

# THE WANDERING ECHO 2026 *April*

## RECOGNITION TO OVER 100 VOLUNTEERS OF WANDERING

After harvest and the fires had settled, we celebrated the 2025 International Volunteers Day, proudly funded by the Department of Communities.



Proudly supported by:



Department of  
Primary Industries and  
Regional Development



# WELCOME

*To Our Monthly Community Newsletter*

**NEXT EDITION IS MAY 2026.**

**ITEMS FOR INCLUSION DUE BY 24TH APRIL 2026**

## 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>



WANDERING  
TOWN CENTRE

CLEAN-UP

DAY

Please note  
change of date!

Please note  
change of date!

Sunday 12<sup>th</sup>  
April 9am

Meet at Wandering CRC

SAUSAGE SIZZLE LUNCH SERVED AFTER CLEAN-UP



Proudly supported by:



Government of Western Australia  
Department of Communities



# 2025 INTERNATIONAL VOLUNTEER DAY

We had to wait for harvest to finish before we could celebrate our amazing volunteers, but finally we hosted an incredible night, with over 90 people in attendance and over 100 people recognised for their contributions to our community. This was by far the biggest contingent of volunteers we've recognised.

Lachlan Hunter MLA and Shire President, Cr Sheryl Little, presented the certificates. As part of the evening, we also recognised the contributions of our volunteer Fire Brigade and some of their members for their long service. These medals were awarded by Superintendent Craig Smith and Lachlan Hunter MLA.

Thank you to everyone who helped put the evening together and a special mention to our CEO, Alistair Pinto who fired up the BBQ for us with a few helpers from the Lions Club.

This event was made possible by funding from the Department of Communities.

The full range of photos can be viewed on the Wandering CRC facebook page. If you would like a copy of your photo printed or framed, please contact the photographer Allie - 0431 566 130.



# INTERNATIONAL WOMEN'S DAY

We celebrated International Women's Day in style this year on Sunday 8<sup>th</sup> March, with 50 people in attendance. We hosted 6 inspirational speakers from all walks of life and a vibrant MC to keep the day rolling smoothly. Sally Jane kept the atmosphere flowing with her musical talent and Theresa Wigham kept us all fed with her incredible 3 course meal.

Thank you to everyone who helped put the beautiful day together! It took a big team effort, but wow, what a show!

Thank you to Allie, our photographer, who wasn't supposed to be taking photos for us, just there to be one of our speakers, but put her camera to work anyway. Check out 'Allie's Captured Moments' on Facebook and give her a follow for generously donating her time and talent. If you need a photographer for any event or family portraits, she's the lady for the job!

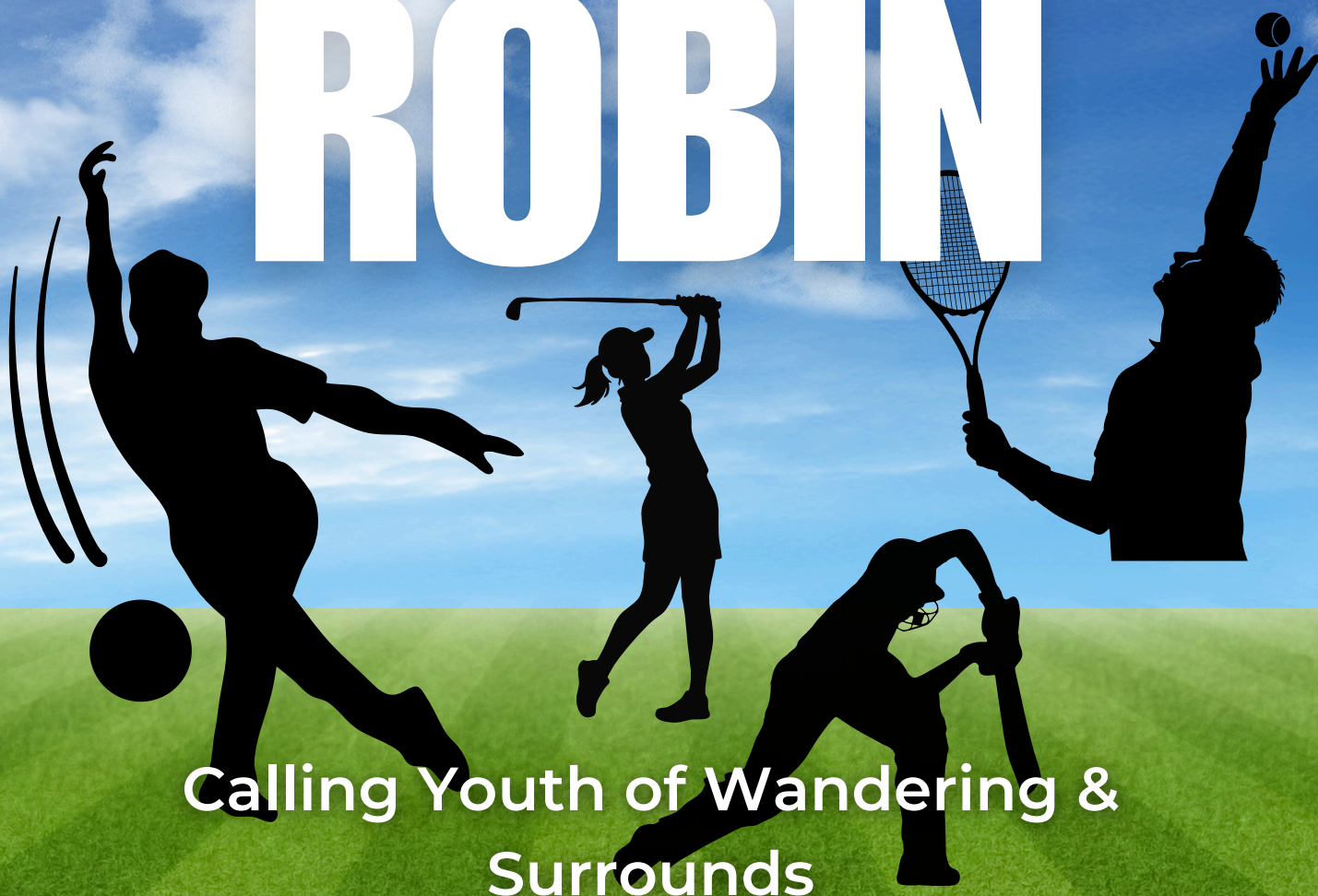
The drinks were kindly donated by the Wandering Camp Out Weekend.

The decorations were kindly donated by Eugene Smallberger.

For the full range of photos taken on the day, please visit the Wandering CRC Facebook page. If you would like prints &/or framing, please contact Allie the photographer - 0431 566 130.



# SPORTS ROUND ROBIN



## Calling Youth of Wandering & Surrounds

As part of the 2026 YOUTH WEEK we invite the youth of Wandering and surrounds to participate in Round Robin of Sports - will be held across 2 days on 15 & 16th April 2026 from 9.30am  
Lunch and afternoon tea provided.

Register NOW on 08 98841561 or [crc@wandering.wa.gov.au](mailto:crc@wandering.wa.gov.au)



# Travel Talk

*With Adrienne Yzerman and Brendan Whitely*

Having widely travelled the world, come and listen as these two well-loved locals share their most recent travels to Uzbekistan, a place of stunning architecture and historical richness.

10am on Friday 17<sup>th</sup> April 2026

Shire Office Meeting Room

Watts Street, Wandering

No RSVP required – just come along!

Wandering CWA providing light refreshments  
(sandwiches, cake, tea and coffee)



Wandering

Community Resource Centre

*Your local connection*

# First Aid & CPR

Wednesday 22<sup>nd</sup> April 2026  
from 8am all day

- ✔ First Aid Training
- ✔ CPR Certification
- ✔ \$160.00 pp min 6 required for course to go ahead
- ✔ Own food for the day required



**BOOK NOW**

08 9884 1561 or

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

Proudly Supported by



# Wandering ANZAC Service

**SATURDAY 25TH APRIL 2026**

5.45am - meet at the CWA for the march

6am - Service to be held at the Memorial - next to CRC building  
Gunfire Breakfast to follow at the Wandering Tavern.

*Please park at the CWA or Wandering Tavern  
if you are attending the march.*

We encourage everyone to join us at the Wandering Tavern for a complimentary breakfast. Breakfast is proudly sponsored by the Wandering Tavern.



# Landcare matters

Hotham-Williams sub-catchment update



**PHCC**  
Working Together

Edition 106  
April 2026



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.



## Seed collecting is a tricky business

Over the summer months, we collected various species of seed and plant material to be propagated and subsequently planted at our rehabilitation sites on the Hotham and Williams Rivers.

We are working with Nuts About Natives (a local plant nursery) to process and propagate the plant material. The new plants will be used to revegetate the same areas the material originally came from, increasing plant density in these locations. This important work ensures local genetics of the plants and characteristics specific to surviving within Hotham and Williams Rivers sites.

Seed collecting and plant propagation can be a tricky business. It starts with the requirement for a licence granted by DBCA to collect material from native plant species, and written permission of the land owners from areas you would like to collect it.

An understanding of which species should be targeted, what parts of the plants are best to collect for successful propagation and what is the optimum timing for collection is necessary. Treatments and potential need for storage of plant material also needs to be a consideration.

So far, our team have collected rhizomes, fresh seed, dried/ripe seed and cuttings of the following species, *Sporobolus virginicus* (native couch grass), *Eleocharis acuta* (common spikerush) *Dianella revoluta* (blueberry lily), and *Tecticornia sp.* (samphire). These were delivered to the nursery and the material was processed accordingly. For example, the native couch grass rhizomes were divided and potted whilst still fresh from the Williams River. The samphire will be dried and sieved to extract seed material for germination.



*Eleocharis acuta* seed heads

We are relying heavily on the expertise of the nursery, and trial and error in terms of what we collect, and when we collect it – making lots of notes along the way to make improvements for next year.

We look forward to planting these species back into their local areas and watch them grow in the years to come.

*This project is funded by Newmont (Boddington) and in partnership with the Wilman (Dryandra) People Corporation*



*Collecting native couch rhizomes*

## Coming Up

**Feral Pig Management**  
Primary Producer Workshop



Tuesday 9 June  
9am to 12.30pm  
Williams

**June 9**

**Feral Pig Management**  
Workshop – Williams

<https://www.trybooking.com/DKSFJ>

[www.peel-harvey.org.au](http://www.peel-harvey.org.au)  
[hotham.williams@peel-harvey.org.au](mailto:hotham.williams@peel-harvey.org.au)

# Feral Pig Management Primary Producer Workshop

Join us for an upcoming Feral Pig Management Workshop designed specifically for local farmers and small landholders looking to protect their properties and surrounding environments.

Feral pigs are a growing problem across Australia, costing the agricultural sector more than \$100 million each year and posing a serious threat to 148 species of native flora and fauna. This practical and informative workshop will equip you with the knowledge and tools needed to better manage feral pigs and reduce their impact on your land.

**Tuesday 9 June**

9am to 12.30pm

Williams Sports Pavilion

Morning tea and lunch provided

**Register here**

by 4 June



All registered attendees will be in the running to win a feral pig trap

E: [christine.townsend@peel-harvey.org.au](mailto:christine.townsend@peel-harvey.org.au)

P: 6369 8801

Hear from experienced speakers on:

- Feral pig biology and impacts
- Diseases and parasites carried by feral pigs, and risks to livestock
- Effective management strategies, including 1080 and HOGGONE® baiting
- Practical tips for trapping, including a live trapping demonstration of different traps suited to all budgets



Australian Government



natural resource  
management program



**PHCC**  
Working Together

*This project is jointly funded by the Australian Government, PHCC, a member of the Commonwealth Regional Delivery Partners panel, and is supported by funding from the Western Australian Government's State NRM Program.*



Wandering

Community Resource Centre

*Your local connection*

# Youth ENGAGEMENT PROGRAM COMING SOON!

**6 month lifestyle program.**

**Includes: financial skills, cooking on a budget,  
vehicle maintenance & purchasing your first vehicle  
and applying for jobs skills.**

**MORE DETAILS TO COME SOON....**

**To register your interest, contact the Wandering CRC**

**9884 1561 or [crc@wandering.wa.gov.au](mailto:crc@wandering.wa.gov.au)**

**Proudly funded by:**



Government of Western Australia  
Department of Communities



## Wandering CWA

Your local Country Women's branch is always ready to welcome new members to our small but enthusiastic group of ladies but did you know there are a few different ways to help out?

If you would like to help in the community but just don't have the time or are unable to commit to attending regular meetings and events - there is a way you can be involved!

You can volunteer to help as an extra pair of hands at an event (e.g. assist with set up prior to an event or tidy up afterwards or help serve drinks or food at events) - Volunteer for an hour or two, or more - it's up to you!

Contact Jacquie (0407 241 004) or Neta (0449 537 553) for further info.

### Next meeting of the Wandering CWA

Wednesday 15 April 2026

11am meeting

with morning tea to follow

Everyone welcome!



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

Mother Teresa

Find us on   
Wandering CWA



The Boddington Progress Group  
proudly presents the annual



# *Boddington Medieval Fayre & Feast*

18 April 2026

FAYRE: 10am to 4pm

FEAST: 6pm to 11pm

Book your tickets online at:

<https://www.trybooking.com/DIRPI>



# Wandering Exercise Group



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A dedicated and fun group of men and women meet at the Wandering  
Community Centre on

Wednesday mornings at 9am.

We are hoping to welcome some new members who are keen to improve their  
health and fitness.

This is a low impact activity for over 55's. however everyone is welcome to  
come along and have a go. It is run under the guidance of Narrogin Physio  
and everyone is encouraged to exercise according to their ability and comfort  
level.

For information call Lee on 0429 390 626

# WANDERING LIONS



The cancer screening bus is coming to town. Three years have passed since the Lions Cancer Bus has been to Wandering. There is a sequence of scheduled rotation of visits and now it is Wandering Lions' turn once again to host the bus. The new bus will be in attendance to the Wandering Fair on Saturday the 17th of October in conjunction with the Campout on the same weekend. The bus will take up position adjacent to the entrance of the recreational centre. Bookings for appointments will begin at a later date online or by phone. Notification of this will be advertised.



**The screening is carried out by volunteering doctors and volunteering staff sponsored by Lions Clubs around Western Australia.**

**Lions Dryandra Village is the recipient of wood cut and collected from the fire areas at Blackboy Springs. Wandering Lions members pose with the first delivery. As winter arrives visitors to the village enjoy fires both in the cabins or outside open fire pits.**



**Wandering Lions take possession of an updated BBQ trailer sourced from generous Falcons Lions Club in Mandurah. This trailer gives the Wandering club greater capacity to cater at any event.**



**Kaylor Andrews**  
Wheatbelt Regional Education Officer  
Cancer Council Western Australia  
[Kaylor.Andrews@cancerwa.asn.au](mailto:Kaylor.Andrews@cancerwa.asn.au)

## Give yourself the best chance by finding cancer early



Cancer Council WA relaunched the 'Give yourself the best chance' campaign, which features two regional West Australians, Cherie Slater and Damien Healy, who generously and bravely shared their stories to raise awareness of the importance of early diagnosis and the three most urgent symptoms of cancer (**blood in pee, blood in poo and coughing up blood**).

The campaign motivates regional people over 40 to give themselves the best chance to find cancer early by going to see a doctor, clinic nurse or Aboriginal health worker straight away if they have

symptoms, so that treatment is easier, and they can be around longer for family and friends.

Give Yourself the Best Chance television advertisements will run from July 2025 to June 2026 across regional (GWN and WIN) and Aboriginal (NITV) television stations and catch-up TV and will be complemented by advertising on regional Aboriginal radio stations (Goolari, PAKAM, Radio MAMA, Ngaarda, 6PAC, NG Media and 6WR), Facebook and YouTube.

If you are over 40 and you've been diagnosed with prostate, breast, lung, bowel or skin cancer and are also willing to share your story, we invite you to contact our Find Cancer Early Senior Coordinator at [findcancerearly@cancerwa.asn.au](mailto:findcancerearly@cancerwa.asn.au) or call 08 9382 9354.

For more information about cancer symptoms, visit: [www.findcancerearly.com.au](http://www.findcancerearly.com.au) or call the Cancer Council Information and Support Line on 13 11 20.



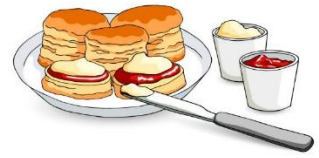
# WANDERING



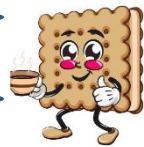
# CUPPA 4 CANCER



## 2026



### WANDERING COMMUNITY CENTRE DOWN STREET



## Thursday 7<sup>th</sup> May 2026

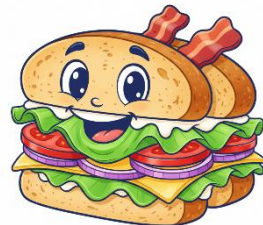
### 10am – 2pm

**EVERYONE WELCOME**

*CHILDREN SINGING, SPEAKER, FOOD, RELAX AND HAVE A CHAT*



**\$2.00 per ticket** NUMEROUS PRIZES:  
available at:  
CRC, Post office or on the day.  
DRAWN 1.30pm cuppa 4 cancer event.



**OR YOU CAN MAKE A DONATION BY SCANNING THE QR CODE.**

**MANY THANKS FOR YOUR SUPPORT:**

Linda Barge 0448 331 954 or Jane Bowen 0403865401

# BALLROOM FIT coming soon...

As part of the Wandering Ageing Well Program, funded by the Age Friendly grant fund through the Department of Communities, Ballroom Fit will be coming to Wandering.

Ballroom Fit is a dance school specialising in programs for seniors and people living with disability. The Ballroom for Balance program was developed in line with the Stay On Your Feet approach and at the end of the program most participants demonstrate measurable improvements in balance, confidence, and overall strength.

The program runs over six weeks and includes an hour of dancing class and a half-hour afternoon tea each week, as well as both initial and end-of-program assessments, providing clear, evidence-based outcomes.

Please stay tuned over coming weeks as we finalise details. In the meantime, if you are interested, please register with the Wandering CRC as places will be limited.

This program will be free to attend.

Wandering CRC

08 9884 1561 [crc@wandering.wa.gov.au](mailto:crc@wandering.wa.gov.au)

**BALLROOM FIT**



Government of **Western Australia**  
Department of **Communities**

## CRC Closure Notice

The Wandering CRC will be **CLOSED** on  
Thursday 7<sup>th</sup> May.

Staff will be attending a conference.

The CRC will re-open as normal,  
Monday 11<sup>th</sup> May, 9am.

# WANTING TO GROW YOUR BUSINESS



- You can learn from Industry Professionals?
- We are seeking interest in people wanting to learn more for their business.
- Let us know which course you would be interested in?

## Choose One?

- ✔ Business Plan Fundamentals
- ✔ Marketing Basics for Small Business
- ✔ Starting a Business
- ✔ Tax and Bookkeeping Fundamentals
- ✔ Creating a Marketing Budget



Phone number

08 9884 1561



Email

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



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Primary Industries and  
Regional Development





## Staff Update

In March we bid farewell to Lisa Boddy and Sophie Egerton-Warburton as they finished up in their respective roles as EA to the CEO and trainee with the Shire and we wish them the very best in their future endeavors.

We are still looking for a Grader Driver, General Hand and Senior Finance Officer so if you know anyone that might be suitable, please go to our website for all the details.

## Restricted Burning Period – Permits Required

**From 22 February to 19 April 2026, you will require a permit to burn.**

Please call your local Fire Control Officer to obtain a permit.

Due to unseasonal weather conditions these dates may be extended or shortened.

You must check with the Shire of Wandering 6828 1800 for details or call the Harvest Ban Line on 6828 1802.

**Codjototine** – Cameron Hardie 0428 249 799  
Mark Browne 0428 877 086

**Hastings** – Anthony Turton 0428 876 042  
Adam Watts 0419 949 223

**Wandering Town** – Shaun Brand 0429 433 452  
Graham Treasure 0427 841 083

**Wandering** – Tim Treasure 0458 653 521  
John Hardie 0466 662 615



## 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

**both closed on public holidays**

### Transfer Station

Sundays 8am to 4pm  
Mondays 8am to 3pm

## Waste Collection



Every Tuesday

## Recycling Collection



Tuesdays  
07/4/26  
24/4/26

## 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)



## Rates Payment Reminder

If you've chosen to pay your rates in **four instalments** option the fourth instalment is due on or before **3 April 2026; or two (2) months after the first instalment, whichever is the later.**

Make sure to pay on time to avoid any penalties. If you have any questions, feel free to reach out!

**The transfer station will OPEN over the Easter break as normal.**



Sunday 8am – 4pm

Monday 8am – 3pm

## Could your organisation benefit from some financial assistance?

Applications for the Shire's financial assistance grants program can be submitted all year round, however, close on the 30th of May each year for consideration at the June Ordinary Council Meeting.

There are two categories available:

**Minor Community Grants** (up to \$2,000)

**Major Community Grants** (\$2000+)



Application forms can be found on the Shire website: [www.wandering.wa.gov.au](http://www.wandering.wa.gov.au) or contact the office on 6828 1800 or [reception@wandering.wa.gov.au](mailto:reception@wandering.wa.gov.au).

## Council Meeting Dates 2026

- 16 April 2026
- 21 May 2026
- 18 June 2026
- 16 July 2026
- 20 August 2026
- 24 September 2026
- 22 October 2026
- 19 November 2026
- 10 December 2026

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 any questions you may have for Council at least 24 hours prior to the meeting.

## Council Meeting Notes

*At the Council Meeting held on the 19<sup>th</sup> March 2026 the following was discussed:*

- Financial Report 28 February 2026
- Accounts for Payment 28 February 2026
- Proposed Electoral Reform
- Local Emergency Management Committee Members
- Worsley Alumina (South 32) Community Liaison Committee
- 5 Dunmall Drive – Lease with Department of Communities
- Policy Manual Review – Policies 7, 44, 47, 79, 86

Agendas and Minutes can be found on the Shire website.

## Have any Issues for Council??

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

We rely on your assistance to identify and address any issues affecting the community.



L to R: Cr Price, Cr Cowan, Cr Thompson  
Cr Hansen, Cr Little, Cr Latham, Cr Jennings

## Elected Members Contact Details

Cr Sheryl Little (President) 0414 586 893

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

Cr Alan Price (Deputy President) 0428 996 457

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

Cr Lou Cowan 0490 808 044

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

Cr Gillian Hansen 0488 911 902

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

Cr Dennis Jennings 0403 126 763

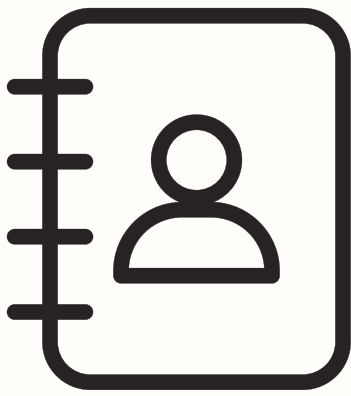
[Dennis.Jennings@wandering.wa.gov.au](mailto:Dennis.Jennings@wandering.wa.gov.au)

Cr Peter Latham 0488 224 143

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

Cr Andrew Thompson 0425 206 690

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



## UPDATE YOUR DETAILS IN THE COMMUNITY DIRECTORY

Are your details up to date in the Community Directory? If not, please contact the Wandering CRC, [crc@wandering.wa.gov.au](mailto:crc@wandering.wa.gov.au) or 9884 1561.

# AUTUMN GRAZE/ LONG TABLE LUNCH/ WINE AWARDS AGM 7PM

## COUNCIL CHAMBERS THURSDAY 7<sup>TH</sup> MAY 2026

*Your local voice  
for Wandering!*

*Here to help!*

 [lachlan.hunter@mp.wa.gov.au](mailto:lachlan.hunter@mp.wa.gov.au)

### Northam Office

 (08) 9622 2871

 PO Box 92, Northam WA 6401

 185 Fitzgerald St, Northam

### Merredin Office

 (08) 9041 1702

 PO Box 66, Merredin WA 6415

 Old Town Hall, Mitchell St, Merredin

# LACHLAN HUNTER MP

MEMBER FOR CENTRAL WHEATBELT





# THE OLD BAKERY - BODDINGTON

## ART'S & CRAFT'S SUPPLIES

YARN \* HABERDASHERY \* ARTS & CRAFT SUPPLIES \* GIFTS \*

TOWELS \* SHEETS \* HOMEWARES \* BRIC A BRAC \*

\* CANDLES & SOAPS \* SOUVENIRS

**OPEN 7 DAYS!**

9AM - 4PM MON - FRI

10AM - 1PM SAT - SUN

FIND US AT THE OLD BAKERY BUILDING IN BODDINGTON

43 BANNISTER RD, BODDINGTON

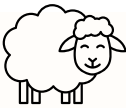
CONTACT US AT 0424 634 112



# SPEARWOOD WOOL



## WOOL MERCHANTS



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



Oddment buying, Pickup/ Pressing prompt payment  
Pre/Post shearing shed clean ups.



Forward selling options available:  
Fleece Only, Fleece Pieces Bellies, Minimum Prep

Liam Basire 0448 741 969

Liam@sww.net.au



**USA WOOLS**

LOCATED @ 49 GRAHAM RD, NARROGIN

**WE SPECIALISE IN :**  
**ODDMENT SERVICES**  
**AUCTION SALES AND ADVICE**  
**CALL US TO ARRANGE A TIME**  
**THAT SUITS YOU**

*KYLE GUMPRICH - 0472 639 345*

# HANDYLADY SERVICES

Do you need someone to walk your dog? - Big or small

Or need some odd jobs around your house done?

Wandering Area only

Price on Request

**CONTACT  
MACEY  
TREASURE**



0459 672 677



# WARRIOR WELLBEING ARTICLE



## Men and Cancer

BY THE REGIONAL MEN'S HEALTH INITIATIVE  
April 2026

Men in Australia are much more likely to be diagnosed with and die from Cancer than women. In fact, according to the Cancer Council of WA the lifetime cancer risk is 1 in 2 for men and 1 in 3 for women. Men are over represented in all gender shared cancers including the most common - lung, bowel and skin. The experience of cancer in one form or another is never good, but it does beg the question, why the gender disparity? There is no simple answer, but we do know that men in general are less likely to visit their GP to report or act on any unusual symptoms or changes.



Cancer is a disease driven by changes in our DNA/genes which causes a group of abnormal cells to divide and grow out of control. It usually occurs in a specific spot but can spread to other parts of the body. We are still some ways from finding a cure, but we do know that finding cancer early improves our chances of successful treatment and long-term survival. For the average bloke, general things that warrant a chat with a GP could include:

- unusual lumps or a sore that isn't healing properly;
- unusual changes in our testicles – changes in shape, consistency or a lump;

- a persistent cough or hoarseness, coughing up blood;
- unexplained weight loss;
- moles that have changed shape, size or colour, or bleed, or an inflamed skin sore that hasn't healed;
- blood in a bowel motion;
- persistent changes in toilet habits or urinary problems or changes.

It is important to note that these symptoms are likely to be related to more common, less serious health problems. However, we still need to discuss them to ease our concerns or pick up something early rather than later.

Unfortunately, it is often only when blokes find they are progressed with cancer that they actually start to think about modifying their behaviour and making healthy changes. So, what can us men do to prevent or lessen our chances of developing cancer?

- Stop smoking – lung cancer is the leading cause of cancer death in Australian men
- Be SunSmart – protect our self in the sun and take care not to burn
- Stay in shape – aim for a healthy body weight, watch our waistline
- Move more – be physically active for at least 30 minutes on most or all days
- Eat for health – A varied diet with lots of fruit/vegetables and limit red meat
- Limit alcohol – no more than two standard drinks a day and try to have one or two alcohol-free days a week
- Have a chat with our GP about our prostate especially if we are over 45 years
- Use our bowel screen kit when you get it
- Get to know our family history of cancer

Remember it's our health, if we have any concerns or questions, we need to go and chat with a GP, don't wait and leave it till it's too late.

✉ @RMHI\_4blokes

🎧 Working with Warriors Podcast

🌐 regionalmenshealth.com.au





## Huge turnout for March for Forests!

An estimated 3000 people came together in Forest Place, Boorloo/Perth last Sunday to stand up for our forests and to remind politicians that WE need listening to. After a moving and heartfelt ‘Welcome to Country’ and call to unite for our environment from Daniel Garlett, speakers such as Greens MP Jess Beckerling and Paddy Cullen, environmental campaigner extraordinaire, reminded us that we cannot rely on the Government to regulate or even follow the Environmental laws when it comes to these big corporations. Check out some of the headlines and links below to find out why so many of us are saying ‘ENOUGH!’.



People power saved WA forests from logging, now it is



needed once again to save the forests from mining. Please sign this petition before 8 April to ‘Keep Trump out of our Northern Jarrah Forest; [bit.ly/Keep-Trump-out-of-NJF](https://bit.ly/Keep-Trump-out-of-NJF)



And if you don't mind a bit of colourful language, check out ‘Juice Media’ on FB, Instagram or YouTube, for a ‘fresh’ look at political issues, including ALCOA’s management :) ‘Punters Politics’ is another one to look out for on all those platforms also – he digs deep into so many issues, including fuel prices, ALCOA’s illegal clearing, gas taxes and more!

Please don't hesitate to get in contact with us if you would to join our email list, or like further information, including detailed maps and action we can take to preserve our home – our email is [leap4locals@outlook.com](mailto:leap4locals@outlook.com) or join us on facebook ‘Locals for Environmental Action & Protection’ (LEAP).



## RURAL AID

With the addition of three new counsellors from January 2026, Rural Aid is now offering more support to farmers, their families and their communities than ever before in Western Australia.

Jo Ashworth, Chris Gibbs and Louise O'Neill join experienced Rural Aid Counsellor and Community Representative, Roger Hitchcock, to provide counselling and wellbeing support, community engagement and increased awareness of Rural Aid's services, which include financial assistance, fodder, domestic water deliveries, educational funding, and connection of farmers to paid or volunteer workers through the Farm Army initiative.

Jo Ashworth, a farmer and experienced counsellor in her own right, brings Rural Aid services to the Midwest and Northern Wheatbelt regions. Jo understands the unique pressures that come with farming and rural life and takes a practical, down-to-earth approach, meeting people where they're at. She recognizes that people know their own lives best and aims to work alongside them with whatever they bring to the table.

Jo is based in Kalannie.

Based in York, Chris Gibbs brings support to the Central Wheatbelt region with a background in men's health advocacy, local government, and music education, including a storied career in the music industry. Chris brings a calm, compassionate approach to his work with Rural Aid. He is committed to walking alongside farmers, families and rural communities, offering empathy, understanding and a sense of hope during adversity.

In the southern region, Louise O'Neill, also from a farming family and her own counselling service, provides support with a background in sports physiotherapy. Louise believes in the power of movement to support mental health. Her own experiences with running and swimming during challenging times continue to inform her approach. Louise feels privileged to hear people's stories, and considers it an honour to support rural communities with compassion, respect and genuine care.

Each of the four Rural WA team members are actively approaching regional organizations, businesses, volunteer groups and schools with a view to reaching more community members in regional WA who could benefit from the various supports that can be accessed through Rural Aid, including the popular Mustering Growth program, a five-session incursion focusing on wellness in school-aged children.

Jo, Chris and Louise were added to the Rural Aid team with the assistance of the federal government's Community Wellbeing Program, a \$1.5 million initiative under the \$140 million Sheep Industry Transition Assistance Package.

More information on the WA Rural Aid Counsellors and the MHWB team can be found on the official Rural Aid website at [www.ruralaid.org.au](http://www.ruralaid.org.au) ([www.ruralaid.org.au/mental-health-wellbeing/](http://www.ruralaid.org.au/mental-health-wellbeing/)).

# Virtual Village Activities



Monday morning is a time to come on down  
to the Wandering CRC at 10am  
to enjoy some company, fun and a cuppa  
with others in the community.

We talk, play games, laugh and occasionally  
go out on excursions.

You will be made welcome if you come along.

For any information phone

Lee on 0429 390 626

**Glen Graham 0438 278 076**

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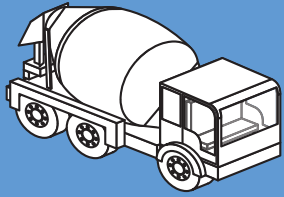
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Contact Tom 0492 415 148



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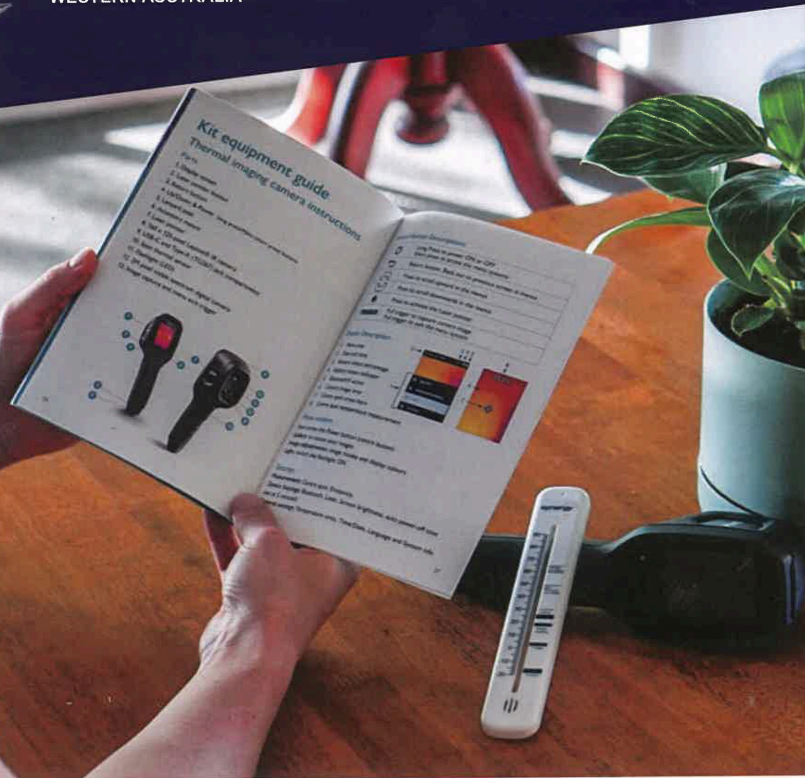
  
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[switchyourthinking.com/energy](http://switchyourthinking.com/energy)



# 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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## ST MARTIN'S CHURCH WANDERING

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

Enquiries to Revd Dale Appleby, 0405 451 228, [dale@gatewayparish.org](mailto:dale@gatewayparish.org)

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

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

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## WANDERING LIONS CLUB

Meet second Thursday of the month. 7pm at the Wandering Fire Shed

President - Gillian Hansen - 0488 911 902

Secretary - Lou Cowan - 0490 808 044

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## 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

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## PUMPHREYS CWA

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

President - Raelene Warburton 0428 877 038

Secretary - Shirley Wasley 0427 988 702

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## WANDERING VIRTUAL VILLAGE

Virtual Village activity every Monday at the Wandering CRC at 10am. Contact Lee Muller - 0429 390 626

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## WANDERING PLAYGROUP

Thursday 9-11am at the Wandering CWA Rooms  
Christine Warburton on 0427899969

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## 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. No meeting December and January

Contact:

Event Manager - Alana Rosenthal - 0429961697

President - Jane Baxter - 0428831004

# 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](mailto: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.



# COMMUNITY CALENDAR

## APRIL

7PM | THURSDAY 9TH  
WANDERING LIONS MEETING

9AM | SUNDAY 12TH  
CLEAN UP TOWN DAY

9AM | TUESDAY 14TH  
PUMPHREYS CWA MEETING

11AM | WEDNESDAY & THURSDAY 15\16  
YOUTH WEEK - ROUND ROBIN

11AM | WEDNESDAY 15TH  
WANDERING CWA MEETING

3.30PM | THURSDAY 16TH  
COUNCIL MEETING

10AM | FRIDAY 17<sup>TH</sup>  
TRAVEL TALK

8AM | WEDNESDAY 22ND  
FIRST AID COURSE

