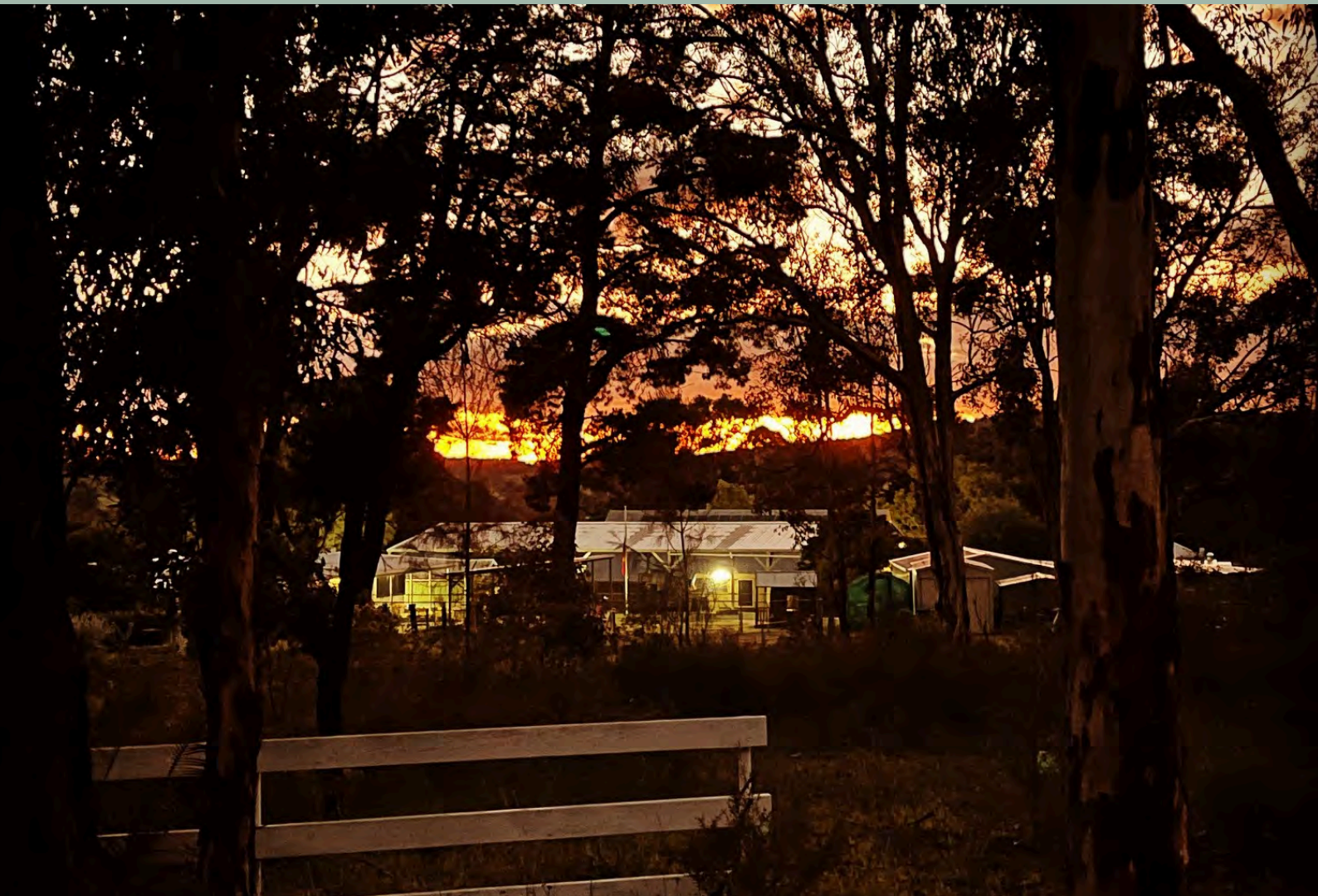


JULY 2024

# THE WANDERING

# ECHO



 Wandering  
**Community Resource Centre**  
*your local connection*



# WELCOME

*To Our Monthly Community Newsletter*

**NEXT EDITION IS AUGUST 2024.**

**ITEMS FOR INCLUSION DUE BY 27TH JULY 2024**

## **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](mailto: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>



**150**  
YEARS



## **Wandering 150th Celebrations Soiree** **Friday Evening, 13th September 2024**

Join us for an evening of food, drinks, music and dance to celebrate the 150th Anniversary of the establishment of the Wandering Road Board. This is a fabulous opportunity to mingle with past and present members of our community to share your stories and have a great time.

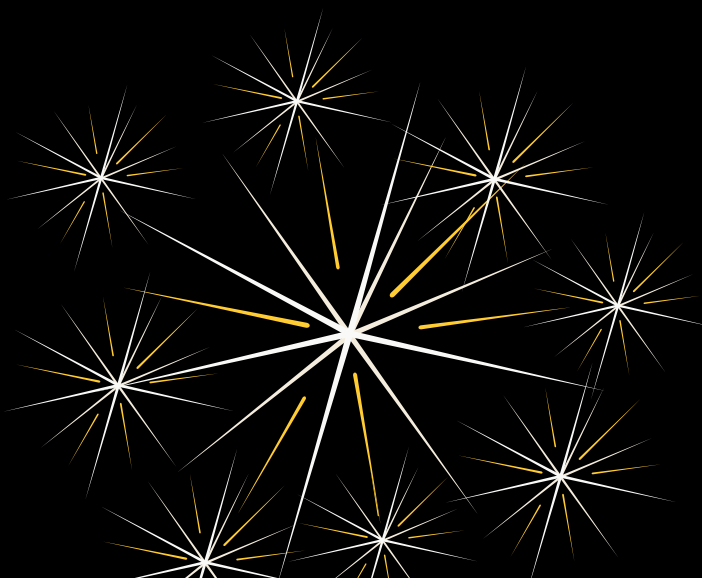
Don't wait to secure your place at this event at the Wandering Community Centre as ticket numbers will be capped.

TICKETS: <https://bit.ly/4btzLtz>

For more details,

[www.wandering.wa.gov.au/150](http://www.wandering.wa.gov.au/150)

[wandering150@wandering.wa.gov.au](mailto:wandering150@wandering.wa.gov.au)



**150**  
YEARS



## **Tell Us Your Story!**

We would love to hear stories of your family, business, community group or sporting club associated with the Wandering Community. Start getting together a few facts and some photos... you can contribute as much or as little as you wish.

The history boards will be displayed on Saturday 14th September 2024 at the Wandering 150th Celebrations.

The Wandering CRC can assist with putting your story together. Workshops will be held at the CRC in July to assist.

Contact the Wandering CRC:

Ph: 98841561

Email: [crc@wandering.wa.gov.au](mailto:crc@wandering.wa.gov.au)





# **KIDS**

## *Healthy Living & Eating*

# **PROGRAM**

**\$10 per child**  
**MONDAY 8th JULY**  
**11.30-12.30pm**

**REGISTRATION ESSENTIAL**

**PHONE: 089884 1561**

**EMAIL:**

**CRC@WANDERING.WA.GOV.AU**

**LAST WEEK**  
**GOLF - Learn to put like a**  
**pro at the Golf Course &**  
**making food.**



**Wandering**  
**Community Resource Centre**  
*your local connection*

# BOOK CLUB

**Come And Join Our  
New Book Club**

**Wandering Public Library will be hosting a Book Club here  
at the CRC.**

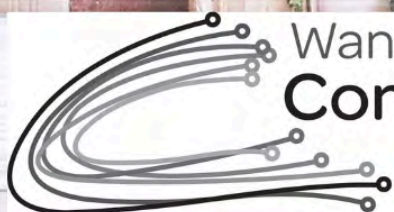
**Please register your attendance by contacting  
EMAIL: [crc@wandering.wa.gov.au](mailto:crc@wandering.wa.gov.au) or/Ph: 089884 1561**

**Our first meet will be Monday 8th July @ 2:00pm.**

**(Coffee/Tea available for purchase and biscuits provided)**

**\*\*\*Our first book will be announced to participants soon.\*\*\***

**\*\*\*Hard copy purchase will be \$25.00 max.\*\*\***



**Wandering  
Community Resource Centre**

*Your local connection*





# **HARVEST ME NATIVE BEE HOTEL WORKSHOP**

**TUESDAY 30TH JULY 2024  
@ 10:00AM - 11:30AM**

Come along and discover the amazing world of Australian Native Bees.

Learn what to do to help out our own local Native Bees, what to grow to help bees & other pollinators. What are Native Bee Hotels? How to Build Native Bee Hotels and How to Create a Pollinator Friendly Garden



**Tickets \$12-\$15  
bookings via Event Bookings -  
<https://bit.ly/3wTIC9L>**



For further information please contact the Wandering CRC: 9884 1561 or [crc@wandering.wa.gov.au](mailto:crc@wandering.wa.gov.au)



Wandering

**Community Resource Centre**

*your local connection*



# **Wandering Playgroup**

**A PLACE OF FUN AND ENJOYMENT**



**EVERY THURSDAY  
9:00 AM - 11:00 AM  
AT THE CWA ROOM**

**CONTACT STARR CORNISH  
FOR MORE INFORMATION  
0447778657**



ELDER RIGHTS WA



Everyone wants to live a long and happy life, but what happens if things don't go according to plan? Events that impact your own life, or those close to you, can make a big difference to your future. Planning ahead empowers people to make choices about who can make decisions for them, in the event they are unable to do so for themselves. This informative session offers insights to help maintain your rights as you age, and some of the legal options which can assist. We will cover topics such as future planning documents, and important things to consider when entering into shared living arrangements.

**Wandering CRC are pleased to offer ELDER RIGHTS WA WORKSHOP. This very informative workshop is a must in preparing for future outcomes.**

## Topic Items:

- Advance planning documents such as:
- Wills
- Enduring Power of Attorney
- Enduring Power of Guardianship
- Advance Health Directive
- Gifts and Loans
- The benefits and risks of granny flats and other shared living arrangements
- Preventative and responsive legal options to protect the rights of older people.

**FREE**

**Tuesday - 16th July 2024**

**Wandering CRC**

**10:00 am to 12:00 pm**

**Coffee/Tea available to purchase - Biscuits provided**

**Please register your attendance for catering purposes.**

**Email: [crc@wandering.wa.gov.au](mailto:crc@wandering.wa.gov.au) / Ph: 089884 1561**



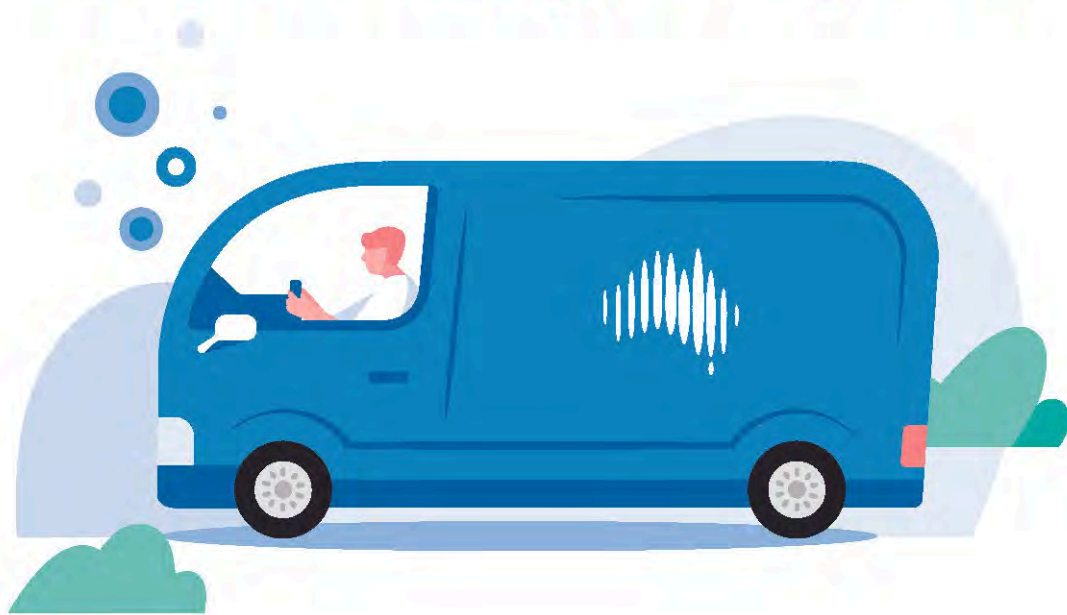
Wandering

**Community Resource Centre**

*your local connection*



# Hearing Australia is coming to you



## You can find us here

### **Wandering Community Resource Centre**

**Date** 22 August 2024, **Time** 10:00am – 2:00pm

Free hearing checks come on jump aboard, over 18 years

08 9884 1510

 [hearing.com.au](https://hearing.com.au)

\*Only 15 minute hearing checks are free. Other services may attract charges/fees or may be subsidised for those eligible under the Australian Government Hearing Services Program, to which conditions apply. A hearing check is a screening that helps identify people that may have hearing loss.





WANDERING CAMP OUT WEEKEND  
PROUDLY PRESENTS

2024

# REGIONAL CLUB DEVELOPMENT CONFERENCE

*Inspiration, Innovation, Collaborate, Connect*

A jammed packed day for all clubs, not-for-profit organisations, community groups and community volunteers

**Tom Murphy**

President  
Kulin Bush Races

**Roz Lloyd**

Lake Grace Shire Councillor,  
long standing community  
volunteer and advocate

**Lachlan Hunter**

Candidate  
Central Wheatbelt  
The Nationals WA

**CLICK**  
COLOURS



The fun way to learn why you CLICK with some and clash with others.

**Volunteering WA**

**Lotterywest**

*And much more!*

**NETWORKING SUNDOWNER**

*with Flavours from the Regions  
and music by **Sally Jane***

**FRIDAY 9TH AUGUST**

**WANDERING  
COMMUNITY CENTRE**

SUPPORTED BY:

**Newmont**<sup>TM</sup>

8:30am for a 9am start

TICKETS: [www.trybooking.com/CQXUL](http://www.trybooking.com/CQXUL)

**\$40 per person**

*inc. morning tea, lunch & networking sundowner*

**0429 961 697**

[wcow.com.au](http://wcow.com.au)

**MIA DAVIES MLA**  
MEMBER FOR CENTRAL WHEATBELT



# Wandering Quiz Night

**SAVE THE DATE**

**SATURDAY NIGHT 17TH AUGUST**

\*PLENTRY OF PRIZES TO WIN \* TABLES OF 8 MAX \* DOOR PRIZE \*  
BYO DRINKS & NIBBLES FOR YOUR TABLE \*

**WANDERING COMMUNITY CENTRE  
MORE DETAIL TO COME**

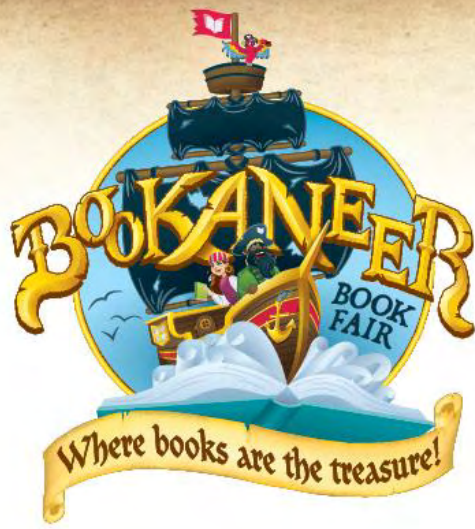
**Register your Interest with Wandering CRC on  
98841561 or [crc@wandering.wa.gov.au](mailto:crc@wandering.wa.gov.au)**

Compete for prizes, have some fun, and show off your smarts! Bring your friends and your brain power for an unforgettable quiz night.



**Wandering  
Community Resource Centre**





**Ahoy mateys!**  
**A boat-load of books is due to**  
**wash ashore at our**  
**BOOK FAIR!**

**To be held over 2 days at**  
**Wandering Primary**  
**School**

**Monday 26 August and**  
**Tuesday 27 August**  
**8.30am – 3.30pm**

**We look forward to you joining our crew...**  
**come and find your book treasure!**



# FATHER'S DAY RAFFLE

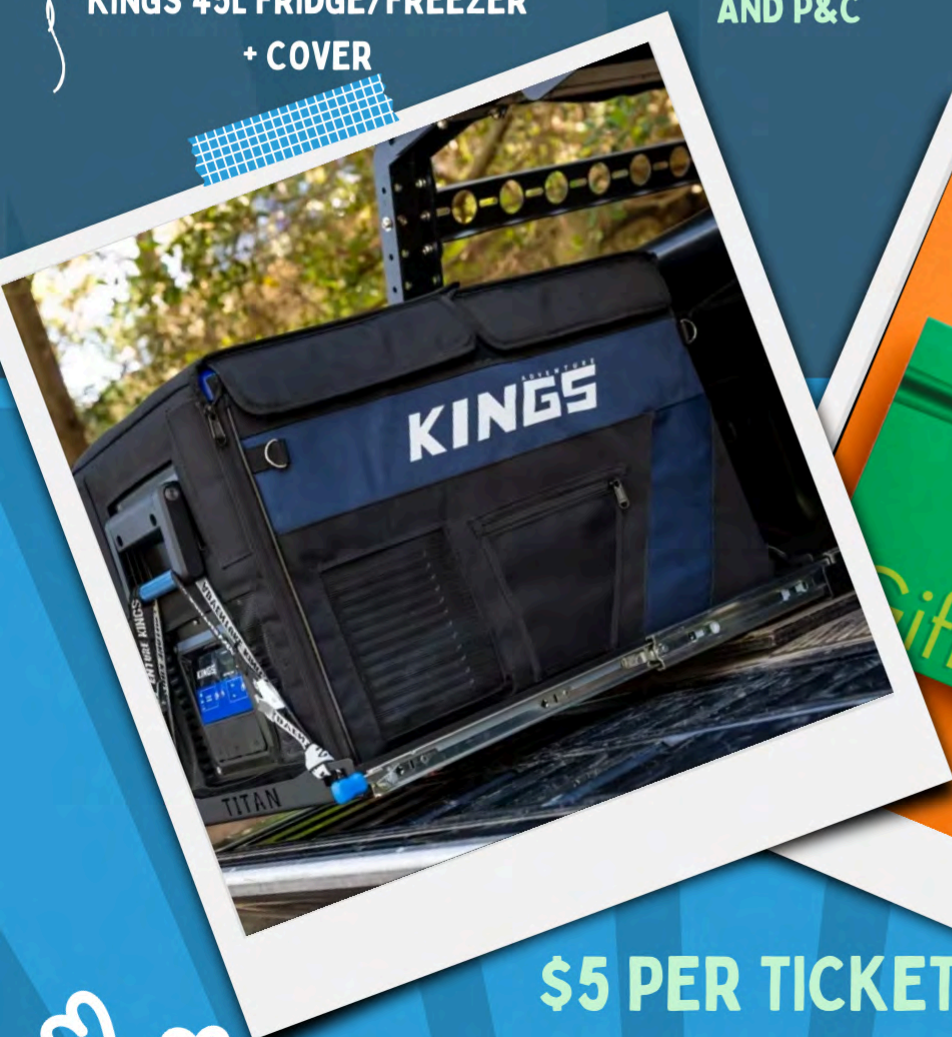
WANDERING PRIMARY P&C

TICKETS AVAILABLE AT:

THE SCHOOL  
SHIRE OFFICE  
CRC  
AND P&C

1ST PRIZE

KINGS 45L FRIDGE/FREEZER  
+ COVER



2ND PRIZE

\$200 VISA GIFT CARD



\$5 PER TICKET  
ONLY 300  
AVAILABLE!

TO BE DRAWN 29/08



# 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.

COMPLIMENTARY BACON & EGG ROLL COOKED FRESH!  
we encourage everyone to attend the one closest to you for a fun social gathering.



## EVERYONE WELCOME TO ATTEND!

### TUES 17TH SEPT

7AM - 8.30AM

Wandering Fuel Station

### WED 18TH SEPT

7AM - 8.30AM

Corner of Reid &  
Moramocking Roads,  
Blackboy Springs

### THURS 19TH SEPT

7AM - 8.30AM

Codjatotine roadside parking bay  
Old School Site

Enquiries - CRC - 9884 1561 - [crc@wandering.wa.gov.au](mailto:crc@wandering.wa.gov.au)



## **Electronic Identification for Sheep and Goats**

The adoption of mandatory electronic identification (eID) for sheep and goats is a way of improving traceability practices for more efficient management of disease outbreaks, food safety issues and market access.

### **Transitioning to eIDs in WA**

Electronic identification devices, or 'eIDs,' allow for the individual identification of animals, as they contain a microchip, providing a unique identifier for each animal as it's scanned. From birth to processing, each animal's journey can be electronically recorded, making it quicker and more accurate to trace the movement of sheep and goats across the market chain.

The implementation of eIDs allows for more precise tracking, enabling individual animals to be traced rather than just mobs or consignments.

### **National adoption of eIDs for sheep and goats**

While the electronic tagging of cattle became mandatory in Australia in 2005, the identification of sheep and goats is currently via a visual ear tag identification system in all Australian jurisdictions except Victoria.

On 9 September 2022, Australian agriculture ministers agreed to a [National Implementation Plan](#) toward the nationwide implementation of sheep and goat eID tagging and tracing commencing from 1 January 2025.

In Western Australia, the [Biosecurity and Agriculture Management \(Identification and Movement of Stock and Apiaries\) Regulations 2011](#) set out the requirements for the identification and movement of sheep and goats.

### **eID implementation dates for WA**

| Milestone dates                                                                                                         |                                                                                                                                 |                                                                             |                                                                                           |
|-------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------|-------------------------------------------------------------------------------------------|
| eID Tagging                                                                                                             |                                                                                                                                 | eID Scanning                                                                |                                                                                           |
| Prior to 1 Jan 2025                                                                                                     | From 1 Jan 2025 onward                                                                                                          | From 1 July 2025 onward                                                     | From 1 July 2026 onward                                                                   |
| Sheep and goats born prior to 1 January 2025 do not require eID tags unless leaving a property from 1 July 2026 onward. | Sheep and goats, born from 1 January 2025 onward, to be eID tagged before leaving their property (or within 6 months of birth). | Saleyards and Abattoirs required to scan any sheep and goats with eID tags. | All other properties or facilities required to eID scan all sheep and goats upon arrival. |

Sheep and goats, born before 1 January 2025 will only require an eID if departing a property or facility, from 1 July 2026 onwards. Sheep and goats born prior to 1 January 2025 and departing a property prior to 1 July 2026 only require a visual tag.

Sheep and goats born from 1 January 2025 onward will require an eID when leaving the property, or when they reach 6 months of age, whichever comes first.

Saleyards and abattoirs will be required to start scanning any eID tagged sheep and goats from 1 July 2025. Saleyard and abattoirs will be able to continue processing visual tags, for stock born prior to 1 January 2025, until 1 July 2026.



All remaining properties or facilities receiving sheep or goats will be required to scan all eIDs from 1 July 2026. Visual tagging will no longer apply from this date.

### **WA Government support**

The WA Government has committed a total of \$25.6M toward the implementation of the sheep and goat eID regime in WA.

### ***Tag Incentive Payment Scheme***

Under the Tag Incentive Payment (TIP) scheme, Western Australian sheep and goat producers will continue to have access to discounted, accredited, eIDs throughout 2024. The TIP scheme, which commenced as a pilot in March 2023, provided for a \$0.75 reduction in the cost of sky blue eIDs in 2023.

Continuing the TIP scheme will ensure producers are able to continue purchasing discounted, accredited, black eIDs in 2024, as part of WA's transition to the mandatory new eID regime.

### **National Livestock Identification System**

The [National Livestock Identification System](#) (NLIS) was established in Australia to support the traceability of cattle, sheep, goats and pigs. The NLIS is a traceability system comprising identified livestock and properties recording stock movements on a central database. All animals are identified with an accredited NLIS visual or eID and each property is identified with a Property Identification Code (PIC).

As animals are bought, sold and moved along the supply chain, each movement is recorded on the NLIS database. The NLIS is underpinned by State and Territory legislation, which forms the regulatory framework for the system.

### **Identification devices**

Electronic identification devices (eIDs) allow individual identification of animals. These devices contain a Radio Frequency Identifier (RFID) microchip that can be read via a handheld scanning wand or panel reader. Each device has a unique internal serial number linked to an external code (NLISID) to provide the unique identifier associated with the animal that is tagged.

- The RFID is like the VIN of a car and the external NLISID like the numberplate – they both identify and can be used to trace the owner of the one vehicle.
- eID for livestock includes:
  - ear tags (sheep, goats, cattle)
  - hock bands (goats only), and
  - rumen boluses (cattle only).

RFID and eID technology has been used successfully for many years in livestock such as cattle and companion animals such as dogs and cats.

Only devices accredited by [ISC](#) can be used in sheep and goats for eID purposes.

**THE WANDERING CRC HAS SECURED A GRANT TO PURCHASE X3 eIDs FOR USE BY OUR LOCAL PRIMARY PRODUCERS.**  
**PLEASE CONTACT THE WANDERING CRC FOR FURTHER INFORMATION ON HIRING THESE DEVICES: [crc@wandering.wa.gov.au](mailto:crc@wandering.wa.gov.au) 9884 1561**



## Reporting local issues is just 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.

## Opening Hours

### Shire Office

(including Australia Post agency)  
9am to 4.30pm week-days

### 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:

02/07/2024

16/07/2024

### Ranger

24 hours / 7 days  
0459 678 154

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

[www.wandering.wa.gov.au](http://www.wandering.wa.gov.au) | [reception@wandering.wa.gov.au](mailto:reception@wandering.wa.gov.au)



[www.facebook.com/wanderingshire](https://www.facebook.com/wanderingshire)

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

[crc@wandering.wa.gov.au](mailto:crc@wandering.wa.gov.au)



[www.facebook.com/wanderingcrc](https://www.facebook.com/wanderingcrc)





## Council Meeting Dates 2024

- 15 February 2024
- 21 March 2024
- 18 April 2024
- 16 May 2024
- 20 June 2024
- 18 July 2024
- 15 August 2024
- 19 September 2024
- 17 October 2024
- 21 November 2024
- 12 December 2024

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.

## Council Meeting Notes

At the Council Meeting held on the 20th June 2024 the following was discussed:

- Shire of Wandering Policy Manual Review
- Consider and adopt the Annual Budget for 2024/2025
- Financial Report May 2024
- Accounts for Payment May 2024
- Community Centre Request for Quote—Kitchen/Storerooms Upgrade
- RAV Request LGA Support Network 4—Network 6

To read the entire agenda or minutes please go to our website [www.wandering.wa.gov.au](http://www.wandering.wa.gov.au)

## Have any Issues for Council ??

Please put any requests or issues in writing addressed to the Shire so they can be actioned.

If we do not know about issues affecting the community, we cannot action them.



*Shire of Wandering Elected Members*

## Elected Members Contact Details

Cr Ian Turton (President) 0428 876 033

Cr Sheryl Little (Deputy President) 0414 586 893

Cr Lou Cowan 0490 808 044

Cr Gillian Hansen 0488 911 902

Cr Dennis Jennings 0403 126 763

Cr Alan Price 0428 996 457

Cr Max Watts 0428 841 069



## **At the Ordinary Council Meeting held on 20 June 2024**

### **Council resolved as follows:**

"That the Shire of Wandering calls on the Commonwealth of Australia to reserve its decision on the ban of the export of live sheep by sea from 1 May 2028, and to engage in further meaningful discussion with Western Australian farmers and agricultural communities."

WA producers rely on the live sheep trade as an option for turning off large numbers of stock, or to manage risks when feed or water is scarce. For many in sheep-producing communities, maintaining a viable sheep flock is paramount in providing both a source of income that supports employment, and a critical mass of people to sustain services and provide support to the social fabric of rural communities.

There is also a grave concern that to remove the ability of WA sheep producers to market sheep by live export will initiate an eventual collapse of smaller rural communities, and place extreme financial and emotional stress on WA farmers.

**We will now be writing to the State and Federal Ministers for Agriculture and our surrounding Shires to show our support for the reversal of the decision**



**Request for Tender 02/2024  
Light Industrial Area (Underground Power)**

The Shire of Wandering are seeking suitable, qualified, and experienced contractors to install underground power to the light industrial area in town.

Tender documents can be obtained by emailing [reception@wandering.wa.gov.au](mailto:reception@wandering.wa.gov.au)

Tenders close: Monday 15 July 2024 at 4pm WST

Response lodgement:

Electronically via [reception@wandering.wa.gov.au](mailto:reception@wandering.wa.gov.au) or by mail / delivery 22 Watts Street, Wandering WA 6308 prior to its closing.

Canvassing of Elected Members will disqualify respondents from further consideration.

Late tenders submitted will not be accepted.

Alan Hart

**Chief Executive Officer**

**Tender Request 03/2024  
Wandering Community Centre Upgrade**

The Shire of Wandering is upgrading the kitchen and storeroom facilities at the Wandering Community Centre and tenders are being sought from suitably qualified contractors to undertake building construction works.

Quotations close: Monday 5 August 2024 at 4pm WST

Quotation documents can be obtained by emailing [reception@wandering.wa.gov.au](mailto:reception@wandering.wa.gov.au)

Response lodgement:

Electronically via [reception@wandering.wa.gov.au](mailto:reception@wandering.wa.gov.au) or by mail / delivery 22 Watts Street, Wandering WA 6308 prior to its closing.

Canvassing of Elected Members will disqualify respondents from further consideration.

Late tenders submitted will not be accepted.

Alan Hart

**Chief Executive Officer**

**Form 5*****Local Government Act 1995******Local Government (Financial Management) Regulations 1996*****Notice pursuant to Schedule 6.3 of the *Local Government Act 1995* of sale of land for non-payment of rates or service charges**

Notice is hereby given that, under section 6.64 of the *Local Government Act 1995*, as rates/service charges have been owing for a period of at least three years the Shire of Wandering is to offer for sale by public auction at the Wandering Community Centre, Down Street Wandering, on Wednesday 25 September 2024 at 11am, the land described below:

**Description of land and lot or location number**

LOT 119

**Plan or Diagram Number**

Deposited Plan 58201

**Title Reference**

Volume 2685 Folio 288

**Area**

1000.000 m<sup>2</sup>

**Street**

3 Humes Way, Wandering

**Description of Improvements, if any**

N/A

**Name of Owners**

Anthony John Smith

Sharon Elizabeth Smith

**Name of other persons appearing to have an estate or interest**

Water Corporation

**Rates / Service Charges outstanding**

Amount of \$7,832.34 comprising of local government rates, local government service charges, emergency services levy, recovery costs and interest

**Other charges due on the land**

Additional amounts owing to the Shire of Wandering being outstanding rates, levies, interest and costs totalling \$ 24,043.09

Signed for and on behalf of the Shire of Wandering this eighteenth day of June 2024.

Alan Hart

**Chief Executive Officer**



## Sale of land for non payment of rates - The West Australian Saturday , June 22, 2024

## Tender Request , Wandering Community Centre Upgrade - The West Australian Saturday, June 22, 2024

**SATURDAY, JUNE 22, 2024 • 153**

**Resource Recovery Group**

**SPECIAL COUNCIL MEETING NOTICE**

In accordance with section 5.24(1)(g) of the Local Government Act 1995, the Resource Recovery Group gives notice that a Special Meeting of Council will be held at 9 Aldous Place Bayswater on Thursday 27 June 2024 at 2.00pm for the purpose of:

- 2024-2025 Annual Budget
- Business Plans
- Financial Report - April 2024
- Customer Contracts (Confidential)
- Tender T2024-02 Receive & Transport Residual Wastes (Confidential)
- Insurance 2024-2025 (Confidential)
- Tenders For New Work (Confidential)

Brendan Doherty  
Acting  
Chief Executive Officer

**WANDERING SHIRE COUNCIL**

**Form 5**  
**Local Government Act 1995**  
**Local Government (Financial Management) Regulations 1995**

Notice pursuant to Schedule 6.3 of the Local Government Act 1995 of sale of land for non-payment of rates or service charges.

Notice is hereby given that, under section 6.3 of the Local Government Act 1995, as rates/service charges have been owing for a period of at least three years the Shire of Wandering is to offer for sale by public auction at the Wandering Community Centre, Down Street Wandering, on Wednesday 20 September 2024 at 11am, the land described below:

Description of land and lot or location number  
LOT 119

Plan or Diagram Number  
Deposited Plan 52001

Title Reference  
Volume 2635 Folio 288

Area  
1000.000 m<sup>2</sup>

Street  
3 Humes Way, Wandering

Description of improvements, if any  
N/A

Name of Owners  
Anthony John Smith  
Sharon Elizabeth Smith

Name of other persons appearing to have an estate or interest  
Water Corporation

Rates / Service Charges outstanding  
Amount of \$7,832.34 comprising of local government rates, local government service charges, emergency services levy, recovery costs and interest.

Other charges due on the land  
Additional amounts owing to the Shire of Wandering being outstanding rates, levies, interest and costs totalling \$24,043.04

Signed for and on behalf of the Shire of Wandering this eighteenth day of June 2024.

Alan Hart  
Chief Executive Officer  
22 Watts Street  
Wandering WA 6308

**City of Kwinana**

**PROVISION OF WEED CONTROL SERVICES**

**Request for Tender**  
**Tender No. 08/24**

Tenders are invited for the provision of Weed Control Services.

Tender documents are available for downloading from [www.tenderlink.com/kwinana](http://www.tenderlink.com/kwinana)

Tenders must be submitted electronically via Kwinana's portal located on [tenderlink.com](http://tenderlink.com) ([www.tenderlink.com/kwinana](http://www.tenderlink.com/kwinana))

Deadline for tenders to be submitted is 2.00pm AWST, Monday 18 July 2024.

Information on how to respond is provided in the request for tender documents.

Further information may be obtained from Julia Bristow on (08) 9439 0272.

There is no obligation on the City to accept any tenders. Canvassing of Councillors or City Officers will disqualify tenders from further consideration.

Wayne Jack  
Chief Executive Officer

**WANDERING SHIRE COUNCIL**

**Tender Request 03/2024**  
**Wandering Community Centre Upgrade**

The Shire of Wandering is upgrading the kitchen and store room facilities at the Wandering Community Centre and tenders are being sought from suitably qualified contractors to undertake building construction works.

Quotations close: Monday 5 August 2024 at 4pm WST.

Quotation documents can be obtained by emailing [receptions@wandering.wa.gov.au](mailto:receptions@wandering.wa.gov.au)

Response lodgement: Electronically via [receptions@wandering.wa.gov.au](mailto:receptions@wandering.wa.gov.au) or by mail / delivery 22 Watts Street, Wandering WA 6308 prior to its closing.

Canvassing of Elected Members will disqualify respondents from further consideration. Late tenders submitted will not be accepted.

Alan Hart  
Chief Executive Officer  
22 Watts Street  
Wandering WA 6308

**152 • SATURDAY, JUNE 22, 2024**

**The West Australian**

Main Roads Western Australia (www.mrw.vic.gov.au) is required for this tender and evidence of procurement required to be submitted with the tender submission.

The tender documents shall be accessible from the City's Tenderlink electronic Portal <https://portal.tenderlink.com/cgg> after 800 am Saturday 8th June 2024.

Ross McKim - Chief Executive Officer

# BODDINGTON ARTS COUNCIL

## Field of Quilts 2024

### Embrace the Sunflower Challenge

Open only to Boddington/Wandering Residents

**The Challenge:** Your task is to create a **unique** wall hanging or a **bag** that captures the essence of the sunflower. Let the vibrant yellows and greens spark your creativity as you weave, crochet or stitch your masterpiece.

- **Theme:** Every creation must feature a sunflower design, whether it's through patterns, colors, or motifs.
- **Materials:** Feel free to use any materials at your disposal – fabric, yarn, beads, or recycled goods.
- **Size:** Wall-Hanging must be no larger than 12x24 inches.! From petite pouches to totes, all sizes are welcome.

**Inspiration:** Think of the sunflower fields that stretch towards the horizon, the way each petal catches the light, or how the seeds spiral in perfect harmony. Your creation should be a reflection of nature's artistry

**Prizes:** The most innovative and beautifully crafted pieces will win:

- **Prize:** \$100.00 for each either the Wall-Hanging or a Bag.
- **Deadline:** The challenge runs from **June 2024** until **Friday 13<sup>th</sup> September**. Winners will be announced on **September 22nd at the Field of Quilts Event**







## REGIONAL COLUMN

[www.dmirs.wa.gov.au](http://www.dmirs.wa.gov.au) [www.wa.gov.au](http://www.wa.gov.au)

### With Senior Regional Officer for the South West Annetta Bellingeri

#### How to turn your empty house into \$5,000

If you've been waiting for a reason to rent out your empty property, this is it. The State Government will pay you \$5,000 to bring your vacant house, apartment, villa or unit to the long-term rental market for West Aussies to lease.

There's a significant shortage of rental properties available in WA, leading to tough competition among renters. Leasing your empty property for at least 12 months provides a secure long-term home to tenants such as families, couples, retirees or regional workers.

To qualify for the \$5,000 Vacant Property Rental Incentive Scheme (VPRIS) payment, the property must meet a number of conditions. It must have been vacant for the entire period between 8 November 2023 and 7 May 2024, and it must be a single self-contained property, located in WA, with its own bathroom, kitchen and toilet – which means buildings such as granny flats are not eligible.

You also won't be eligible if you are not renting out the entire property or if the property was on the short-term rental accommodation market.

There is still good news if your property was a holiday rental, as there is a six-month extension to the Short-Term Rental Accommodation (STRA) Incentive Scheme. This means owners now have until 8 November 2024 to be paid for switching their property to the long-term rental market.

However, if your property was used as a holiday home without any financial gain to you during the vacancy period, you may still be eligible for the \$5,000 VPRIS payment.

You will need to prove the property has been empty for the six-month vacancy period by providing supporting documentation. This must include evidence of utility usage during the vacancy period such as a copy of utility bills and Consumer Protection will need to see a copy of the rates notices for your primary residence and the proposed rental property.

You'll also need to provide a copy of the residential tenancy agreement that shows it will be rented for at least 12-months. Your new tenants cannot be family members, this includes step-family.

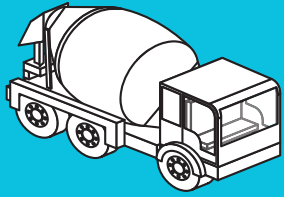
Want to know more about the Vacant Property Rental Incentive Scheme? Head to [wa.gov.au](http://wa.gov.au) and search 'vacant property rental incentive scheme' (<https://www.wa.gov.au/organisation/departments-of-energy-mines-industry-regulation-and-safety/vacant-property-rental-incentive-scheme>)

If you have questions about the Vacant Property Rental Incentive Scheme, you can contact Consumer Protection on 1300 30 40 54 or email [cpgrants@dmirs.wa.gov.au](mailto:cpgrants@dmirs.wa.gov.au)

Applications are open until 6 November 2024 unless grant funds are exhausted earlier.

# CONCRETE MIXING & SUPPLY

Any amount delivered



Also available:



Blue Metal



Narrow access Bobcat

also with hole augur available



Grano available or DIP with our gear

**Phone Andrew 0428 841 015 or 9884 1015**

**andrew.carstairs@bigpond.com**

## Wandering Fair

**Stall Holder Registrations Open NOW**

<https://form.jotform.com/240898267449878>

**Sat 19.10.2024, 9:00am - 3:00pm**



**find us on facebook Wandering Fair**



**find us on instagram wandering\_fair**

*Running in conjunction with the Wandering Camp Out Weekend*





# Wandering Lions



Those of Wandering Lions that were able, took an opportunity to travel on the Hotham Train from Dwellingup to Pinjarra.

Members of the Lions and their families use these occasions to enjoy fellowship and the company of fellow Lions.

This is an event that doesn't involve the business of our community driven focus.

Although the day was a little wet with welcome rain the atmosphere allowed the steam train to belch forth impressive plumes of steam much to the delight of our younger travellers. A lunch at the Dwellingup pub to completed the day's outing



Members of the Wandering Lions and families gathered in anticipation of the 2 hour journey to Pinjarra and back.



# Landcare matters

Hotham-Williams sub-catchment update



PHCC  
Peel-Harvey Catchment Council

Edition 88  
July 2024



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.



## Defending Dryandra Work Commences

On ground activities have commenced for the Defending Dryandra – Feral Hotspots Project including feral cat control and camera monitoring on properties near Dryandra Woodland National Park. One of the feral cats that has been culled was a massive 7.1kg. This feral cat would have eaten hundreds of native fauna over its lifetime.

Multiple monitoring cameras have been set on the properties and results from these cameras will determine where we set up the 4G monitoring cameras. The 4G cameras will then send a notification to the pest animal control contractor when fauna is sighted allowing for more targeted feral cat control.

A big thank you to all of the landholders involved in the Defending Dryandra Project.

*The Defending Dryandra – Feral Hotspots Project is supported by funding from the Western Australian Government.*



Camera monitoring being setup

## Save the Date

### Natural Capital Accounting Workshop\*

Presenters: Amanda Hansson and Will Felesina from Accounting for Nature, and Ana Martinez Cardona from Alinta Energy.

Date: Thursday 25 July  
Time: 9.00am - 3:30pm  
Venue: The Williams Sports Pavilion

Registration via the RegenWA website: <https://www.regenwa.com/news-events/events/>

## SAF is the new RALF!

PHCC has recently been contracted by the Australian Government to deliver the Sustainable Agriculture Facilitator position (previously the Regional Agriculture Landcare Facilitator) for our catchment. It's been all systems go since then, attending the SAF conference in Canberra, writing a grant application to secure funds and much more...

Mel was able to attend the National SAF conference in Canberra over 30th April to 3rd May. The conference included several field trips and there was two days of knowledge sharing, understanding the role and network and hearing from a wide array of guest speakers on many topics including climate change and agriculture, carbon farming, and environmental markets, followed by training. It was great to connect with new and old contacts, including the WA SAF network.

Since the conference Mel and Amy have been looking for opportunities to support our farming community and have recently applied for a large State NRM grant entitled "Resilient Farms, Nature and Communities", wish us luck!

Keep an eye out on our socials, email newsletters and get in touch with any questions or queries.

*The Sustainable Agriculture Facilitator position is funded and supported by the Australian Government as part of the Climate-Smart Agriculture Program (CSAP) under the Natural Heritage Trust.*



Mel and her new friends



Amy (L) out visiting landholders



# Landcare matters

Hotham-Williams sub-catchment update



## New Tricks at Pumphreys Bridge

PHCC tried something new at the Pumphreys Bridge project site on the Hotham River in June by planting mature trees within this year's revegetation area. The large boulders placed along the river between the public camping & picnic area has provided an ideal space for revegetation. By including mature trees, they will be visible straight away and visitors to the site will see and understand what we are trying to achieve, which is creating habitat and shade for both animals and humans!

For revegetation efforts in natural areas, PHCC usually focuses on small tubestock-sized seedlings, which are much more cost effective and tend to survive better when planted in-situ. We need to give the mature trees a lot more attention to improve their chances of survival and we did this by digging deep holes, adding an organic soil amendment, and placing 'water savers' and mulch around each sapling.



Travis (Jock) Abraham with his family, PHCC staff and volunteers

Tubestock seedlings were also planted along the top of the bank to begin the process of replacing weeds with local sedges and other low-growing species, including saltbush to assist with any potential erosion. The overall intention is to create a buffer of vegetation that eventually provides shade and ground cover but does not block the view of the river or prevent people from walking through.

Thank you to the Shire of Wandering for supplying a bobcat, auger and operator!

The Wilman (Dryandra) People Corporation continue to partner with us, and in this case they nominated Heritage Monitors to be present due to the soil disturbance and particularly deep holes where it was possible that artefacts and other archaeological materials could be unearthed and their cultural knowledge and expertise was a necessary and welcome part of the planting effort.

**Save the date - Koompkinning (Pumphreys Bridge) Event**  
Saturday 31 August.  
More information to follow soon!



One of the mature trees

## Recovery Chats Giving Farmers Hope!

In response to the prolonged drought and subsequent feed shortages being felt by livestock farmers across the Southwest, the Western Beef Association Inc. delivered a series of Recovery Chats throughout May. Recovery Chat meetings were held in Albany, Waroona and Kirup, with each event bringing farmers together with a range of experts including veterinarians, agronomists, financial advisors, and mental health support groups.

There were some great presentations which are available to view via the following links:

Introduction and Western Beef Current Activities

<https://youtu.be/KTn5qZknSSc>

Vet Presentation

<https://youtu.be/TfD4Myuu9fc>

Agronomist Presentation

<https://youtu.be/OgVdepWuo4>

Financial Counsellor <https://youtu.be/6RxW-6enTDE>

Mental Health Advisor

<https://youtu.be/AvScM4IAiWs>



Farmers attending the Recovery Chat meeting in Waroona

**Newmont**



[victoria.brockhurst@peel-harvey.org.au](mailto:victoria.brockhurst@peel-harvey.org.au)

[www.peel-harvey.org.au](http://www.peel-harvey.org.au)



These projects are supported by PHCC through funding from Newmont Boddington, South32 Worsley Alumina and the Shires of Boddington, Cuballing, Wandering and Williams.  
\*The NCA workshop is supported by the Australian Government's National Landcare Program, the Landcare Farming Program is managed in partnership by Landcare Australia and the National Landcare Network, The SAF position is funded and supported by the Australian Government as part of the Climate-Smart Agriculture Program (CSAP) under the Natural Heritage Trust. Perth NRM inc. and RegenWA is powered by LotteryWest, the WA State NRM Office and the Commonland Foundation.



*“It is man’s duty to see that no action of his leads to any disarrangement of nature’s balance. The forests are nature’s gift and should be looked upon as an inestimable inheritance.”*

- John Ednie-Brown, forest conservator, Western Australia 1895-1899



Quindanning Timber Reserve



Native Habitat



The Quindanning Orchid  
*Caladenia Hopperiana*

Back in 1999 it was declared that Western Australia had a mere 3.5% of its original native forests remaining untouched.

This in itself sounds an incredible act of desecration and mismanagement in less than 200 years settlement in Australia.

Our Quindanning Timber Reserve which has been virtually undisturbed since the 1960’s is being desecrated. It contains large stands of jarrah and many species of wildflowers including the critically endangered Quindanning Spider Orchid (*Caledonia Hopperiana*) which grows in open wandoo woodland on the margins of creek lines and seasonally wet flats. As is common with most hardwoods, jarrah is slow to mature, can grow to a height of 40 metres and live to a ripe old age of 300-400 years. A unique ecosystem of plants, animals and insects has evolved with the jarrah as the dominant tree. Due to the size of the reserve and its rich flora it is capable of sustaining of fauna such as possums, phascogales, echidnas, kangaroos and emus. Having a diverse landscape with wetlands, wandoo, marri and jarrah areas it provides food through all four seasons, and space to find it. Birds and reptiles thrive in this environment with herbage, multi-level bush and trees. It is a well used known habitat of the Carnaby Black Cockatoo and vulnerable Forest Red Tailed Black Cockatoo.

Bauxite Mining is totally disastrous to our communities living, breathing small area of paradise as it is to many parts of the greater jarrah forest. As I write this, many parts of this great biodiverse forest are being rapidly fragmented.

We are constantly told by our governments, both Federal and State, that we need more ‘development’ but rarely do they define what this word involves. As long as we don’t define it, development will continue to be what it is now - fundamentally destructive and unsustainable.

The most wicked ecological crime of all is for any one generation so seriously to assault the web of life that the damage done is literally irreversible for every generation that follows.

The extermination of thousands of life forms before we have even managed to record their existence is far and away the most tragic consequence of mining native forests in Western Australia.

- Trish Bowden



# Business Safety

Are you aware there is another very affordable and practical WA-based business safety option on the market? We are visiting a few businesses in your region and wanted to let you know about the services we offer, in case you haven't heard about us. We are the fastest-growing safety business for many great reasons. Affordability, practicality and a 'friend in the know' to call if an incident occurs are just a few.

We were awarded State Finalists in the 2023 Telstra Best of Business Awards, beating over 20,000 businesses Australia-wide, so we know we are on the right track. We honestly believe that if safety is not affordable, practical, and quick to implement, it just won't happen. The feedback we are receiving is that our approach is very practical and supportive. We won't ask you to throw away any old equipment, just consider it comes with a separate set of instructions for those that use it.

After a 28-year policing career (but starting as a farm hand when I first left school) I am committed to keeping people safe in my business called Regional Safety Services. As you can appreciate, I have seen all aspects of farming tragedies, and the new Industrial Manslaughter Legislation is not something to be taken for granted. Even if you do not hire staff, you can still find yourself subject to this legislation if something happens and you do not have the required safety systems or records in place.

We do everything from farm safety to building safety and we come to you! Our systems are popular because we understand most businesses can't afford to have a full-time safety person taking care of safety. Fact is, you don't need to go that far. We'll help you take 'reasonably practicable steps' (as stated in the WHS Act) to make things safe in your business and then help you to record your effort, knowing it will often be on the run and you don't have time to sit around filling in forms! Then there is the price: Ours is \$880 and we prepare most of the documentation for you. Or you can pay \$6000-10,000 with others, who will ensure you also need a full-time safety person to implement their systems! Whilst that may suit large organisations, it simply isn't needed in small-medium sized businesses.

To make life even easier we have introduced our online safety forms to help capture your current effort in this area. These forms are only \$149.00 to access them for 12 months. These forms have been recommended by business owners like you and most can be done in 1-2 minutes. In June this year, we will launch our new website, inclusive of online training. This entry-level training is designed to help you demonstrate that you are providing both your management team and your staff training that has been offered by a competent provider.





Get up to \$500 extra in the bank to lighten the load of education expenses



Count me in.

Commit to saving up to \$50 a month for 10 months and **we'll double it.**

saverplus.org.au  
1300 610 355





# Save \$500 and ANZ will top up your bank account with another \$500.

Yes, it's true. No catch, no scam.

Just real knowledge and information for real people that's easy to understand... It's just, down-to-earth money talk - and a \$500 incentive to build your savings!

## Join Saver Plus and get



Free financial education



Your savings doubled (up to \$500)

## What can the \$500 be spent on?



Laptops and tablets



Uniforms and shoes



Vocational education



Lessons and activities



Books and supplies



Camps and excursions

## Can I join Saver Plus?

To be eligible, you need to meet these requirements:



Be 18 years or older



Have a current Health Care or Pensioner Concession Card



Have a child in school, starting school next year, or be studying yourself



Have regular income (you or your partner)\*



Agree to join in free online financial education workshops

## Ready to start saving? Let's talk.

[saverplus.org.au](http://saverplus.org.au) | [saverplus@bsl.org.au](mailto:saverplus@bsl.org.au) | 1300 610 355

\* Most types of income are valid. Speak to your local Saver Plus Savings Coach if you're not sure.



# Senior Card Information Session

JOIN US FOR AN INFORMATIVE SESSION ABOUT WA SENIORS CARD BENEFITS!

## FOR POTENTIAL NEW MEMBERS:

- \* DISCOVER THE PERKS OF BEING A WA SENIORS CARD HOLDER, INCLUDING GOVERNMENT CONCESSIONS AND DISCOUNTS AT WA BUSINESSES.
- \* FIND OUT IF YOU'RE ELIGIBLE AND LEARN HOW TO APPLY.

## FOR CURRENT MEMBERS:

- \* LEARN HOW TO ACCESS GOVERNMENT CONCESSIONS AND DISCOUNTS.
- \* GET THE SCOOP ON THE COST OF LIVING REBATE AND SAFETY & SECURITY REBATE.
- \* PICK UP YOUR COPY OF THE ANNUAL DISCOUNT DIRECTORY BOOKLET.
- \* PARTICIPATE IN MONTHLY COMPETITIONS.
- \* LEARN HOW TO REPLACE YOUR CARD IF IT'S LOST OR DAMAGED.

Q&A AND ON-THE-SPOT CARD REPLACEMENTS AVAILABLE.

DON'T FORGET TO BRING ID

VENUE: WANDERING COMMUNITY CENTRE

DATE: WEDNESDAY, 21ST AUGUST 2024

AT 10:30AM

JOIN US AND MAKE THE MOST OF YOUR WA SENIORS CARD!

REGISTER EMAIL: [CRC@WANDERING.WA.GOV.AU](mailto:CRC@WANDERING.WA.GOV.AU) OR PH 9884 1561







COUNTRY WOMEN'S ASSOCIATION  
— OF WESTERN AUSTRALIA INC —

## Wandering CWA



The State Conference of the Country Women's Association of Western Australia is held in July each year and includes the Annual General Meeting. CWA of WA is celebrating its 100 year anniversary with a special Centenary State Conference being held at the Joondalup Resort. Delegates from all branches throughout WA are invited to attend for a few days of business mixed with networking and catching up with friends from around the State.



A speaker from Comfort Quilts Against Cancer gave an informative and entertaining talk on their work, which has inspired us to contribute quilts which will be made in Wandering.

### Oldest CWA Cookery Book Competition

The Wandering CWA will be holding a competition to find the oldest CWA cookbook in our community.....

so rummage through your family archives and bookshelves,  
to see if you can find a much used pioneer icon!

All cookbooks entered will be on display at the Wandering CWA Rooms  
on the Saturday of the Shire Anniversary Celebration in September  
with a prize up for grabs for the competition winner.

Details as to where and when to bring your early edition cookbook will be revealed soon!



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

**Saturday 19 October**

Come and visit the Wandering CWA for your Devonshire Tea!



### Next meeting of the Wandering CWA

Wednesday 17 July 2024

11am meeting with morning tea to follow

Everyone welcome!



Strong women stand together when things are rough,  
hold each other up when they need support,  
and laugh together when there is no reason to.

Find us on   
Wandering CWA

# TRANSPORT AND WORKS REPORT

## **WINTER GRADING**

- York – Williams Road
- North Wandering Road
- Kubbine Road
- George Road
- Codji – Hastings Road
- Potts Road
- Sheoak Road
- Herdigan Road

## **MAINTENANCE GENERAL:**

### **Drainage Works**

Drainage maintenance that has been carried out on the following roads:

- Wandering Downs Estate
- Noombling Norrine Road
- Currently on Carabin Road

## **CAPITAL WORKS:**

**Black Spot** -York Williams Road intersection new STOP signage installed; we are waiting for line marking to be completed no date yet.





## WSFN

Test holes completed along North Bannister Wandering Road for WSFN  
also Mulching work to open the corner up and clear the creek so water will run near Bayden's Place.



## Tree Mulching:

Tree Mulching along Wandering Pingelly Road to George Road round 5km completed.









**Patching:**

Patching work along Nth Bannister Wandering, Wandering Pingelly & Wandering Narrogin Road.

**Community Centre:**

Upgraded to the community centre storm water drains are now completed only paving to install.

**Upcoming works:**

Starting in July the Shire will be commencing bitumen shoulder edge maintenance work along our network. Please abide by the signs as traffic control will be in place.

# WARRIOR WELLBEING ARTICLE



## High Blood Pressure – A Silent Killer

BY THE REGIONAL MEN'S HEALTH INITIATIVE  
July 2024

Sadly, lots of blokes don't have their blood pressure (BP) checked because we don't visit our GP for check-ups and/or the GP has not done a blood pressure test. In fact, a lot of blokes don't know what the blood pressure readings mean and have never had it explained to them.

High BP is one of the 3 main risk factors for heart attack and the main risk factor for stroke. Having a consistently high BP isn't a good thing and may become more common as we age. High BP isn't inevitable, nor unmanageable if we have it, but controlling high BP is critical in protecting our long-term health and wellbeing.

Our bodies contain about 5 litres of blood which the heart pumps continuously around an intricate network of blood vessels. This process delivers vital nutrients and fresh oxygen to our body's tissues and organs whilst creating a certain amount of pressure inside our arteries (blood vessels that take blood away from the heart and out to the body).

Our blood pressure depends primarily on two things:

- The amount of blood pumped by the heart and
- How easily the blood can flow through the arteries.

Blood pressure readings are given in millimetres of mercury (mmHg) and consist of 2 numbers:

- The top number - measures the pressure in your arteries when your heart pumps – systolic (sys-tol-ik) pressure;
- The bottom number - measures the pressure in your arteries when your heart relaxes – diastolic (di-as-tol-ik) pressure.

What is normal blood pressure? According to the Australian Health Foundation there is no normal or ideal blood pressure reading. The following figures should only be used as a guide.

|             |                               |
|-------------|-------------------------------|
| Normal      | Less than 120/80              |
| High/Normal | Between 120/80 and 140/90     |
| High        | Equal to or more than 140/90  |
| Very High   | Equal to or more than 180/110 |

(Source – Heart Foundation Managing High Blood Pressure)

The cause of high BP quite often is a mystery. It can be linked to genetics (family history is important), poor diet, being overweight and/or lack of exercise. The effects of some medicines being used to treat varying health conditions can also be a factor along with underlying health disorders that we may have.

The harm of high BP over time is simple. It can overload both the heart and blood vessels which in turn make us more susceptible to heart attack and stroke.

There are many things that we can do to keep our blood pressure healthy. To help manage high BP many people need medicine but by making the following healthy lifestyle changes blood pressure can be lowered:

- Be a non-smoker
- Lose excess weight
- Eat less fat and salt
- Exercise regularly
- Keep alcohol intake down

It is possible to have high BP for years without knowing it, which is why it's called a silent killer and is most often discovered during routine physical examinations. Remember, be proactive and make an appointment for a service visit with your GP and always have BP on your checklist for your GP to check.

As always, remember ... before it all gets too much...  
Talk to a Mate®!!



@RMHI\_4blokes



Working with Warriors Podcast



regionalmenshealth.com.au





# Agriculture & Agri-Business Wellbeing Factsheet

A resource for farmers, shearers, livestock transporters, as well as those involved in agribusiness.

## HOLYOAKE

At Holyoake, we recognise that people involved in the agriculture and agri-business are amongst the most resilient, hard working and resourceful in our regions. This resource is a guide to provide a better understanding of stress and situational distress caused by uncertainty and challenging circumstances. It also provides tips and strategies to help navigate these challenges. It is important to talk to family members, neighbours, friends, or health professionals if you are feeling overwhelmed or find yourself struggling or in crisis. **HELP IS ALWAYS AVAILABLE.**

### MENTAL HEALTH & WELLBEING CONTINUUM:



**THRIVING**

**HEALTHY**

**SURVIVING**

**STRUGGLING**

**CRISIS**

| THRIVING                                                                                                                                                                                                                                                                                                              | HEALTHY                                                                                                                                                                                                                                                                                                                                                                           | SURVIVING                                                                                                                                                                                                                                                                                                                                                                                                                             | STRUGGLING                                                                                                                                                                                                                                                                                                                                                                                                       | CRISIS                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <i>"I don't have any stressors in my life"</i>                                                                                                                                                                                                                                                                        | <i>"I have minimal stressors in my life and can easily manage them"</i>                                                                                                                                                                                                                                                                                                           | <i>"I'm managing the stressors of life"</i>                                                                                                                                                                                                                                                                                                                                                                                           | <i>"I don't know if I can continue to manage the stressors"</i>                                                                                                                                                                                                                                                                                                                                                  | <i>"I feel like I can no longer manage the stressors"</i>                                                                                                                                                                                                                                                                                                                                                                                                                                            |
| <p>← ○</p> <p>Growth mindset</p> <p>High levels of performance</p> <p>Fully realising potential</p> <p>Actively seeking connections</p> <p>Solution focused</p> <p>Confident and curious</p> <p>Clear and energised</p> <p>Optimal self-awareness</p> <p>High levels of motivation</p> <p>Energised by challenges</p> | <p>○</p> <p>Calm and steady with minor mood fluctuations</p> <p>Able to manage stressors in life</p> <p>Consistent performance</p> <p>Able to take advice and to adjust to changes and plans</p> <p>Able to communicate effectively</p> <p>Normal sleep patterns and appetite</p> <p>Good impulse control</p> <p>Mood recovers quickly from stress</p> <p>Good self-awareness</p> | <p>○</p> <p>Nervousness, sadness, increased mood fluctuations</p> <p>Inconsistent performance</p> <p>More easily overwhelmed or irritated</p> <p>Increased need for control and difficulty adjusting to changes</p> <p>Disrupted sleep and eating</p> <p>Activities and relationships you use to enjoy seem less interesting or even stressful</p> <p>Muscle tension, low energy &amp; headaches</p> <p>Low motivation and energy</p> | <p>○</p> <p>Persistent fear, panic, anxiety, anger, sadness and hopelessness</p> <p>Exhaustion</p> <p>Poor performance and difficulty making decisions or concentrating</p> <p>Avoiding interaction with family, friends and colleagues</p> <p>Fatigue, aches and pains</p> <p>Restless and disturbed sleep</p> <p>Self-medicating with alcohol and or other drugs or food</p> <p>Inability to problem solve</p> | <p>○ →</p> <p>Disabling distress and loss of function</p> <p>Panic attacks, nightmares or flashbacks</p> <p>Unable to fall or stay asleep</p> <p>Intrusive thoughts</p> <p>Thoughts of self-harm or suicide</p> <p>Easily enraged or aggressive</p> <p>Careless mistakes and inability to focus</p> <p>Feeling numb and lost</p> <p>Withdrawing from relationships</p> <p>Dependence on alcohol, other drugs, food or other numbing activities to cope.</p> <p>Physical and emotional exhaustion</p> |

## MENTAL HEALTH AND WELLBEING TIPS:



### GET ENOUGH SLEEP AND REST

Sleep affects our physical and mental health and can be the first thing we trade in when we get busy or stressed.



### SCHEDULE TIME FOR THINGS YOU ENJOY

Balance in life is important, so taking time out for things you enjoy can make a difference to how you think and feel.



### BE ACTIVE AND EAT WELL

Our physical and mental health are closely linked, so ensure that you are exercising and eating nutritious food.



### NURTURE RELATIONSHIPS AND CONNECT WITH OTHERS

Our connection to others is what keeps us strong, especially during challenging times. Ensure you have people to connect with (face-to-face, over the phone or virtually).



### ENSURE YOU ARE ADOPTING STRATEGIES TO MANAGE YOUR STRESS LEVELS

If you have are having trouble relaxing or managing intrusive thoughts, the websites below provide an array of tips and tools that can assist you.



### MAKE A 'TASKS LIST'

Break large tasks into smaller, more manageable tasks which can be prioritised in order of importance.



### FOCUS ON WHAT YOU CAN CONTROL

Direct your time, energy, and resources towards things you have direct influence over, rather than things outside of your control (weather/climate, government regulations, commodity markets).



### BRING OTHERS TO THE TABLE

Another set of ears and a logical brain can help with processing and retaining information.



### KEEP THE LINES OF COMMUNICATION OPEN

Schedule regular farm business meetings and don't avoid making decisions.



### KEEP IN REGULAR CONTACT WITH INDUSTRY PEERS, GROWER GROUPS AND CONSULTANTS

They are sources of trusted and valuable information and can also be a good social connection.



### PREPARE AND PLAN FOR THE UNEXPECTED

Contingency planning can avoid further stress.



### BE AWARE OF THE RISKS ASSOCIATED WITH BEHAVIOURS OR COPING STRATEGIES THAT ARE UNSAFE AND PUT YOURSELF AND OTHERS AT RISK

Unsafe alcohol consumption, misuse of prescription medication and use of illicit drugs.



### TAKE TIME TO PAUSE, BREATHE AND REFLECT

A simple moment of reflection helps us connect our minds with our feelings. It enables us to connect what's happening around us with what's going on in our heads and hearts. Taking the time to ask the right questions of ourselves, and time to get a thoughtful answer, gives us perspective, direction and clarity. By taking time to pause and slow down our breathing (deep circular breaths), we slow down a racing heart, reducing the symptoms of stress headaches and muscle tension.



### PARTAKE IN HELP SEEKING BEHAVIOURS

Please see below for information on Support Services and Helplines available.



### ORGANISE AN INFORMATION SESSION OR WORKSHOP:

Increasing your own and others understanding of the risks, protective factors, unsafe/risky behaviours, coping strategies, wellbeing, and community resilience is a powerful tool in improving empathy, connections and the overall safety within a community. Please contact Holyoake's Prevention Team if you would like to organise an information session or workshop for your community. Email [JDrayton@holyoake.org.au](mailto:JDrayton@holyoake.org.au) or [Jordyn.Drayton@holyoake.org.au](mailto:Jordyn.Drayton@holyoake.org.au)



## CRISIS LINES

|                                                                                                                                                                                                                                            |                                                            |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------|
| <b>Lifeline</b><br>Lifeline WA provides all Western Australians experiencing a personal crisis or thinking about suicide with access to 24-hour crisis support and suicide prevention services.                                            | <b>13 11 14</b><br><a href="#">Lifeline WA</a>             |
| <b>Suicide Call Back Service</b><br>Suicide Call Back Service is a free nationwide service providing 24/7 phone and online counselling to people affected by suicide.                                                                      | <b>1300 659 467</b>                                        |
| <b>Beyond Blue</b><br>Beyond Blue as a reliable source of mental health information, support, and hope.                                                                                                                                    | <b>1300 224 636</b><br><a href="#">Beyond Blue</a>         |
| <b>MensLine Australia</b><br>MensLine Australia is a telephone and online counselling service offering support for Australian men anywhere, anytime.                                                                                       | <b>1300 789 978</b><br><a href="#">MensLine Australia</a>  |
| <b>Drought Response Hotline</b><br>The Drought response hotline is available 24/7 hotline for farmers to speak to a trained operator who will be able to connect callers with grant information and services most relevant to their needs. | <b>1300 489 832</b><br><a href="#">Drought Response WA</a> |
| <b>Kids Helpline</b><br>Kids Helpline is Australia's only free, confidential 24/7 online and phone counselling service for young people aged 5 to 25.                                                                                      | <b>1800 551 800</b><br><a href="#">Kids Helpline</a>       |

## PLACE-BASED SUPPORTS

|                                                                                                                                                                                                                                            |                                                                         |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------|
| <b>Holyoake</b><br>Holyoake give Western Australians impacted by alcohol, drugs and mental ill health the support, hope and confidence they need to live the life they choose.                                                             | <b>9621 1055</b><br><a href="#">Holyoake</a>                            |
| <b>Head to Health (co-located with Holyoake)</b><br>Mental health support for adults (18+ years) with their own or another's mild to moderate mental ill health.                                                                           | <b>6383 8040</b><br><a href="#">Head to Health Northam</a>              |
| <b>Rural Aid</b><br>Rural Aid provides critical support to farmers affected by natural disaster through financial, wellbeing and fodder assistance.                                                                                        | <b>1300 327 624</b><br><a href="#">Rural Aid</a>                        |
| <b>The Regional Men's Health Initiative</b><br>The Regional Men's Health Initiative is a team of people who are passionate about raising awareness of men's health and wellbeing in regional, rural, and remote communities throughout WA. | <b>9314 1436</b><br><a href="#">The Regional Mens Health Initiative</a> |

## Rural West

Rural West provide a free, confidential, mobile, independent financial counselling service to regional small businesses and all primary production enterprises in WA.

**1800 612 004**

[Rural West](#)

## Wheatbelt Mental Health

Including: Adult Mental Health Service, Child & Adolescent Mental Health Service, Aboriginal Mental Health Service & Seniors Mental Health Service.

**9621 0999**

[WA Country Health Service](#)

## Amity Health

Amity Health provide a range of funded health and community programs across the Wheatbelt region.

**9842 2797**

[Amity Health](#)

## Headspace

headspace Northam is a free and confidential service for young people aged 12-25. Their service is designed to make it as easy as possible for a young person and their family to get the help they need for problems affecting their wellbeing.

**9621 5000**

[Headspace Northam](#)

## WEBSITES FOR INFORMATION & RESOURCES

### ifarmwell

ifarmwell is a free online tool kit to help farmers cope effectively with life's challenges and get the most out of every day, regardless of the circumstances they face.

[ifarmwell](#)

### National Centre for Farmer Health

The National Centre for Farmer Health supports farmer mental health through research; education; prevention-focused mental health resources including Managing Stress on the Farm, Steering Straight and Campfire; and support services including a farmer health trained online psychology platform.

[National Centre for Farmer Health](#)

Managing Stress on the Farm walks farmers, farming families, farm workers, and farming communities through the common causes of stressors on farms and offers practical ways to deal with them. It also includes the Steering Straight plan, which helps individuals manage their mental health with practical, valuable steps.

Free to download via:  
[Managing Stress on the Farm Booklet](#)

### TIACS

TIACS is a free, confidential phone and text counselling service offering mental health support to farmers, blue-collar workers and those that care about them Australia-wide.

**0488 846 988**  
(Mon-Fri 8am-10pm AEST)

[TIACS](#)

### Head to Health

Head to Health helps everyone access the mental health and wellbeing services that are right for them. It makes it easier to navigate and choose the most suitable care options, whether that's face-to-face, via phone, or online.

[Head to Health](#)

For more information  
**Scan the barcode**  
**or CALL 9416 4444**

Find us on social media @holyoake



# We're hiring in Wandering

We believe our staff are our greatest asset as we work together to deliver the very best in Home Care in the Wheatbelt.

We are looking for caring and passionate nursing and Home Care support workers in the Wheatbelt.

Our Care with Purpose people-centred care model promotes dignity, respect, privacy and independence.

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If you would like to discuss further call 1300 244 000  
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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

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Contact Lucy Jones  
0419 938 834  
Pick up Wandering



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# 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.

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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

## EMPOWERED NATIONS CHURCH

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Public worship every fourth Sunday of the month, from 2pm at the church.

Enquiries to Revd Paul Bartley 0431 849 169 or Clive Lindner 9884 1535

Latest info online at [www.gatewayparish.org](http://www.gatewayparish.org).

New people welcome and expected! Always up for a chat.

## ST MARTIN'S CHURCH WANDERING

## WANDERING LIONS CLUB

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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

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Check this month's Wandering CWA page in this edition of the Echo for the next meeting date – we meet at the Wandering CWA Rooms on Watts Street.

President – Jacquie Cornish 0407 241 004 Secretary – Leanne Rose 0417 097 149

## PUMPHREYS CWA

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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

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





Mia  
DAVIES  
MEMBER F

# MIA DAVIES MLA

**MEMBER FOR CENTRAL WHEATBELT**

## **Northam Office**

171 Fitzgerald St  
(PO Box 92)  
Northam WA 6401

**PH 08 9622 2871**

## **Merredin Office**

Old Town Hall  
16 Mitchell St  
Merredin WA 6415

**PH 08 9041 1702**

**[mia.davies@mp.wa.gov.au](mailto:mia.davies@mp.wa.gov.au)**

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# COMMUNITY CALENDAR

JULY 2024

11.30PM | MONDAY 8TH  
KIDS HEALTHY PROGRAM - GOLF

2PM | THURSDAY 8TH  
WANDERING PUBLIC LIBRARY BOOKCLUB

9AM | TUESDAY 9TH  
PUMPHREY'S CWA MEETING

7PM | THURSDAY 11TH  
LIONS CLUB MEETING

10AM | TUESDAY 16TH  
ELDERS RIGHTS WORKSHOP

11AM | WEDNESDAY 17TH  
WANDERING CWA

3.30PM | THURSDAY 18TH  
COUNCIL MEETING

10AM | TUESDAY 30TH  
HARVEST ME WORKSHOP

## **Regular Events**

Thursday morning - Craft Group @ CRC  
Monday morning - Virtual Village @ CRC  
Wednesday - 8.45am - Exercise Class @ Community Centre  
Thursday 9am - Playgroup @ CWA Rooms