OCTOBER 2024

THE WANDERING





Wandering Community Resource Centre

Wandering Echo OCTOBER 2024

WELCOME

To Our Monthly Community Newsletter

NEXT EDITION IS NOVEMBER 2024. ITEMS FOR INCLUSION DUE BY 27TH OCTOBER 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

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

FOR SALE

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 \$75

Contact Lucy Jones 0419 938 834 Pick up Wandering



WANDERING CRC WILL
BE HOSTING A
"BIG BLUE TABLE"
FUNDRAISER
Morning Tea
TUESDAY
15th OCTOBER 2024

@ 10:30am

77

OCT 2024

- register at crc@wandering.w a.gov.au or on 9884 1561







FUNDRAISER



In celebration of Childrens Week 2024, Wandering CRC along with Bricks 4 Kidz are pleased to invite our local kids to attend a Robotics Workshop.



CALLING ALL LEGO STARS WE WANT YOU!





WHERE: WANDERING CRC

DATE: SATURDAY 26TH OCTOBER 2024

TIME: 10:00 AM - 11:30 AM

COST: FREE (Drink and Snack provided)

REGISTRATION ESSENTIAL:

crc@wandering.wa.gov.au/Ph: 089884 1561











Starting
Date
Friday 25th
October
2024
6PM

FRIDAY NIGHT SOCIAL TENNIS

Wandering Tennis Club Inc. Memberships are now available. \$25 a season.

Children (17 and under) free.



SENIORS HAVE A GO DAY - WE'RE TAKING THE BUS!

The WCOW Community Bus will be going to the Have A Go Day happening at Burswood Park on Wednesday 13th November. The bus will be leaving Wandering at 8am. Cost is

\$10 per person for the bus trip. Seats are limited and bookings are essential: crc@wandering.wa.gov.au or phone 9884 1561.





Merino Poll Rams \$550 -\$660

High Growth excellent ASBV,s, Fat, Meat, dual Purpose Soft, Stylish, Deep Crimping Wools, Heavy weights HGT Wools sold 27/8/24. Two Bales @1300c/kg greasy. Clients regularly topping wool Sales.

Private Wool Sales Sept/Oct/Nov/Dec

Contact Mervyn Hardie 0427098233 0429098233 Farm Mon/Tue 98838093





Wandering Book Club

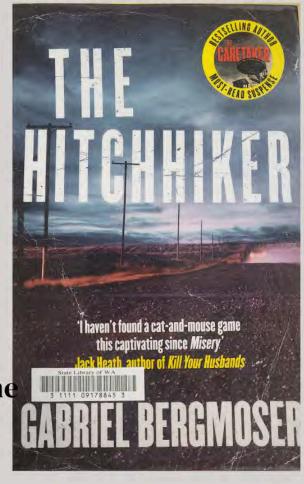
Our next meeting is: MONDAY 4th NOVEMBER 2:00pm - 3:00pm

Please register your attendance by contacting EMAIL: crc@wandering.wa.gov.au or/Ph: 089884 1561

(Coffee/Tea available for purchase and biscuits provided)

This book is available on several platforms:

- Ebooks/Audible (membership required)
- Wandering Library (1 x copy)
- Libby (Free)
- BIG W in store/online (\$16.00 atm)
- Several purchase options online



If you need assistance accessing this book please contact the CRC







Thursday 7th November 5.00-7.00 pm

Looking for interest from the small to mid-farming community that would like to attend information session from multiple people with the knowledge that can help you and your land with sustainable future processes.

∅ Electonic Scanning & Tagging

✓ Natural Resouce Mangegement

Please register your interest now with the Wandering Community Resource Centre on (08) 6828 1806 or at crc@wandering.wa.gov.au







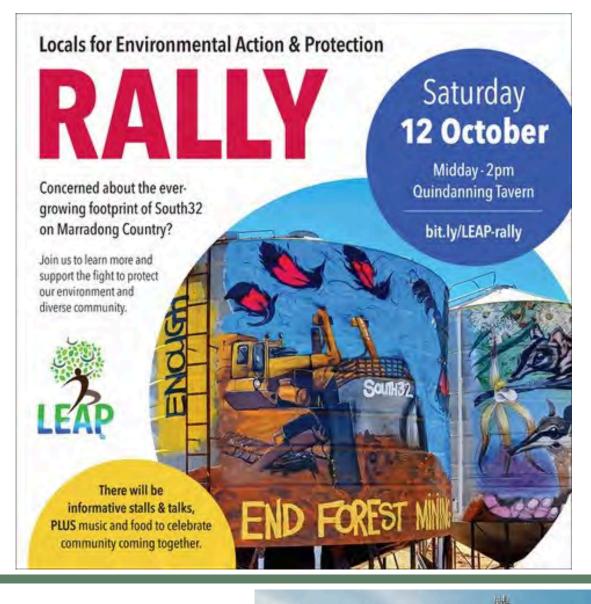


PRE-HARVEST SUNDOWNER

WITH GUEST SPEAKER

1 NOVEMBER

MORE DETAILS TO COME REGISTER NOW AT CRC@WANDERING.WA.GOV.AU





To date, around 1,400 mobile phone towers (base stations) have been funded for delivery under the program, including the base station in in your area.

We are keen to find out from you about:

Any changes you have experienced since the mobile phone tower (mobile black spot base station) commenced operating in your area, for example:

- Use of mobile services. What services do you use, and for what purposes?
- · Coverage, reliability, and quality of mobile services.
- Range of choices of telecommunications services.
- Any social, economic and/or safety impacts.
- Your thoughts on the mobile service in your area.
 What is working and not working? Your thoughts on what could be improved?

Please complete our survey via the QR code:

Mobile
Black Spot
Program
Evaluation
COMMUNITY
SURVEY



Independent evaluation by **Grosvenor** hello@grosvenor.com.au | www.grosvenor.com.au





AHCCHM304 Transport and Store Chemicals Prepare and Apply Chemicals to Control Pest, AHCCHM307 Weeds and Diseases



ChemCert AQF3Chemical Accreditation course focuses on upskilling chemical users on the industry's best practice methods and national standards. It is nationally recognised for 5 Years. Please check state licensing requirements.

Topics Covered:

 Safe transport & storage • Determining weather conditions suitable for spraying . Understanding chemical application issues . Equipment calibration techniques • Knowledge to limit spray drift • Managing chemical residues • Risk assessments and hazard control forms . Self audit & compliance checklists . Integrated Pest Management • Record keeping requirements

Suitability:

- Council workers
- Bush regeneration staffs
- Horticulturalists
- Farm Owners
- Spray Contractors
- Pest Controllers
- · Ground Keepers

(School, parks, sport & recreation)



Course Duration:

• 1 day (8:30am - 5:00 pm) (Plus 2-4 hours pre-course reading)



Entry Requirements:

· We require all students to be a minimum of 16 years old, to have a reading level of a Yr 10 student and complete the LLN test.

Pricing:

- Initial Accreditation \$420
- Re-Accreditation \$340



Assessment Breakdown:

- Multiple choice questions
- Short answer questions
- · Spray plans, incident reports and
- · Practical assessment tasks

(Calibration, spill clean up, nozzle cleaning etc)

Industry Leading Trainers:

The strength of our program is based on our accredited, innovative, highly skilled industry-based Trainer/ Assessors and technical advisers and their wide range of skills, which include agronomists, researchers, commercial spray operators and leading farming advisers.

*** PLEASE NOTE: Pricing includes Tea/Coffee and lunch provided.***

DATE: MONDAY - 28TH OCTOBER 2024

TIME: 8:30 AM - 5:00 PM

LOCATION: CRC - 18 WATTS STREET WANDERING

BOOKINGS ESSENTIAL: Contact us on 089884 1561 or email: crc@wandering.wa.gov.au



PUMPHREYS BRIDGE By: Kelvin Price

William Pumphrey was granted land in 1867. The area was then known as Hotham Crossing. In the early 1900's it was decided to build a bridge across the river. The name Pumphreys Bridge came into being.

These are my recollections of Pumphreys Bridge:

- My first was the Voluntary Defence Corps at Pumphreys in the later part of the World War 2. There was a hall called the VDC Hall where meetings were held. The volunteers would have had basic training and were issued with a .303 rifle. One time they fired mortars in the paddock down the road. I remember this as great excitement for kids.
- New Year sprots days was a big thing for Pumphreys Bridge. Running races, high jump for young people, tossing the sheaf, 100yd walk out and other competitions. The pool was well used with spring boards for diving and swimming. The locals catered for the crowd out of a straw roofed shed with no walls. it was a very popular day with people traveling quite long distances to attend.
- Two tennis courts were in the area NW of the oval. New courts were constructed on the present site in the 1950's.
- A basketball court was constructed on the old tennis court site about 1960. The court had lights for night play. Power was from a tractor with a generator mounted on it.
- Football was on the oval. Pumphreys Bridge Football Club played in an association with Pingelly, Brookton and Aldersyde. Saturday afternoon was football day. When a home match was on, the Bridge store (owned by Stedman Watts and Family) did a good trade as locals stocked up on groceries.
 - I remember buying lollies my favourite being red razzle dazzles.
- The Pumphrey CWA held meetings in the VDC Hall. This hall was inadequate, and husbands of the ladies shifted a hut from Wembley to be rebuilt on its present site. I went with my father to pick up a load of this building. We travelled along St Georges Terrace and over the Causeway with our load being about 12' wide. No problem in the 1950's.
- The Wandering Lions have spent time maintaining this area to be enjoyed by the public. They erected their sign on two posts showing that they had done work in the river area. More recently they repaired the shed on the oval to make it usable.
- Pumphreys Bridge always had a competitive cricket club for many years. It eventually ran out of players and closed down.



Social Isolation is amongst the leading causes of Mental Illness in Australia, and sadly it is more and more prevelant Country Towns



Join the Boddington Medical Centre and the Boddington Bowling Club for a Day out on the Bowling Green

Get out of the House	Meet some new friends
Get some excercise	Relax over a BBQ

Sunday 27th October -11AM Start
Boddington Bowling Club
\$20 Green Fee on the day
BBQ and Bowling Gear Provided
Flat Shoes / Runners or Bare Feet

LET'S ATTACK THE JACK TOGETHER, IN SUPPORT OF GOOD MENTAL HEALTH

Call 9883 9999 to register





ASERIA FAIR

Wandering Community Centre
Down Street
9:00AM-3:00PM
FREE FUN FOR THE WHOLE FAMILY

SAT 19 OCT 24

MUSIC & MC BY HAYDEN MCGLINN - WA COBRA CAR CLUB - WA BAREFOOT CLUB - FOOD VANS PEEL HARVEY CATCHMENT COUNCIL - 50+ MARKET STALLS - KITE KINETICS - SUNDOWNER LINE
DANCERS - FIELD OF QUILTS - HORSE & CART - REPTILES BY AMY WILD ADVENTURES - HEY PRESTO
MAGICIAN - ANA BEE FACE PAINTING - SHOOT THE HOOP - DIABETES BY WA LIONS - BODDINGTON
RRR - AMUSEMENT BY MONSTERBALL ENTERTAINMENT INCLUDING THE WARRIOR OBSTACLE
COURSE - BUCKING BULL - BUNGEE JOUST - LOONEY TUNES BOUNCER - SHOW BAGS - AND SO
MUCH MORE, IT'S GOING TO BE THE BIGGEST YET







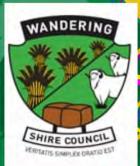












Newmont

Nandering Fais

Introducing our sponsors for 2024 Sat 19.10.2024 9:00am - 3:00pm

















Worsley Alumina





2024 WANDERING CAMP OUT WEEKEND 18-20 OCT

Stage Line Oly

Featuring:
A special MC and
Walter Whip &
The Flames

ON THE MAIN STAGE FROM 5PM

Sounds of Woodstock
Renegade

Daren Reid & the Soul City Groove
Retro Inc

Best Dressed Group

Best Tug of War Raffle

Load of Wood Raffle

A Boy Named Cash Motel Californians The Murphy Brothers Proud Mary



featuring The FRIDAY MINI MARKET

Hot Klobba Work Wear I Mickey Blu I Esperance Gin Distillery I WCOW Merch

12PM - 5PM FRIDAY 18TH OCTOBER

SALLY JANE I WALTER WHIP AND THE FLAMES KIDS TENT I FOOD VANS I THE GAME VAULT ENTERTAINMENT IN THE PADDOCK I BAR OPEN

Tickets

TRYBOOKING.COM/CPFBG

This is a licensed area.

Children must enter the area with an adult and be supervised by an adult while in the licensed area.

Enquiries: Alana - eowcow@outlook.com - 0429 961 697 W: www.wcow.com.au F: facebook.com/wanderingcampoutweekend



WANDERING CAMP OUT WEEKEND

SATURDAY 19TH OCTOBER 2024 9:45AM (10AM START)

AT THE TRACK NEXT TO THE AG SHOW PADDOCK

ALL PARTICPANTS MUST BE REGISTERED PRIOR TO THE EVENT. REGISTRATION IS FREE.

PLEASE BRING SUITABLE FOOTWEAR, EYE PROTECTION, SUNSCREEN, HAT AND DRINKING WATER.

To register

https://form.jotform.com/240782232025852

PROUDLY SUPPORTED BY:







WESTERN AUSTRALIA

Enquiries: Alana - eowcow@outlook.com - 0429 961 697 W: www.wcow.com.au F: facebook.com/wanderingcampoutweekend



THE WANDERING AG SHOW (SAT 9-3) I HELICOPTER FLIGHTS
CAMPING UNDER THE STARS I WINERY TOURS
ENTERTAINMENT ALL WEEKEND I COLOUR RUN

FRIDAY ARVO SPECIAL AT THE WCOW LONG BAR <u>2 NIGHTS OF STAGE LINE-UP IN THE PADDOCK</u> HEADLINE ACTS - FRIDAY - RETRO INC SATURDAY - PROUD MARY

Tickets CAMPING & EVENINGS IN THE PADDOCK TRYBOOKING.COM/CPFBG

EARLY
CAMPERS
CHECK IN
THURSDAY

ENQUIRIES: ALANA - EOWCOW@OUTLOOK.COM - 0429 961 697 **W:** WWW.WCOW.COM.AU **F:** FACEBOOK.COM/WANDERINGCAMPOUTWEEKEND

PROUDLY SUPPORTED BY: TOURISM WA LOTTERYWEST KENNARDS HIRE TWINOAKS FARMING GREAT SOUTHERN FUELS BODDINGTON BP DUMBITT HILLS DAVE GOSSAGE ESPERANCE DISTILLERY CO. BRANDY'S HIRE BODDINGTON CONCRETE G & K WHITE WANDERING SMASH REPAIRS WARBY'S TRANSPORT **ELDERS AZZ SIGNS** MOOTERDINE TRANSPORT BIRD SILOS HOT KLOBBA STEER FABRICATION DCE SERVICES TANGLEFOOT WINERY URBAN OUTLOOK BC HARDIE **COUNTRY WIDE INSURANCE** WANDERING CRC PRICE'S FABRICATION NARROGIN TOYOTA WANDERING LIONS BODDINGTON LIONS CLUB 4SIGNS WANDERING TAVERN MICKEYBLU AUS GREAT SOUTHERN WASTE DISPOSAL **BODDINGTON ELECTRICAL SERVICES**



DEMOS IN THE PADDOCK

9:30, 11:30 & 1:30 LIBERTY HORSE

10AM & 1PM WORKING DOGS

10:30AM & 2PM SHEARING

11AM WHIP CRACKER

*Helicopter Rides*CONTACT GRAYDN
TO BOOK YOUR FLIGHT
0419 758 522

12:45PM SES - CAR OPENING

9AM - 3PM WA LOG CHOPPERS WOOD WORKING FARRIER

9AM DOG JUMP COMP

IN THE BIG MARQUEE

ESPERANCE GIN DISTILLERY
KATHY CARVER MUSIC
12PM: WCOW SHORT BAR OPEN
12PM: ABORIGINAL DANCE & WELCOME

MASCOTS IN THE PADDOCK

9:30 & 1PM

AT THE TRACK

9:45AM COLOUR RUN FROM 11:30AM LAWN MOWER RACING YELLOW BRICK ROAD Adverture WIN A TABLET

Laser Corp

DISPLAYS IN THE PADDOCK

HISTORICAL COMMERCIAL VEHICLE CLUB I OLD MACHINERY CLUB
REGIONAL MENS HEALTH I FELTING I WICKING BEDS I MICKY BLU I CARNABY
AVENA MILLS I BLUE WREN I RUSTY CREATIONS I PILBARA WORKING DOGS
BINDOON MOBILE RECOVERY I SOUTH WEST VETS

Shuttle bus from 9am - 3pm available to the Wandering Fair at the Town Oval

Enquiries: Alana - eowcow@outlook.com - 0429 961 697

W: www.wcow.com.au F: facebook.com/wanderingcampoutweekend





Wandering CWA



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.





Oldest CWA Cookery Book Competition

As part of the recent festivities as the Shire of Wandering celebrated its 150th, the Wandering CWA ran a competition to find the oldest edition of the CWA of WA's much-loved cookbook. Local residents had the opportunity to submit their vintage editions to the branch in the leadup to the weekend events, with the judging taking place on Saturday 14 September at the Wandering CWA Rooms. Marge Carstairs was announced equal winner of the competition, alongside the local CWA branch's current President Jacqui Cornish.



Next meeting of the Wandering CWA

Wednesday 17 October 2024
11am meeting with morning tea to follow
Everyone welcome!



Women are like teabags.

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

Eleanor Roosevelt



"AND THAT'S A WRAP!!"

COMMUNITY ROADSIDE

BREAKFASTS 2024

THE STATISTICS ARE IN AS FOLLOWS:

- Wandering Fuel Station 47
- Blackboy Springs 42
- Codjatotine 55

Here's to another successful community event. Thanks go to Wandering Lions, Shire of Wandering & Wandering CRC, but most of all the community for coming along and enjoying those amazing breakfast burger's. It's a great way to meet people in your community that you wouldn't normally see out and about.

FUEL STATION













BLACKBOY SPRINGS























MEN'S MEHT 2024



CAMPFIRE - BBQ - BEER

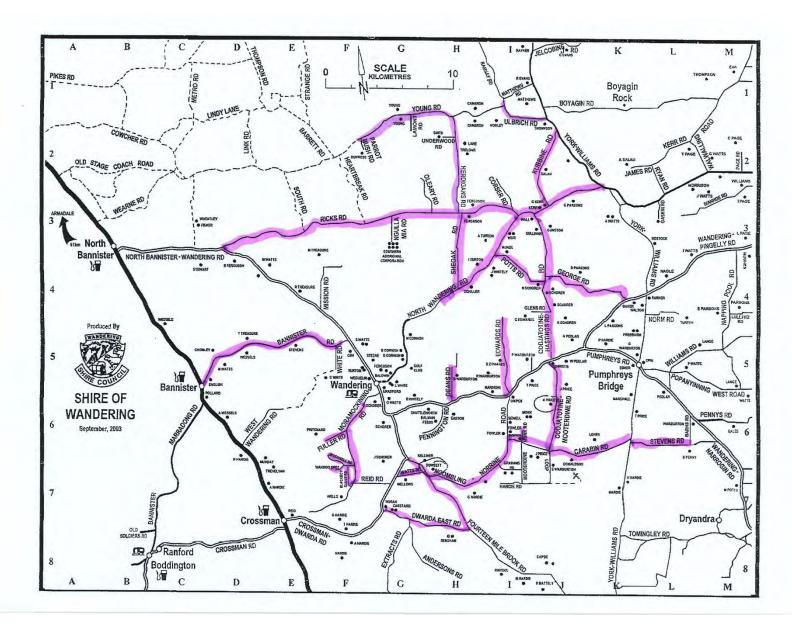
That was the theme of yet another successful men's night where the boys gathered around and had a "yarn", that's what it is all about!

Thanks go to Shaun for doing the cook up and to the blokes that came along, and we look forward to seeing even more of you next year!

Team Wandering CRC



Map of roads now winter graded



MAINTENANCE GENERAL

Drainage Works

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

- Ricks Road
- Kubbine Road
- Sheoak Road
- Carabin Road
- Herdigan Road
- Youngs Road

Patching:

On going patching work along Nth Bannister Wandering, Wandering Pingelly & Wandering Narrogin Road and York Williams Road

CAPITAL WORKS:

Gravel is now pushed up on Herdigan road in preparation for gravel re-sheeting.

Blackspot on the York Williams Road

Line marking and rumble strips are finally completed.





Parks and Gardens Report

- Rebuilding of rock-wall at Community Centre is now completed
- Assisting with the LG golf tournament
- Maintenance on the oval including fertilising in preparation for cricket and the 150 anniversary

Shire of Wandering 150th Weekend

On the 13th and 14th September, the Shire of Wandering Celebrated its 150th birthday which started off on Friday night with a night of music and dancing and then on Saturday in conjunction with the Wandering Primary School a family day full of events, activities and displays. The celebrations concluded with Music and Fireworks at the Wandering Community Centre.

The weekend was enjoyed by hundreds of people and we had the pleasure of the Governor of Western Australia, Hon Chris Dawson and his wife Mrs Dawson attend the event and was present when our oldest known living resident, Mrs Roma Turton cut the birthday cake.

The weekend could not have been a success without all of the volunteers that helped out. On behalf of the working group and the Council, thankyou for your contribution in making the weekend a success.























The Community Citizen of the Year Awards celebrate the positive news stories of our citizens who are worthy of the community's attention, recognising those who are role models and who inspire us with their achievements and challenge us to make our own contribution to creating a better community. If you know an individual or a group doing great things in our community, nominate them now for the 2025 Community Citizen of the Year Award.

Please contact the Shire for a nomination form.

RESTRICTED BURNING

Please be advised that we are now in restricted burning season. Please contact your Fire Control Officer to apply for a permit—details are located in the Fire Notice that were sent out with the Rate Notices.

A reminder that firebreaks are due to be completed by 31 October. If you have any queries regarding this please contact the Shire Office.



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:

8/10/2024 22/10/2024

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 | reception@wandering.wa.gov.au | www.facebook.com/wanderingshire





Established 1874





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 19th September 2024 the following was discussed:

- Shire of Wandering Policy Manual Review
- Financial Reports August 2024
- Accounts for Payment August 2024
- Request for Memorial at Pumphreys Bridge
- Removal of Mortgage on Lot 9000 Dunmall Drive, Wandering
- Bitumen Pricing

To read the entire agenda or minutes please go to our website 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







Wandering Community Centre Upgrade Update

The keys have now been handed over to the contractor to commence the upgrade of the kitchen and store room

The centre is still available for hire - without the use of the kitchen
You may use the foyer to bring food in and set up tables for food / urns etc

When the electrical upgrade commences, the building will not be available for hire

We will keep you updated on dates as the works progress

If you have any queries please call the Shire Office on 6828 1800

2024 / 2025 Rates Notices Due Dates

If you chose to pay in two instalments the second payment is due by 1 November 2024

If you chose to pay in four instalments the next instalments are due by the following dates:

1 November 2024, 2 January 2025 and 3 March 2025

If you have any concerns about paying your rates, please contact the Shire office on 6828 1800 and a payment plan can be organised.



OPENDAY 8 ART EXHIBITION 2024

EXHIBITION OPENING TIMES FRIDAY 1ST NOV 5.30PM - 8.00PM PRESENTATIONS 6.30PM RODEO SATURDAY 2ND NOV 9.00AM - 2.00PM SUNDAY 3RD NOV 9.00AM -12.00 NOON

> **BODDINGTON TOWN HALL** JOHNSTONE STREET BODDINGTON GOLD COIN DONATION

WITH SPECIAL THANKS TO OUR SPONSORS



















WARRIOR WELLBEING ARTICLE

Visiting Your GP – Tips for the Average Bloke

BY THE REGIONAL MEN'S HEALTH INITIATIVE September 2024

We often talk to blokes about the importance of visiting their GP for a routine service visit or *check-up* regardless of whether they feel unwell or not. These visits help you to stay health aware and if you do have specific risk factors, such as a family history of a certain disease, then regular check-ups may help your doctor pick up early warning signs. For example, high blood pressure may be an early warning sign of cardiovascular disease. For a lot of blokes this visit can be a bit daunting and at times a confusing process.



First and fore-most there are a lot of benefits in having a regular GP and practice that you visit. It gives you the opportunity to build a relationship over time, to the point where you are more comfortable talking openly about things. Your GP gets to know you and will have a better understanding of your health needs and concerns. Your medical history also stays under the one roof making it easier to keep things up to date.

With the average GP consultation time being around 10 to 15 minutes it's important that you have a clear idea of what you want to talk about (write a checklist starting with the most concerning issue). Usually for two or more health issues you will need to book a longer consultation time. Be prepared.

For a general health check, your doctor will want to talk to you about a range of stuff including your medical history, your family's history, your lifestyle, diet, weight and how much you exercise. Be honest about your health and your concerns and most of all, don't worry too much about being embarrassed. Doctors are usually very difficult people to shock and more than likely have seen or heard it all before.

We all need to take responsibility for our own health and wellbeing. A lot of guys have no idea of what their blood pressure is normally or what it means for that matter. You need to get to know your normal parameters and other things like cholesterol and PSA (Prostate Specific Antigen) blood tests so you can engage in conversation with your GP about them. It often helps to keep your own record of results and a list of any medications you may be on and what they are for.

As we get older, we inevitably encounter the increased risk of developing health concerns such as prostate issues (over 40 years). Most GPs are pretty good at prompting us when needed but we still need to be an active participant. Don't feel intimidated, you have the right to request certain tests and question things the doctor suggests. After all, this is about you and your GP working together.

We recommend that under the age of 50 you should have a routine service visit at least every two years and for those over 50 at least once a year.

When visiting your GP, be prepared (take your own checklist) and be involved, it's your health, you are the expert on you.

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





WARRIOR WELLBEING ARTICLE

alk to a M

The Three Things a Man Needs

BY THE REGIONAL MEN'S HEALTH INITIATIVE October 2024

A wise man said to me recently the three things a man needs is to love someone; to do something meaningful and to have something to look forward to. These three things are a constant through the different stages of a man's life whether it be adolescence, mid-life, transition and/or retirement.

We need to remember these three needs and actively stay engaged as they are a strong conduit to maintaining a healthy disposition and aid in building something else into our lives, other than just our work to identify ourselves by.

We often talk about our random capacity to deal with stuff in our lives (this varies from person to person). Most of us operate within the bounds of a rubber band (non-stretched and stretched). This innate capacity often boils down to how we are individually hardwired, and it may also reflect our upbringing and/or events experienced through our life journey. What we do know is that we all need to unplug the dam to let some stuff out every now and then so that the dam doesn't burst its banks and cause us to crash.

When we link the three things a man needs (that is to love someone; do something meaningful and to have something to look forward to) to our capacity to deal with stuff in our lives (i.e. stopping the dam wall from bursting), it helps life run more smoothly, and helps to:

- maintain balance:
- make sense of some of the fundamentals in our DNA (our warrior attitude); and
- improve our individual capacity to both survive and thrive.

We need to be mindful of living in the present and connecting with others. For a bloke, this connectedness is important and can be maintained simply by attending a local men's shed, playing sport (i.e. football, bowls, golf, tennis or participating/watching our preferred sport with a friend), having a cuppa with a

neighbour or spontaneously dropping in on a mate. So, remember to take time to laugh with others and enjoy what we do, Talk to a Mate® about our health and wellbeing and/or ask him how he is going, and make sure we block out some time at the end of our busy periods to have a break.



As our priorities change in life, we need to reflect on our own values. Three of these are; healthy living, having purpose and being connected to community. These are important values to us at every age and stage of our lives and when we line these up with the three things a man needs, that is:

- to love someone i.e. healthy living;
- to do something meaningful i.e. purpose, sense of achievement;
- to have something to look forward to i.e. connectedness to community.

Then life starts to make some sense.

Us blokes need to recognise and talk about these significant aspects of our lives, so we can fulfil our potential and ultimately enjoy the journey. Don't take anything for granted, we don't know what will happen tomorrow.

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

@RMHI_4blokes
Working with Warriors Podcast
mregionalmenshealth.com.au





Breast Cancer Symptoms

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Pain Lump Redness Itchy

Breast Armpit Dimpling Ulcerated

Puckering Inversion Discharge Thickening





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.**







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.



Volunteer with us!

Caring for our catchment is a huge task

If you would like to volunteer to help in any way, from planting trees, assisting at events or monitoring projects please contact us, we would love to hear from you. Visit: https://peelharvey.org.au/get-involved/volunteer-with-us/



Shared Country

On Saturday 31 August a group of 50 or so locals (and those from further afield) gathered together on hall. There was also a bird the banks of the Hotham River at Koompkinning (Pumphreys Bridge).

Jock (Travis) and Nick Abraham gave a warm Welcome by the fire, been running at the Pumphreys inviting us all to reflect on family and the importance of place and belonging. They spoke on behalf of the Wilman (Dryandra) People Corporation and their recent ancestors who lived by the river at Koompkinning. We thank them for their generous and gracious words.

Local farmer Kelvin Price shared recollections of Pumphreys Bridge including the much-loved sports days and New Year's Day picnics.

After everyone gathered like bees to honey around the Queen of Beanz van for a free coffee! What a lovely treat it was, along the with the gorgeous morning tea provided by Raelene Warburton from the Pumphreys Bridge CWA.

The morning tea table was circled by a bunch of activities which people of all ages enjoyed including painting, pin the tail

on the rakali, raffles and an historic photo display in the walk and planting on the river for those who felt energetic.

The PHCC project that has Bridge site since 2022 is focused on environmental activities to restore and rehabilitate the river. This event was all about the people, past, present and future, and honouring the long history of gathering at Koompkinning.



Come join our team!

PHCC is calling for applicants for the role of Sustainable Agriculture Facilitator.

If you have a passion for delivering and facilitating vital 'on-ground' outcomes and are looking to become part of a team that measures success through its contribution to the protection and restoration of a unique, internationally important ecological and agricultural region, this could be the job for you.

Applications for this position are open until a suitable pool of candidates is received, so don't delay.

For more details and link to selection criteria - hit the following link: https://peelharvey.org.au/get-involved/staff/



Landcare matters

Hotham-Williams sub-catchment update





















A selection of images from the Koompkinning River Gathering Event. Thank you to everyone who joined us on the day.















EMERGENCY RELIEF

EXPANSION TO THE FOLLOWING TOWNS:

- Beverley
- Brookton
- Corrigin
- Cuballing
- Dumbleyung
- Kondinin
- Kulin
- Lake Grace

- Narrogin
- Pingelly
- Wagin
- Wandering
- West Arthur
- Wickipen
- Williams



ASSISTANCE MAY CONSIST OF:

- Coles or food vouchers for closest possible grocery store
- Fuel vouchers
- Food hampers
- Assistance towards prescription glasses
- Gas Bottles for families with small children or clients with disabilities and/or aged.
- Bus or train tickets to appointments in the Metro area
- Assistance with prescription medication
- Assistance towards Utility accounts when referred via a Financial Counsellor
- Donated linen or household items (not furniture)

CONTACT TO BOOK AN APPOINTMENT

After a client has received full Emergency Relief Assistance three times, they will need to engage with the Share & Care Financial Counsellor before they can access additional Emergency Relief.





CONCRETE MIXING & SUPPLY



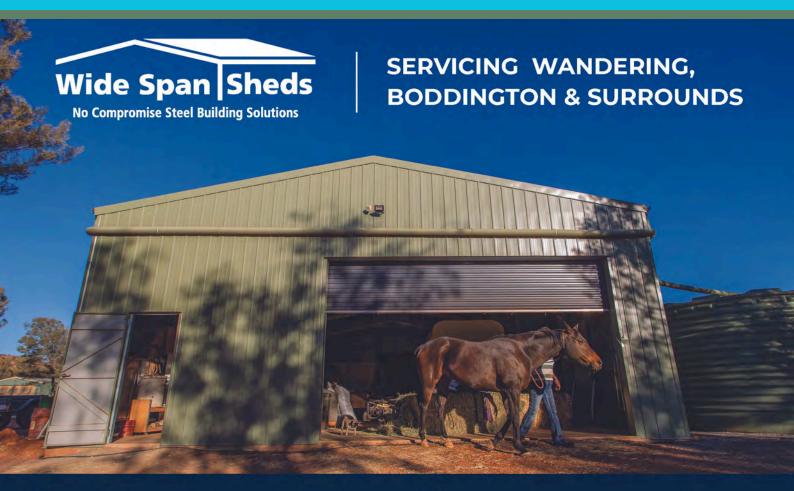
Any amount delivered Also available:



>> Blue Metal

X 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







LACHLAN HUNTER

THE NATIONALS WA FOR CENTRAL WHEATBELT





📞 0457 721 949 🛮 🔁 lachlan.hunter@nationalswa.com





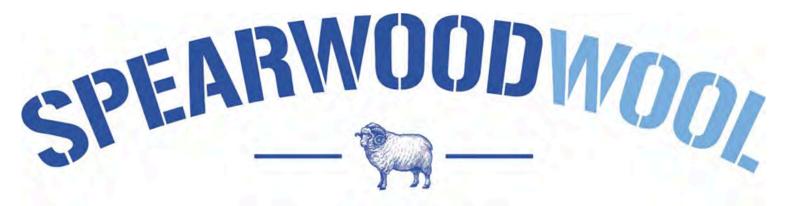


@LachlanHunterCW X @LachlanHunter



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VOTE NATIONAL.





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Daily Selling options available for clip wool and oddments to local and overseas buyers.



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Chris: 0457888606

chris@wdhvac.com.au

AU: 47787 EC: 12851





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

- facebook.com/MiaDaviesMLA
- **%** @miadaviesMLA
- @miadaviesmla

Discover St Martin's

Your Church in Wandering



Every fourth-Sunday at 2pm

and in Williams every Sunday 10:30am

Q: How can I get support?

Answer: Whether you need spiritual guidance or just a listening ear, we're here. We offer prayer, home visits, and support for those going through tough times. Reach out to us through someone at church, the website (QR code below), on 9885 1174 or by email to office@gatewayparish.org

Q: What's unique about Sundays at St Martin's?

Answer: Worship is a blend of traditional Anglican and contemporary elements, aiming to make it meaningful and accessible to all. We focus on Jesus Christ. It's all on the screen, with no prayer-book page-flipping! Our services include a mix of hymns, modern songs, and a relevant, inspiring message from the Bible. We celebrate Holy Communion most Sundays. You can participate as much or little as you like! There's always time for fellowship over a cuppa afterwards, and kids have activities available.





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.

1300 610 355



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.

ST MARTIN'S CHURCH WANDERING

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.

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

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 - Neta Parker - 0449 537 553

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 - 0429 390 626

WANDERING PLAYGROUP

Meet Thursday's during school term at 9am at the CWA Rooms. Contact Starr Corinish - 0447 778 657

WANDERING CAMP OUT WEEKEND

Wandering Camp Out Weekend Inc. Committee usually meet on the first Wednesday of each month - subject to changes - at the Wandering CRC. Committee ONLY - 6pm. Other representatives and community members welcome at 7pm.

Contact:

Event Officer - Alana Rosenthal - 0429961697 President - Jane Baxter - 0428831004

COMMUNITY CALENDAR

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9AM | TUESDAY 8TH PUMPHREY'S CWA MEETING

7PM | THURSDAY 10TH LIONS CLUB MEETING

10:30AM | TUESDAY 15TH BIG BLUE TABLE FUNDRAISER

11AM | WEDNESDAY 16TH WANDERING CWA MEETING

3.30PM | THURSDAY 17TH COUNCIL MEETING

18TH - 20TH
WANDERING CAMP OUT WEEKEND

9AM - 3PM | 19TH
WANDERING AG SHOW & WANDERING FAIR

6PM | FRIDAY 25TH SOCIAL TENNIS NIGHTS START

10AM | SATURDAY 26TH
BRICKS 4 KIDS

8:30AM | MONDAY 28TH CHEMCERT TRAINING

4:30PM | THURSDAY 31ST HALLOWEEN DISCO

Regular Events

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