O C T O B E R 2 0 2 3

THE WANDERING









Wandering Echo October 2023

WELCOME

To Our Monthly Community Newsletter

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

Advertise in the Echo

50 hard copies printed per month emailed to over 170 contacts

NO JANUARY EDITION

Per month

1/4 page: \$16.00

1/2 page: \$23.00

Full page: \$52.00

11 editions - yearly

1/4 page: \$96.00

1/2 page: \$137.00

Full page: \$309.00

Contact the Wandering CRC

Phone: 08 9884 1561

Email: crc@wandering.wa.gov.au

Monday - Thursday

9am - 4pm

Closed public holidays

KEEP UP TO DATE

The best way to stay up to date with all the happenings of the CRC & Wandering Shire is to follow us on Facebook.

CRC - https://www.facebook.com/wanderingcrc Shire - https://www.facebook.com/Wanderingshire Wandering Echo October 2023

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

PLANT SWAP

Another successful Plant Swap as part of the Wandering Community Garden Project was held on 26th September. The sun came out for the day and provided a great opportunity to sit outside and chat about all things gardening.

The Plant Swaps are about coming together to share your love of gardening and share your plants and cuttings and take other plants or cuttings to plant in your own garden.

There is a permanent stand at the Community Garden site that is available for you to leave your cuttings and plants at other times.

The Community Garden is also in bloom with many herbs and vegetables ready to be

picked. Call down and check it out!







2023 MEN'S NIGHT

30 blokes came together in September to enjoy a few beers and steak by the campfire.

The annual Men's Night is about checking on your mates while sharing a few laughs and stories.

Thank you to Shaun Brand for cooking up the perfect steaks once again!

See you all again in September 2024!



ZERO WASTE WORKSHOP

10 ladies got together with our local guru Roi, to learn about chemical free and zero waste products. A great learning opportunity to live a healthier and better life for yourself and the environment and how easy it is to make these products at home.

We'll be getting Roi back in the new year, so stay tuned for the next workshop!



Wandering Echa 2023 COMMUNITY ROADSIDE October 2023

BREAKFASTS

The Wandering Lions Club, Shire of Wandering and the Wandering CRC hit the road again with the annual Roadside Breakfasts, to get out in the community, share a yummy cooked breakfast and check on our fellow community members.

Over 70 serves were dished up this year across three sites.

Thank you to the Wandering Lions Club for their continued support of the project for its third year.

This years Roadside Breakfasts were proudly funded by the Shire of Wandering.















FUNDRAISER FOR THE WANDERING BOWLING CLUB

DJ PRIZES

GET YOUR TEAM READY!

FRIDAY-

10 NOV

06:00 PM

ENTRY

\$10

PER PERSON

TEAMS OF 4

SAUSAGE

SIZZLE

KIDS WELCOME

JOINT PROJECT OF THE WANDERING CRC & WANDERING BOWLS CLUB

SUPPORT A SMALL BUT IMPORTANT CLUB IN OUR COMMUNITY

BOOK YOUR TEAM NOW!

CONTACT THE CRC - 98841561 OR CRC@WANDERING.WA.GOV.AU

BUILD YOUR OWN WEBSITE WITH



A WORKSHOP FOR





TO REGISTER, CONTACT THE
WANDERING CRC
08 9884 1561
CRC@WANDERING.WA.GOV.AU





Saturday 14th October 2023

Wandering Caravan Park 12pm - 2pm

Everyone welcome
Free to attend!
Proudly supported by the
WA Assoc. for Mental Health

BYO drinks and picnic chair or blanket

Bookings are essential for catering! Contact:

Wandering CRC to book 98841561

crc@wandering.wa.gov.au







WANDERING'S FUEL TO GO & PLAY CHILDREN'S WEEK EVENT 2023



"We are looking for 15 Adventurer's!"

Dwellingup Treetop Adventures

SUNDAY: 29TH OCTOBER 2023

Wandering CRC are proudly hosting an experience for our local children, if this is you, book your attendance early!

attendance early!
No Charge for partipating Aventurer's

- Bus Leaves 8:30 AM sharp outside CRC Watts St.
- Adventure starts 10:30 AM upon arrival.

PLEASE NOTE: Parents to provide LUNCH - CRC to provide healthy snacks and Fruit Boxes.

Book: crc@wandering.wa.gov.au/ 0898841561











ARE YOU PLANNING A STALL FOR THE WANDERING FAIR???



MARKET STALL APPLICATIONS CLOSING 10TH OCTOBER 2023

JOTFORM APPLICATION

https://form.jotform.com/230781661662863

Available on our Fb page too.

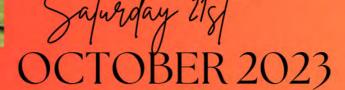
WANDERING FAIR 2023



FREE FAMILY FUN DAY.FREE ENTRY.FREE
ENTERTAINMENT.FREE KIDS ACTIVITIES AND RIDES









CRAFT STALLS
GIFT STALLS

9am - 3pm
Wandering Community Centre/Town Oval

CLOTHING STALLS
HEALTH PRODUCTS
FOOD STALLS

FOOD STALLS
FOOD VANS
KIDS RIDES
FACE PAINTING
ICE CREAM
COFFEE
SHOWBAGS
HORSE AND CART RIDES

Live Music CROSSFIRE
HEY PRESTO..... THE MAGICIAN
TAIKO ON DRUMMERS
AMY WILD ADVENTURES







PROGRAM

9AM GROUNDS OPEN





9 CROSSFIRE
10 HEY PRESTO
10.30 TAIKO ON
11.00 AMY WILDE
11 CROSSFIRE





11 KIDS SHOOT A HOOP
11.30 HEY PRESTO
12NOON CROSSFIRE
1PM TAIKO ON
1.30 AMY WILDE
2PM CROSSFIRE



Win Buckles

IN EACH EVENT

BODDINGTON

4D Jackpot

OPEN, JUNIOR TINY TOTS, PEEWEE YEAH THE BOYZ





Fancy Dress

FAMOUS CHARITY
BARREL RACE



LIVE MUSIC, BRANDS BBQ,

TATTOO ARTISTS, STALL HOLDERS AND MORE!

SATURDAY 7TH OCTOBER | 9AM START

BIG SKY ARENA, WANDERING





FRIDAY NIGHT SOCIAL TENNIS

Wandering Tennis Club Inc.

Memberships are now available.

\$25 a season.

Children (17 and under) free.

Ball fee Non-Member \$5 per session.

Starting
Date
Friday 27th
October
2023
6PM

Introducing

Mid-week Tuesday
Tennis

Starting Date

Tuesday 31st October 2023

5PM

ALL WELCOME!!!! Wandering Echo _____

WANDERING

Camp Out Weekend

Weekend for the whole family!



20TH - 22ND OCTOBER

Winery Tours

Food vans

Entertainment all weekend

Helicopter Flights AG SHOW & FAIR
FREE ENTRY
SAT 21ST
9AM - 3PM

PADDOCK PARTY!!

Friday & Saturday night
with stage line-up from *5 pm
Licensed bar

TICKETS:

www.trybooking.com/CGERU

FURTHER INFORMATION

Registrations OPENI

Colour Run

Truck Display Comp

Dog Jump Comp

Ag Show Stalls

E: eowcow@outlook.com Ph: 0429 961 697

Facebook: @wanderingcampoutweekend

Website: wcow.com.au



SATURDAY 21st OCTOBER 9AM - 3PM

SHEARING, HORSE, MACHINERY DEMOS
DOG JUMPING COMP ANIMAL DISPLAYS
FARRIER DEMO ENTERTAINMENT GALORE!

LIBERTY HORSES DISPLAY

HELICOPTER FLIGHTS



GRASSDALE FARM 99 WANDERING-PINGELLY RD

FURTHER INFORMATION

E: eowcow@outlook.com Ph: 0429 961 697
Facebook: @wanderingcampoutweekend
Website: wcow.com.au



ENTER YOUR TRUCK

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

To register: jotform.com/231432783970056

SATURDAY ZIST OCTOBER

GRASSDALE FARM, WANDERING, WA

FURTHER INFORMATION & REGISTRATIONS

E: eowcow@outlook.com

Ph: 0429 961 697

Facebook: @wanderingcampoutweek

Website: wcow.com.au



STEM DAY WH

Science - Technology - Engineering - Mathematics

Check out our new products for you to experiment with.

Registration essential!

\$5 PER CHILD



WEDNESDAY 4TH OCTOBER 11AM

TO BOOK PLEASE CONTACT THE WANDERING CRC 9884 1561 CRC@WANDERING.WA.GOV.AU





Wandering Lions Club

Spring has bought on the annual round of community roadside breakfasts.

Lions, the CRC and the Shire once again teamed up to provide free egg and bacon burger breakfast at three roadside localities.

These breakfast opportunities allow citizens in the vicinity to come together, meet and discuss the problems of the world and their locality and generally come out of hibination from the winter.

The breakfast crew would arrive at location about 6 am and crank up the BBQ and close down about 8.30 after providing breakfast for 20 to 30 visitors to the site.

This breakfast project is growing each spring and a wonderful opportunity to come together and enjoy the beginning of the warmer season.

Thanks to Councillor and Lion Gillian Hansen and father Lion John. Lion Mal Wilkins and the supporting Lions crew.

These events are very well supported by the CRC with Alana and Marina at that helm.



Daybreak preparation at the Moramockining and Reid road corner with an eager first burger recipient.

Faith: virtue or vice?

Some people see 'faith' as a positive thing. They might say 'I wish I had your faith!' meaning they'd love the same confidence that everything would work out in the end. Others believe the opposite: faith is blindness, it's believing something in spite of evidence.



Faith is **the great cop-out**, the great excuse to evade the need to think and evaluate evidence.

- Sam Harris

Faith means not wanting to know what is true.

- Friedrich Nietzsche

Faith is **not a virtue**, it is a cop-out.

- Richard Dawkins

I've been struck lately as I prepare Bible talks and so spend lots of time in the Bible. Because at the same time, winter 2023 has been a season of death. I seemed to hear almost daily of deaths in the parish towns – the old, the young. If this has been your family, may you find comfort and hope this springtime.

But I've been struck that 'faith' is my trust that this whole story- the human story; life, the universe and everything- has a Great and Good Author. And in the midst of how fleeting my life is, the 66 books of Bible and the community gathered around them- the church- are the main way I **rest** in Him.

- Rest in not needing to desperately grasp for everything on offer;
- Rest in standing on a Solid Rock while the torrent rushes past;
- Rest in leaning on Something Someone Eternal rather than temporary.

I'm 42 but I've actually enjoyed getting my funeral planned out... for whenever it's needed.

But what about you? Would you see 'faith' as a good and helpful thing, or a cop-out? I'd genuinely love to hear your thoughts.

Pevd Paul Bartley

Office 9885 1174 10 Adam Street Williams

Email paul@gatewayparish.org Web www.gatewayparish.org •

An excellent nine minutes on this topic

You're welcome at our next Sunday services:

• **Sun 8th Oct at 1pm** at St Alban's Marradong Revelation 2

• Sun 22nd Oct at 2pm at St Martin's Wandering Revelation 4





Results of 2023 Local Government Election

Congratulations to Lou Cowan, Dennis Jennings, Sheryl Little and Alan Price who were all elected unopposed to the Shire of Wandering Council. Our newest Councillors will be sworn in towards the end of October 2023.

A huge thank you to Crs Graeme Parsons and Paul Treasure who have both retired from Council. Cr Parsons commenced on Council in August 2016 and was Deputy President from November 2019 to October 2021. Cr Treasure commenced on Council in February 2020 and has been Deputy President since October 2021. Your contribution to the Shire of Wandering has been invaluable and you will both be missed.

At the recent Local Government Convention held in Perth, our Shire President Ian Turton met and presented a letter to the Minister for Local Government the Hon David Michael MLA.

The purpose was to advocate for smaller local governments to ensure that their needs are taken into consideration. Concerns included the large cost of compliance and the need to increase the funding for these smaller administrations to meet the requirements of State and Federal Governments. Cr Turton handed copies of the letter to several other council representatives and hopes it will lead to councils similar in size to Wandering having further discussions. The Wandering Council will in due course invite the Minister to visit our Shire and other Councils with similar concerns will be welcome to join us.

> Shire President Ian Turton with the Minister for Local Government, Hon David Michael MLA

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:

10/10/2023 24/10/2023

Ranger

24 hours / 7 days 0459 678 154









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
- 19 October 2023
- 16 November 2023
- 14 December 2023

Meetings commence at 2.30pm, public are welcome to attend. Shire Chambers, 22 Watts Street

Wandering. Please arrive at reception by 2.15pm and submit questions at least 24 hours prior to the meeting.

Please note that upcoming council meetings for October, November and December 2023 will commence at 2.30pm instead of the regular time of 3.30pm.

Council Meeting Notes

At the Council Meeting held on the 21st September 2023 the following was discussed:

- Shire of Wandering Policy Manual Review
- Wandering Community Centre Upgrade- Quotes for Business Case and Grant Application
- Wandering Community Centre Upgrade Appointment of a Volunteer Project Manager
- Financial Reports and Accounts for Payment
- Update to Fees and Charges Hire of Grader for Private Works Purposes
- Development Application Lot 4 Mellows Road, Wandering



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





Wandering is the place to be!

On Thursday 12th of October our town will be welcoming the **On Your Bike, Rivers of the Darling Tour Cycling Group** for an overnight stay. The bike tour is a seven day event starting from Ashfield Station with multi-ple overnight stays on the way before ending the tour in Mandurah. Wandering will be hosting the cycling group on day five of their tour. Over 70 cyclists will be pitching a tent on the town oval for the night. The Shire of Wandering would like to welcome all participants and hope they enjoy their stay!!! https://ctawa.asn.au/



The Wandering Caravan park was fully booked over the recently long weekend! The big rigs came and stayed and were definitely the talk of the town. We received a lovely message from the Secretary of the group. Well done everyone involved:

Thank you to all the staff at Wandering Shire who made BigRigs Clan feel welcome this September long weekend. Appreciated those friendly workers who came and mowed the oval, and kept the bins empty, and made sure there was plenty of wood and toilets and showers clean for us all. Dump point access, all access well thought out Wandering's hospitality, second to none.







Shire of Wandering Public Notice Amendment to Fees & Charges

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

The adjustment is the addition of a charge to hire the Shire Grader.

	Normal Time	Time & a Half	Double Time
Grader Hire (per hour or part thereof)	\$225.00	\$249.50	\$272.00

191

Alan Hart

Chief Executive Officer

Shire Rates Due Dates

The next instalments dates are as follows:

If you are paying in two instalments, the final one is due by 28/11/2023. **If you are paying in four instalments**, the second will be due by 28/11/2023, third by 25/01/2024 and the final instalment by 25/03/2024.

If you are having difficulty paying your rates please contact us and we can put a payment plan arrangement in place.





Works Update

- Winter grading is nearing completion and will continue over the couple of weeks, please contact the Shire if your road needs attention.
- Roadside vegetation works will recommence in the winter months due to the potential fire risk during summer.
- Drainage work along Wandoo Crescent has commenced and will be completed by October. This will help to slow water movement coming down the hill and help to stop road scouring.
- 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.
- Road construction will start in the coming weeks along York-Williams road this will see the Shire reaching the Williams boundary.
- 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	国 27 662 国 42 27 是 285 (257 33 86)
You can also use the camera on your phone to scan the QR	Code	□ B SS SS S

AGRICULTURE

ARE YOU A FARMING ENTERPRISE BUSINESS OWNER?

And looking for agricultural staff?

IRE is now seeking business owners throughout regional Australia who need workers to enquire within.

Contact info@ireaustralia.com.au or

Visit www.ireaustralia.com.au



Landcare matters

Hotham-Williams sub-catchment update



Peel-Harvey Catchment Council

Edition 80 ectober 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.



Regen Ag community healthy and growing

What a time our team had in Margaret River at the 2023 Regen Ag Conference hearing from experts in RegenAg from across the state, Australia and internationally, sharing their knowledge and highlighting the opportunities that new forms of farming present to our community.

Distilling a week of field trips, lectures and networking is impossible, but there were several main threads that ran through the whole event:

- Healthy communities are essential to support Agriculture, whether they be bacterial and fungal communities, plant communities or communities of growers, sellers and customers. There is strength in diversity and support to be had from gathering likeminded communities around us.
- Rethinking how we farm should be embraced. New practices, technologies, markets and resources are increasingly available to farmers, and to

- ensure ongoing access to markets, good prices and sustainable businesses, embracing new ways of thinking will be essential.
- Food ain't food. Nutrient density, knowing where food is produced, understanding the carbon footprint of produce and whether a product is organic, carbon-neutral or biodynamic are all important to the consumer and emerging markets.
- changing practice is hard but worth it. Learn from others, start small and make mistakes, surround yourself with others who are also changing and don't hesitate to try new things if they make sense to you. Science doesn't know all the answers it might have to catch up later.

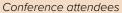
There is so much more to do to support mainstream adoption of regenerative agricultural practices, but the sector is increasingly understanding the benefits to production and our farming landscapes. For landholders wanting to make a transition away from traditional agriculture there is a lot of support, which will help mitigate some of the risks in transition.

PHCC is excited to have been able to make more networks and connections with farmers, suppliers and groups in the Regen Ag space last week, and we are looking forward to continuing to support farmers in our region undertake productive, sustainable food and fiber production in a landscape that supports a diversity of life and livelihoods in the future.

If you have a question about Regen Ag please email us at hothamwilliams@peel-harvey.org.au or call or 6369 8801 to speak to one of our Agriculture team.

For more information on the conference visit <u>www.regen2023.com.au</u>







Rob Harris, PHCC Board Member and PHCC's
Mick Davis

Landcare matters

Hotham-Williams sub-catchment update



Seedlings for the Williams River

Two planting efforts in the past month have put 1000 seedlings in the ground near the Albany Highway Bridge on the Williams River in Williams. Thanks must go to the Wildlife Warriors (and trusty parent helpers), and the Williams Environmental Group for their hard work in making it happen.

This is the 'first pass' planting at the River Action Plan site, which is one of eight in the Hotham-Williams sub-catchment. Just two species were chosen at this early stage, Juncus subsecundus and Melaleuca rhaphiophylla. Both of them are local to the area and salt tolerant, which is necessary due to the high salinity levels in the river. J. subsecundus is a sedge, which is a grasslike perennial herb that is growing beautifully upstream of the planting site. We hope it will do the same in the newly planted area, although the ground immediately next to the bridge is extremely compacted and the holes were very difficult to dig! The sedge is relatively low-growing and will still provide a view of the river for visitors to the spot, which is popular for travelers. M. rhaphiophylla is also growing happily nearby and these were planted amongst the sedges to (eventually) give much-needed shade to the banks and the river itself. The seedlings are currently very small tube stock size, which survive better than more mature seedlings when planted in-situ.

Revegetation is a tricky business! It is not uncommon to lose half the seedlings in the first summer, and it really is a case of adding more every year to ensure a net increase in vegetation over time. It will help if spring brings us a few rain events so that the ground doesn't dry out too quickly, and there is the added complication of the compacted ground we mentioned!

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



PHCC's Kristy Gregory with the Wildlife Warriors

Coming up:

Wonders of the Wetlands Festival Saturday 14 October 2023

Visit our website for more details: https://peel-harvey.org.au/events/ wonders-of-our-wetlands-festival/

Don't miss our annual event!



Do you have a NRM event or information you would like us to promote?

Please contact us on 6369 8801 or 0455 166 780















LOCAL GOVERNMENT ORDINARY POSTAL ELECTION NOTICE OF RESULTS Shire of Wandering

The result of the Ordinary Election conducted as a postal vote on Saturday, 21 October 2023 is as follows:

CANDIDATES ELECTED UNOPPOSED

DistrictExpiry of TermJENNINGS, Dennis16 October 2027COWAN, Robert16 October 2027LITTLE, Sheryl16 October 2027PRICE, Alan16 October 2027

Dennis Brett JENNINGS is elected as Councillor for the Shire of Wandering and will hold office until 16 October 2027.

Robert John COWAN is elected as Councillor for the Shire of Wandering and will hold office until 16 October 2027.

Sheryl Gaye LITTLE is elected as Councillor for the Shire of Wandering and will hold office until 16 October 2027.

Alan John PRICE is elected as Councillor for the Shire of Wandering and will hold office until 16 October 2027.

Roxanne CROWE RETURNING OFFICER 0499 854 180





Wandering Fair – Saturday 21 October

Alongside the wonderful members of the Wandering Playgroup, we will once again be hosting delicious and delightful Devonshire Teas from our very own Wandering CWA Rooms.

We're looking forward to seeing you on Saturday 21 October!



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 18 October 2023

10am meeting including morning tea

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

Women are like teabags.
You never know how strong they are until they are in hot water.

Eleanor Roosevelt



STAY ACTIVE

On Wednesday 11th October, Kay Watts, accredited "Stay Active" instructor from Pingelly, with 21 years experience, will be coming to Wandering to give some guidance to locals who are interested in getting their body moving and be more healthy.

This is aimed at everyone of any age, sex and ability.

You are encouraged to work to your own ability and fitness level.

We will meet and gauge what interest there is with the possibility of someone from Wandering becoming accredited and conducting future classes.

If you would like to participate please come along – outside the Wandering CRC at 9.45 Wednesday 11th October – cuppa to follow.

Please bring a water bottle, hat and comfortable clothing.

\$2 donation please.

VIRTUAL VILLAGE UPDATE

To be held at the Wandering CRC On Monday 9th October

@

10am

Helen Morton will speak about the Virtual Village going forward and give some information about ACAT assessments, Mable and lots more

Cuppa will be provided

Please register your interest for catering purposes

WARRIOR WELLBEING ARTICLE

alk to a Mai

Getting a Good Night's Sleep

BY THE REGIONAL MEN'S HEALTH INITIATIVE October 2023

There are times in business when it's all go, whether it's on the farm during seeding and harvest or meeting deadlines at work. It may mean working longer than normal hours and possibly becoming sleep deprived. A lack of sleep not only reduces our ability to perform work effectively, it also reduces our ability to work safely. Some have regarded sleep as a useless waste of time with no purpose - NOT TRUE. Science and medicine are discovering more and more about the role of sleep and its influence on our wellbeing and health.



How much sleep do we really need?

- Infants and toddlers 9 to 10 hours at night plus day naps;
- School age including teenagers do best with 9 to 11 hours at night;
- Most adults 7 to 8 hours a night;
- Older adults need the same as younger adults but sleep lighter and for shorter periods.

Some people just need fewer hours of six or less a night without ill effects. The need for less or even more sleep can run in families (suggesting a genetic basis but it is incredibly rare).

What are the effects of lack of sleep? While we're sleeping, our body is busy tending to our physical and mental health and getting us ready for another day. Lack of sleep can lead to:

- · Drowsiness and irritability during the day;
- Poor concentration hindering memory and our ability to pay attention;

- Poor physical coordination increasing the risk of accidents;
- High blood pressure which is one of the main risk factors for heart disease;
- Depression.

Regularly sleeping less than 5 hours is associated with poor physical and mental health and wellbeing.

Sleep may be more difficult to come by as we age, and this can be traced to treatable health issues that cause interrupted sleep. Some factors that could cause sleep difficulties:

- Sleep disorders like sleep-apnoea, restless leg/arm syndrome, leg cramps;
- Pain from conditions like arthritis, heartburn, back pain, headaches;
- · A frequent need to urinate;
- Illness depression, coughing, shortness of breath;
- Medications.

Some helpful tips for getting a good night's sleep are:

- Go to bed and get up at the same time each day, this synchronizes our body clock;
- · Aim for daily exercise before evenings;
- Relax before bed i.e. warm shower, reading and avoid caffeine, nicotine and alcohol;
- Establish your pre-sleep routine (usually 3 things);
- Use bedroom/bed only for sleeping or intimacy – not as a lounge room for watching TV.

Generally, if we can't sleep, we shouldn't lie in bed. Leave the bedroom and do a quiet activity that doesn't stimulate us. To help maintain a healthy lifestyle we all need to contemplate what is an adequate amount of sleep for us personally and visit our GP for treatment if we are amassing a huge sleep debt.

@RMHI_4blokes

Working with Warriors Podcast

mregionalmenshealth.com.au





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

19 September 2023

'Bitumen bandits' named in organised scam operation

- Travelling conmen target WA consumers as part of international based scam
- Twenty-eight reports in nine months totalling payments of over \$264,000
- Commissioner for Consumer Protection says avoid these scam con artists who leave you with dodgy work

Consumer Protection is warning WA home and business owners to avoid dealing with at least eight road construction companies currently travelling around the state that offer to re-surface bitumen driveways and car parks for seemingly attractive prices, only to leave terrible bitumen work behind, in worse shape than before.

The travelling conmen known as 'bitumen bandits' use sub-standard materials, demand a higher fee than originally quoted and threaten to destroy the work completed if their invoices are not paid.

Commissioner for Consumer Protection Trish Blake describes the operation as an international organised scam with directors often based in the U.K. or Ireland.

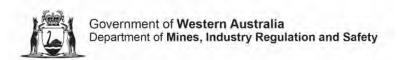
"It is the definition of dodgy and a complete scam – it has to stop," Ms Blake said.

"These con artists posing as tradespeople have a blatant disregard for the law and use completely unethical business practices that prey on innocent people, tricking them into a 'good deal' but ultimately charge highly-inflated prices for shoddy work.

"They lie to potential customers, saying they have left-over bitumen from a job nearby so can offer a cheap price but the finished job is left uneven, thin and soft.

"In one case in Derby, the bitumen washed away with rain the next day but the customer was still invoiced \$33,000 and demands were made for immediate payment."

The bitumen bandits breach numerous consumer laws including coercing customers for payment after poor quality bitumen works are complete. They also approach potential customers uninvited with unsolicited consumer agreements, fail to observe the required





10 business day cooling off period, provide false representation as to the price of services and falsely claim to be affiliated with Main Roads and other reputable businesses.

In one instance, an invoice of \$32,000 was provided to a Broome consumer after work was completed, which was more than four times the agreed quote of \$7,000.

Consumer Protection first issued a <u>public warning</u> in April 2023 and has now received 31 complaints since 1 January 2023 about travelling conmen who have targeted consumers and business owners in regional areas including Albany, Australind, Bunbury, Picton, Williams, Narrogin, Wongan Hills, Collie, Boddington, Kalgoorlie, Geraldton, Derby, Carnarvon, Karratha, Broome and several suburbs in the Perth metropolitan area.

The eight bitumen companies – conveniently registered in WA or over east – and the directors that Consumer Protection warns consumers and businesses to avoid, are: Bitumen Road Services Pty Ltd (Director Andrew Watson); Road Tech Oz Pty Ltd (Director Jack Reagan Maskell); Road Tech Construction Oz Pty Ltd (Director Anthony Kenneth Lee); Regional Civils Pty Ltd (Director Jay Brough); Top Coat Civils Pty Ltd (Director Gabriel Thomas O'Malley Mackerness); Rolo Bitumen Pty Ltd (Director Lee Desmond Rowland); Civil Highways Pty Ltd (Director Jonathan Michael Hovvels) and Ground Fix Landscapes Pty Ltd (Director James Lee). Regular workers from the above companies include Anthony Kenneth Lee, Simon Ross, Tom Ross, Thomas Dean Whaley and Matthew Nunn.

The cost of bitumen work subject to Consumer Protection complaints ranges from \$2,700 to \$46,000 with the majority of complaints stating dissatisfaction with the quality of work, being invoiced exorbitant prices compared to the original quote and demands for immediate payment including threats to destroy completed work for non-payment.

"These scam con artists will leave you with dodgy work, harass you for payment and quickly move on, making it difficult for customers and authorities to catch up with them," Ms Blake says.

"If you have already had bitumen works done by any of these companies and are unsatisfied, we recommend not paying the invoice and report it to Consumer Protection."

Consumer Protection is working closely with authorities across the country including WA Police, Australian Securities and Investments Commission (ASIC), Home Affairs and other Australian Consumer Law regulators to identify action which may be taken against these conmen.

WA consumers are advised to resist approaches and high pressure sales tactics from the companies or individuals named and always seek multiple quotes from reputable local tradespeople.



Be breast aware this October!



October is Breast Cancer Awareness Month

so it's an important time to shine a light on the impact that breast cancer has on many Australians. It's also important for people to get to know common breast cancer symptoms.

Women from regional Western Australia (WA) are known to delay going to a medical clinic when they were experiencing symptoms, with many experiencing self-doubt about the existence of the symptom. In 2019, 1,899 women in WA were diagnosed with breast cancer, and 259 women lost their lives to it.

If you're unsure about a possible symptom, you should make an appointment to discuss the change with your doctor, clinic nurse or Aboriginal health worker as soon as possible. This is particularly important if it's been more than four weeks since you first noticed the change. Cancer treatments have improved in recent years, and it is much easier to successfully treat breast cancer if it is found early. The more it spreads, the harder it is to treat. So, we must Find Cancer Early.

Everyone's breasts are different. It is important that you get to know what your breasts look and feel like, so you know what is normal for you. There is no right or wrong way to check your breasts.

Common symptoms of breast cancer include:

- A lump or hard area in your breast or underarm, especially if it is only on one side
- A change in the size, shape or feel of your breast
- Change in the look of your breast, including redness, rash, or your skin looks like the skin of an orange, or is wrinkling in small folds
- Changes to the nipple, like it's pulled inwards, leaking, itchy or has a sore that won't heal
- Breast pain or discomfort, especially if it is only on one side
- An area of the breast that feels different to the rest

You can give yourself the best chance to Find Cancer Early, by going to see a doctor, clinic nurse or Aboriginal health worker straight away if you have any of the symptoms above. The benefits to Finding Cancer Early is that treatment is easier, and you can be around longer to do the things you love doing with the people you love.

For more information about breast cancer symptoms, visit www.findcancerearly.com.au or call the Cancer Council Information and Support Line on 13 11 20.



BREAST CANCER



Common symptoms:



Lumps and bumps

A lump or hard area in your breast or underarm, especially if it is only on one side.



Unusual dimpling or rashes

Change in the look of your breast, like: your skin looks like the skin of an orange, your skin looks and feels different in one area, redness or rash.



Changes to the nipple

Changes to the nipple, like: it's pulled inwards, leaking, itchy or has a sore that won't heal.



Pain or swelling

Breast pain or discomfort, especially if it is only on one side.



A change in size

A change in the size, shape or feel of your breast.

Get to know your breasts and what is normal for you. If you notice any of these symptoms or unusual changes, talk to a doctor, clinic nurse or Aboriginal health worker without delay.

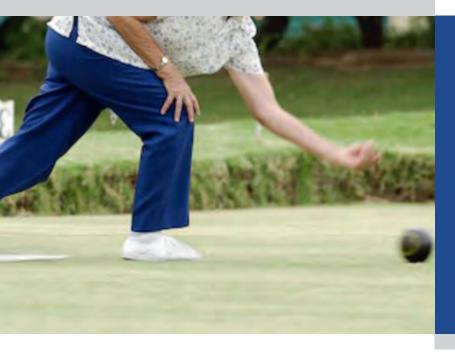
If you have a symptom, it does not mean you have breast cancer. Often these symptoms turn out to be something less serious. However, it is important to get these symptoms or any unusual changes in your body checked out just in case.

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









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Balance

Lawn bowls requires you to transfer your weight between your feet, balance your body and bend down to roll the bowl or pick it up.



Endurance

Lawn bowls involves repetitive movements and prolonged standing which tone the muscles and help keep a healthy heart.



Coordination

Lawn bowls requires accuracy to roll the bowl towards the jack. Players need to make changes to the velocity of the bowl to ensure the bowl stops in its desired location.



Cognition

Lawn bowls is a tactical game which requires the use of cognition to make decisions on distance and location.



Social connection

Lawn bowls is a strong social sport which helps you stay connected with friends.

To find a bowls club near you visit www.gottalovethebowlo.com.au



When I was young I played in competitions and it was quite rigorous, now I play social bowls. I enjoy the social interaction with my friends, usually it makes me feel better physically and it gives me a buzz. I enjoy playing in a team and encouraging each other.

Ron, 87, Albany











Move Your Body to stay on your feet®



Balance

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



Strength

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



Endurance

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



Agility

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



Power

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



Flexibility

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



Coordination

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



Cognition

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

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

COMMUNITY GROUPS

WANDERING CRAFT GROUP

EMPOWERED NATIONS

CHURCH

The Wandering Crafters meet at the CRC weekly on Thursdays from 9am

New members welcome.

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

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

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

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

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

ST MARTIN'S CHURCH WANDERING

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

WANDERING LIONS CLUB

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

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

WANDERING CWA

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

Animal food for small holdings with any chooks, pigs, goats, ducks and more!

Groats 20kg bag \$20

Oat Pins, husks and grasses. Seconds
Approximately 200kg \$50

Small Groats, Husks and Other grasses. Seconds
Approximately 200kg S75

Contact Lucy Jones 0419 938 834 Pick up Wandering

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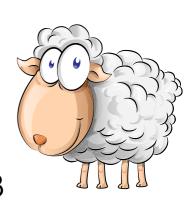
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COMMUNITY CALENDAR

11AM | WEDNESDAY 4TH KIDS STEM ACTIVITY

9AM | SATURDAY 7TH
BARREL RACE

10AM | MONDAY 9TH VIRTUAL VILLAGE UPDATE

9AM | TUESDAY 10TH PUMPHREY'S CWA MEETING

9.45AM | WEDNESDAY 11TH STAY ACTIVE

7PM | THURSDAY 12TH LIONS CLUB MEETING

12PM | SATURDAY 14TH
WA MENTAL HEALTH WEEK - FAMILY DAY @ CARAVAN PARK

10AM | WEDNESDAY 18TH WANDERING CWA

FRIDAY 20TH- 22ND WANDERING CAMP OUT WEEKEND

9AM-3PM | SATURDAY 21ST
AG SHOW @ GRASSDALE FARM & FAIR @ TOWN OVAL

2PM | SUNDAY 22ND ST MARTINS CHURCH SERVICE

2.30PM | THURSDAY 19TH
COUNCIL MEETING

8.30AM | SUNDAY 29TH

DWELLINGUP TREETOP ADVENTURES BUS TRIP

4.30PM | TUESDAY 31ST KIDS HALLOWEEN DISCO

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