's

Get an early nights rest or have a cheeky midday nap. A good rest can do wonders for your mental wellbeing.

8

Do more of what makes you happy.



9 Check out your local council website for free activities happening in

vour area!

10

Talk a little nicer to yourself this week.

11

"Be kind. Unless you can be fantastic, then be fantastically kind."

Jangandfox

Remember, it's okay to set boundaries.

Your boundaries do not have to make sense to others.

13

Play some of your favourite tunes and have a little dance party!

Ease into your week.

Be kind to yourself, take regular breaks and do one thing at a time.

Learn about trans and gender diversity and/or sexuality by joining the eheadspace chat! Tonight at 6:30pm

Consider your own story.

Sharing your lived experience can promote acceptance and challenge stereotypes. If you're not ready to share with others, that's ok too.

Take a walk around your neighbourhood.

Say hi to all the dogs you see along the way! 18

25

Declutter your virtual space

Delete old screenshots, unfollow accounts that don't serve you and unsubscribe from those spammy emails

19

12

Bake some cookies!

For no reason other than that they taste good.

20

Enjoy some moments of peace.

Try listening to some calming music while reading or taking a break with a cup of tea.

21

Listen with intent.

Reach out to a friend or loved one who might be going through a hard time. Let them tell you how they are feeling.

22

Practice these affirmations;

- "I am stong" "I am valued"
- "I am loved"

Focus on the things you can control



24

Block some 'me' time into your calender.

Self-care deserves a space in your schedule.

It's Wear it Purple Day! Celebrate and WRITE YOUR STORY. Learn how you can support the LGBTQIAP+ community this WIP day at wearitpurple.org

26

Remember. there is magic in you. 27

Try some mindfulness practices.

Deep breathing is a great way to calm the mind and de-stress!

28

Progress is progress.

Even if you're not where you hope to be yet... every step matters.

Write a thank you note to someone who has made a positive impact in your life.

30

23

"Resilience means being strong and holding onto a belief that I can overcome challenging times."

- Mission Australia

Practice some self-reflection.

For example, consider, what's a moment in your life that defined you.



Sign up to our newsletter for news, tips and happenings in the world of mental health.

For online resources and support, join eheadspace: headspace.org.au/eheadspace

We are here to help you have a good day today and tomorrow. This starts with looking after your mental health and overall wellbeing. Use this calendar to try out a different healthy habit each day.













"AMAROO" (Beautiful Country)

KULIN - FOR SALE

9,910 ha 24,488 acres

A Unique Opportunity exists to Purchase this productive & Proven unit as a "*Turn-key*" Operation



Scale - Quality Soil Types - 1st Class Improvements - 1st Class Waters & Fencing Quality family farm 1st taken up in 1927 "Amaroo" is Listed for sale for the first time and offers you the opportunity to purchase this "Turn – Key" Operation in a much sought-after & reliable area.

Independently mapped with 6,866ha available for cropping (16,966 acres)

Located 25km East of Kulin on the main Kulin – Holt Rock Road, 290km from the port of Kwinana.

A mix of mainly quality medium & heavy soils set amongst Jam, York gum & white gum, with several granite outcrops.

Improvements include..... 5 Residences

Shearing Shed & several sets of steel sheep yards

13 GP/Chem/ Parts Sheds

3 Fertiliser Sheds

26 Silos

38 Dams, Scheme connected

Very well fenced

Conservatively cropped and outstanding Pastures.

- * Offers to Purchase from \$20.5m Closing 18th October 2023.
- * WIWO Options
- * Comprehensive IM available for all genuine enquiries.

Further details & inspection to Steve Wright Nutrien Harcourts Real Estate – Narrogin 0427794500

steve.wright@nutrien.co

"Wagabawering Spring"

YEALERING - FOR SALE 3,925ha 9,698ac



Listed for the first time this "Quality" property offers you the opportunity to expand or enter the rural industry in a much sought-after area.

* 4 Separate Locations	"Karradene"	425ha
	"Osmaston"	1118ha
	"Wagabawering Spring"	1216ha
	"Geetabin"	1164ha

Located South & SE of Yealering, Geetabin 20km east of Yealering on fence rd.

Mainly quality medium soil types set amongst Jam, York gum & white gum, with some granite & sheoak.

Improvements include... Shearing Shed & sheep yards

3 Quality homes

Large Range of GP Sheds & Silos

Quality water supply Very well fenced Outstanding soil tests

Expressions of Interest - Offers from \$24.4m Closing 25th October 2023.

Further details & inspection to Steve Wright Nutrien Harcourts Real Estate – Narrogin 0427794500 steve.wright@nutrien.com.au

COMMUNITY GROUPS

WANDERING CRAFT GROUP

EMPOWERED NATIONS

CHURCH

The Wandering Crafters meet at the CRC weekly on Thursdays from

New members welcome.

Come learn, come for a chat, or just come for a cuppa.

Room 7, Boddington CRC at the Old School, Bannister Road Boddington.

Full Gospel Church. 9.30am Prayer, Main service 10:00 AM Sundays. Includes Children's church.

- Tuesdays fortnightly: Ladies group.
- Wednesdays at 10:30 AM. Bible Study, Study notes provided.
- Counselling and personal prayer available.
- Contact Julie Naylor on 0436407763 Pastor Joshua Andrews on 0425410254

If you are thirsting for more from life, come and join a lively Christian Community.

ST MARTIN'S CHURCH WANDERING

Service on the fourth Sunday of the month @ 2pm Any enquiries to Clive Lindner on 9884 1535

WANDERING LIONS CLUB

Meet second Thursday of the month. 7pm at the Wandering Tavern

President - Peter Warburton - 0429 366 617 Secretary - Stephen Bullock - 0428 251 979

WANDERING CWA

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

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

PUMPHREYS CWA

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

WANDERING VIRTUAL VILLAGE

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

Mia DAVIES MLA

Leader of The Nationals WA



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Merredin Office

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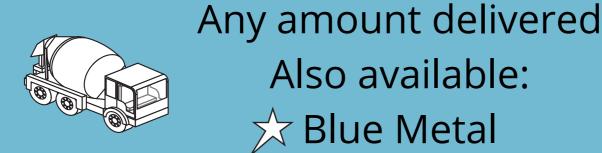
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COMMUNITY CALENDAR

3 S 0 S D 5 D T

11AM THURSDAY 3RD VIETNAM VETERAN VIGIL

9AM | TUESDAY 8TH PUMPHREYS CWA MEETING

7PM | THURSDAY 10TH LIONS MEETING

10AM | WEDNESDAY 16TH WANDERING CWA MEETING

3.30PM | THURSDAY 17TH
COUNCIL MEETING

6PM | SATURDAY 19TH
QUIZ NIGHT

7PM | MONDAY 21ST AUTUMN GRAZE AGM

8:30 AM - 3.30PM | MON 28TH & TUES 29TH
BOOK FAIR @ SCHOOL

6PM | WEDNESDAY 30TH SUNDOWNER - MEET THE AUTHOR

WEEKLY ACTIVITIES

AT THE CRC

MONDAY - VIRTUAL VILLAGE - 10AM - 12PM
THURSDAY - CRAFT GROUP - 10AM - 12PM