

THE WANDERING ² FECHHO 2026 *May*

WANDERING ANZAC DAY 2026



 Wandering
Community Resource Centre
Your local connection

Proudly supported by:



Department of
Primary Industries and
Regional Development



WELCOME

To Our Monthly Community Newsletter

NEXT EDITION IS JUNE 2026.

ITEMS FOR INCLUSION DUE BY 24TH MAY 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

Monday - Thursday

9am - 4pm

Closed public holidays

KEEP UP TO DATE

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

CRC - <https://www.facebook.com/wanderingcrc>

Shire - <https://www.facebook.com/Wanderingshire>



CRC Closure Notice

The Wandering CRC will be CLOSED on Thursday 7th May.

Staff will be attending a conference.

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

AUTUMN GRAZE/ LONG TABLE LUNCH/ WINE AWARDS AGM

7PM

COUNCIL CHAMBERS
THURSDAY 7TH MAY 2026

*Your local voice
for Wandering!*

Here to help!

✉ 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



WANDERING AGEING WELL PROGRAM

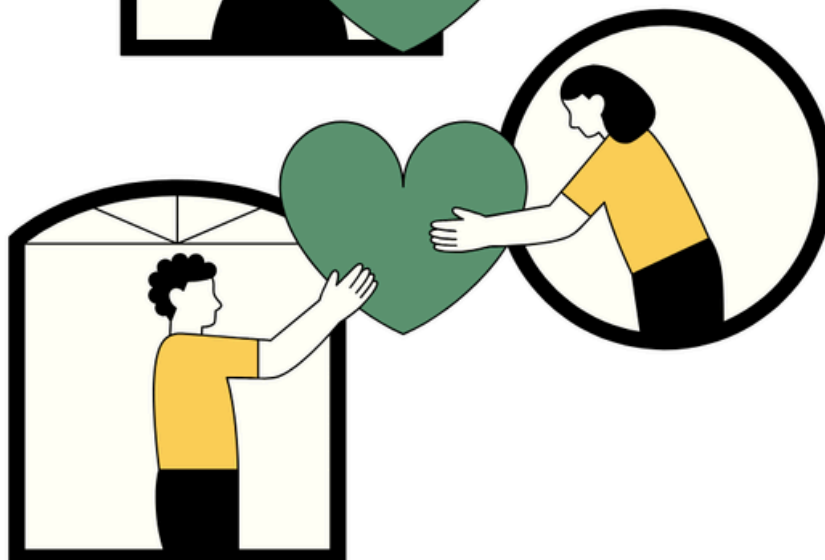
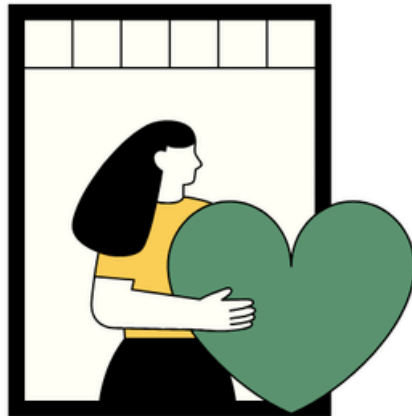
2026

SCHEDULE

This program is funded by the Department of Communities and supported by the Wandering Community Resource Centre and the Shire of Wandering. All activities are **FREE** to attend and open to all Seniors.

To book for any of the enclosed activities, please contact the Wandering CRC. Bookings are **ESSENTIAL** for **ALL** activities for catering and staffing purposes.

☎ 08 9884 1561 👤 CRC@WANDERING.WA.GOV.AU



WANDERING AGEING WELL PROGRAM

MAY

WALK & MORNING TEA – LIONS WALK TRAIL – TUESDAY 5/05/2026.

Join us for a walk and morning tea at the Caravan Park Lions Walk Trail.
9.30 am @ Caravan Park

MEMORIES OVER LUNCH- TUESDAY 12/05/2026.

Join us for lunch and sharing of memories.
12pm @ CRC

BALLROOM FIT – 6 THURSDAY SESSIONS

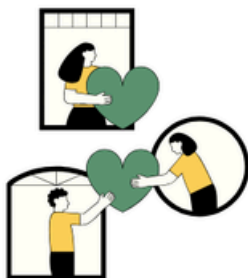
All abilities Ballroom Fit program. Includes lunch.
11am @ the Community Centre. Participants need to attend all 6 sessions
for best results. Starting Thursday 14th May.

WALK & MORNING TEA – BUS TRIP TO PUMPHREYS – TUESDAY 19/05/2026.

Jump on the community bus as we head to Pumphrey's Bridge to enjoy a
walk and then morning tea by the river. Bus leaves the CRC at 8.30am

HAVE A GO @ DARTS – MONDAY 25/05/2026.

Join us for a bit of fun as we have a go at Darts and then enjoy afternoon tea.
1.30pm @ the Community Centre



**FREE TO ATTEND
REGISTRATION IS REQUIRED
FOR ALL ACTIVITIES**

 08 9884 1561  CRC@WANDERING.WA.GOV.AU

WANDERING AGEING WELL PROGRAM

JUNE

Intergenerational Cafe - DANCING - TUESDAY 2/06/2026

All children and Seniors are invited to come along for afternoon tea. Share different dances from the generations. If you know a dance, we'd love for you to share it, for a bit of fun and exercise. All abilities are encouraged to participate at your own pace. 3.30pm @ the Community Centre

HAVE A GO @ BADMINTON - MONDAY 8/06/2026.

Join us for a bit of fun as we have a go at badminton and then enjoy afternoon tea.

1.30pm @ the Community Centre

BUS TRIP TO DWELLINGUP - TUESDAY 16/06/2026.

Limited seats available. RSVP by 10/06/2026
BYO lunch - bring with you or purchase there
Meet at 9am @ the CRC

Intergenerational Cafe - LIFE IN PICTURES - TUESDAY 23/06/2026

All children and Seniors are invited to come along for afternoon tea. Bring 5 pictures of your life to share the stories behind the photos with the other generation. 3.30pm @ the CRC

DINNER & DANCE - THURSDAY 25/06/2026.

Live music & 2 course dinner for those who have participated in the Wandering Ageing Well Program.
RSVP by 18/6/2026 5pm @ Community Centre

**FREE TO ATTEND
REGISTRATION IS REQUIRED FOR ALL ACTIVITIES**

📞 08 9884 1561 👤 CRC@WANDERING.WA.GOV.AU

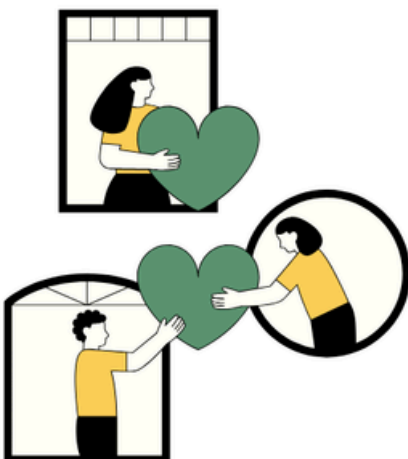
The Wandering Ageing Well Program has been made possible with funding from the Department of Communities.



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

This program plays an integral part in the development of the Shire of Wandering's Ageing Well Community Strategy.

A pathway to an age friendly community that helps people to stay in place for longer.





WANDERING CRC SERVICES

Our Services:

- ✔ Photocopying, scanning and printing, laminating
- ✔ Meeting Space
- ✔ Equipment hire – outdoor movie cinema, popcorn machine, projector, laminator, Electronic Livestock Scanners
- ✔ Department of Transport Services
- ✔ Wandering Echo Newsletter
- ✔ Public library
- ✔ Coffee café
- ✔ Visitor & Tourism Information
- ✔ Access to Government Services
- ✔ Special Events – See Calender
- ✔ Vinyl Cutting
- ✔ Wandering Collective
- ✔ Video Conferencing
- ✔ I-PAD & Lap top loan
- ✔ Public WiFi – free use
- ✔ Public computer access
- ✔ Wandering Community Garden



Wandering
**Community
Resource
Centre**

Your local connection

Phone:
(08) 6828 1820

crc@wandering.wa.gov.au

18 Watts Street, Wandering WA 6308

Mon-Thurs 9am-4pm

WHEN SHOULD YOU CALL THE SES?



FOR EMERGENCY ASSISTANCE IN FLOOD, STORM, CYCLONE AND TSUNAMI CALL 132 500.

SES Volunteers undertake temporary emergency measures to make your home and the situation safe.

Is anyone trapped or injured?

YES

Call Triple Zero (000)

NO

Is your roof leaking heavily or badly damaged?

Is your house flooded or beginning to flood?

Is your house badly damaged and in need of temporary repairs that you cannot fix yourself?

Are you trapped in your house due to storm damage?

Has a large tree fallen on your house or driveway?

NO

YES

Contact your insurance company, private contractor or repair it yourself if it is safe to do so.

CALL THE SES on 132 500
Your call will be logged.
You will receive a reference number.
Your local SES will attend as soon as possible.

For more information visit www.dfes.wa.gov.au



Dianne Strahan, Sue Bicknell and Sally Rogers
with Annette Nykiel
invite you to the opening of...

Eucalypts of Narrogin Art, Science and Stories

CHASING COLOURS



TWO VENUES

OFFICIAL OPENING
5pm Saturday May 9 at

NEXIS GALLERY

82 Federal Street, Narrogin

Followed by a very short walk to...

ARTS SPACE

Cnr Park & Fairway St, Narrogin

ARTIST TALKS
Sunday May 10, 10am - 12pm at **NEXIS GALLERY**





WHEATBELT

- COMMUNITY LEGAL CENTRE -

Join us for free community education and legal support.

SAFE JOURNEYS

Date: Tuesday 19 May 2026

Time: 11.00–1.00pm

Venue: Wandering Community Resource Centre

11 Down St, Wandering WA 6308

Topics Include:

- Safety Cameras
- Mobile Phones
- Speeding
- Seatbelts
- Licences
- Traffic Offences
- Traffic Accidents
- Pedestrians
- Legal support



(08) 9622 5200

admin@wheatbeltclc.com.au

15 9 Fitzgerald street, Northam



Funded by
**ROAD SAFETY
COMMISSION**

COMMUNITY
INITIATIVES
PARTNER



Our climate
is complex.



ADVICE



**WATCH
AND ACT**



**EMERGENCY
WARNING**

Now there's a simple
warning system for
natural disasters.



Share & Care

Community Services Group

Building resilience in communities

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.



(08) 9622 2828



admin@shareandcare.com.au

FALLEN TREE? KNOW WHO TO CALL:

| | | | |
|--|---|---|--|
| <p>Fallen tree or branches that have damaged your home or vehicle, making it unsafe:</p> | <p>Fallen tree or branches over your fence or in your yard:</p> | <p>Fallen tree or branches across a minor street or road:</p> | <p>Fallen tree across a major road or highway:</p> |
| <p>SES ☎ 132 500</p> | <p>Private Tree Removal Company</p> | <p>Local Government</p> | <p>Main Roads WA ☎ 138 138</p> |

For more storm safety information visit: dfes.wa.gov.au/storm



STORM PROOF YOUR ROOF



- ☐ Trim branches to prevent them falling on your roof or car.
- ☐ Remove unused aerials and satellite dishes.
- ☐ Check and replace cracked, damaged or loose tiles.
- ☐ Clear gutters and downpipes of leaves and blockages.
- ☐ Have tarps and ropes on hand if needed.

For more storm safety information visit: dfes.wa.gov.au/storm



WANDERING

Camp Out Weekend

16-18 OCTOBER

CAMPING UNDER THE STARS
TWO NIGHT STAGE LINE-UP

2026

FRIDAY ARVO

SESH

with Jamie Hall

16TH OCT - 12-4PM
@ THE MAIN BAA

AG SHOW

17TH OCT 9AM-3PM

COLOUR RUN

17TH OCT 9AM

ON THE MAIN STAGE

FRIDAY - FROM 4.30PM

ROY ORBISON & FRIENDS - Tribute ● ANNIE JOHNSON & ROGUE PONY
OVER THE TOP - Angels Tribute ● FILTHY HABITS
WHAT YOU NEED - Inxs Tribute

SATURDAY - FROM 5PM

BROKEN BANJO BROTHERS ● SALLY JANE & HONKY TONK HEROES
PROUD MARY ● THE AUSTRALIAN ACDC EXPERIENCE

GRASSDALE FARM, WANDERING, WA

FOR MORE INFORMATION:

E: EOWCOW@OUTLOOK.COM

M: 0429 961 697

FACEBOOK: WANDERINGCAMPOUTWEEKEND

W: WCOW.COM.AU

Tickets
@ TRYBOOKING.COM



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
05/5/26
19/5/26

Ranger

24 hours / 7 days
0459 678 154

Mother's Day

The Shire office (Australia Post) has a wide range of gift cards to spoil your mum this Mother's Day – grab one today!



Burning Permits no longer required

Burn with care – 28 April to 30 September

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**

call the Harvest Ban Line on **6828 1802**



If you see a fire, do not call the Shire — Please call 000 so DFES can coordinate fire crews.

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

www.wandering.wa.gov.au | reception@wandering.wa.gov.au



www.facebook.com/wanderingshire

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

crc@wandering.wa.gov.au



www.facebook.com/wanderingcrc





*Thank
You!*

A huge thank you to the Lions Club of Wandering for organising the Anzac Day Commemoration and to the Wandering Tavern for the Gunfire Breakfast.

We are also grateful to the Shire staff and everyone who assisted in making this event a success.

Our Shire CEO and his lovely family have been with us for a year this month and we're lucky to have them here in Wandering.

A big shout out to Alistair, Kally, Elias and Soraiya.

Resignation of Cr. Dennis Jennings

The Shire of Wandering would like to inform the community that Councillor Dennis Jennings has resigned from Council earlier this month. Cr. Jennings was elected in October 2023 and is stepping down due to personal reasons.

Council thanks Cr. Jennings for his service and asks the community to respect his decision.

The Shire will commence the statutory process to fill the vacancy, with further information to be provided in due course.

Could your organisation benefit from some financial assistance? Last Call!!!!

Applications for the Shire's financial assistance grants program can be submitted 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+)



never,

Application forms can be found on the Shire website: www.wandering.wa.gov.au or contact the office on 6828 1800 or reception@wandering.wa.gov.au.

Council Meeting Dates 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 16th April 2026 the following was discussed:

- Financial Report period ending 31 March 2026
- Bank Overdraft Facility – Municipal Fund
- Request for exemption of development approval
- Cuppa for Cancer – Request for Support
- Motions from the Annual Electors Meeting
- Amendments to the Terms of Reference of the Audit, Risk & Improvement Committee
- Policy Manual Review – Policies 4, 5, 21, 28, 87, 88

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

Cr Alan Price (Deputy President) 0428 996 457

Alan.Price@wandering.wa.gov.au

Cr Lou Cowan 0490 808 044

Lou.Cowan@wandering.wa.gov.au

Cr Gillian Hansen 0488 911 902

Gillian.Hansen@wandering.wa.gov.au

Cr Peter Latham 0488 224 143

Peter.Latham@wandering.wa.gov.au

Cr Andrew Thompson 0425 206 690

Andrew.Thompson@wandering.wa.gov.au

PUBLIC NOTICE

Proposed Shared Path – Cheetaning Street

The Shire of Wandering, in partnership with the Department of Transport and Infrastructure, advises that planning is currently underway for the construction of a shared path along Cheetaning Street. This project is partly funded through the Regional Bicycle Network program.

The proposed path is currently in the design stage. It will extend from the caravan park to the intersection of North Bannister Wandering Road and Wandering Pingelly Road (refer to attached map).

The project aims to enhance the local path network by developing safe and efficient walking and cycling links to key destinations, including the school, local tavern, community facilities such as the Community Resource Centre (including the Public Library), parks, and the town oval. The project will improve access and safety for both residents and visitors.

Community members are invited to provide feedback on the proposed design.

Submissions must be received by **Friday, 15 May 2026**.

Submissions can be made by:

- Email: admin@wandering.wa.gov.au
- Phone: (08) 6828 1800
- In person: Shire of Wandering Office





Happy

MOTHER'S *day*

After School Craft Activity

3.30pm Wednesday

6th May 2026

\$10.00 per child

Register NOW - Wandering CRC

crc@wandering.wa.gov.au

089884 1561



Proudly Supported by



Department of
Primary Industries and
Regional Development



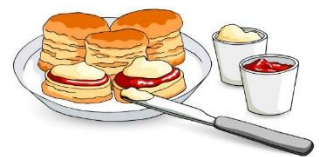
WANDERING



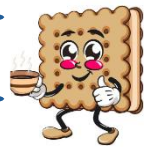
CUPPA 4 CANCER



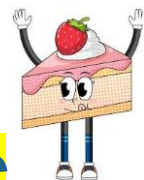
2026



WANDERING COMMUNITY CENTRE DOWN STREET



Thursday 7th May 2026



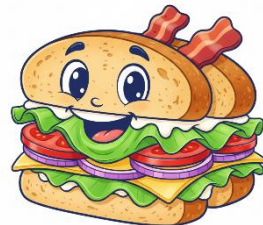
10am – 2pm

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

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

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.

National simultaneous storytime 2026



LUNA ROO

the
KANGAROO BALLER

ADAM JACKSON
ADRIAN LLOYD
JAKE A MINTON

Wednesday
27th May 2026
10am
Wandering
CRC

KIDS SPORTS AFTERNOON



Join us for an afternoon of sports
Wednesday 3rd June 2026 from 3.30-5.00pm
Drinks and afternoon tea provided.
Register NOW on 08 98841561 or
crc@wandering.wa.gov.au

WELLBEING & SAFETY TOOLKIT

Developed for Rural and Regional Communities

HOLYOAKE

Across Rural and Regional WA, people are managing a range of ongoing pressures, from seasonal challenges to economic uncertainty. At times, these pressures can impact wellbeing and increase the risk of engaging in unsafe or harmful coping strategies.

Recognising early signs of stress, maintaining strong connections, and seeking support are important protective factors. Through practical action, shared responsibility, and access to trusted supports, individuals, families and communities can strengthen wellbeing, reduce harm, and support safety across regional Western Australia.

Holyoake can help you:

- Increase awareness of distress and help you recognise when you or someone you care about may be struggling.
- Impart knowledge and practical tools that support you to look after yourself, your family, your staff, and your wider community.
- Find ways to stay connected and create safe environments, as these are key to reducing risks and harms for individuals, families, and communities.
- Explore strategies to have open, respectful conversations that promote help-seeking, and strengthen both personal and collective resilience and strengths.

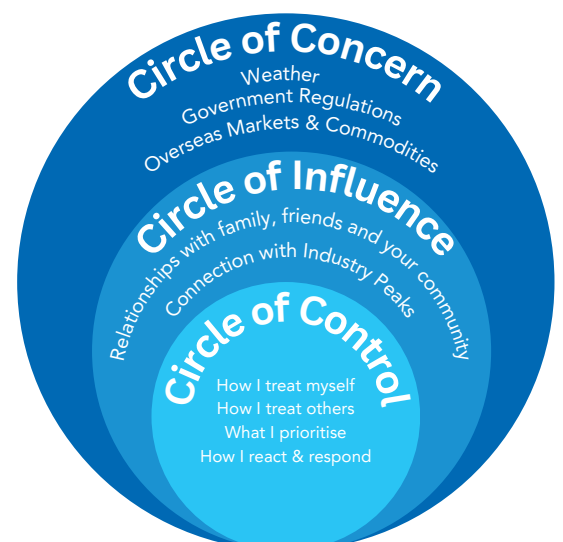
What you can do when you feel overwhelmed

When you're living or farming in WA, uncertainty isn't the exception, it's the norm. From variable rainfall and dry seasons, to global price swings and changing regulations, there's always plenty sitting in the **"circle of concern"**. It's real, and it matters.

The practical decisions you make every day, how you respond to changing conditions, and how you treat others and yourself is your **"circle of control"**, the area that you have the most impact in.

Your power lies in how you organise your day, prioritising what needs doing, keeping communication lines open with family, colleagues and neighbours, and seeking support when it's needed.

Around that sits your **"circle of influence,"** where strong relationships with you friends, neighbours, and Industry can assist with uncertainty over time. Being grounded and focused on what you can control, and working deliberately where you have influence, you support clearer decision-making, reduce unnecessary pressure, decrease distress and maintain consistency in how you operate, regardless of external conditions.



Strategies to Support Yourself and Others Through CHANGE and UNCERTAINTY

- 

1 Listen compassionately and avoid jumping to solutions - resist the urge to jump straight into solutions. Often, what people need most is to feel heard and understood. Offering calm, validating responses can help to reduce stress, strengthens connection, and create the safety people need before they can consider their next steps.
- 

2 Acknowledge the real pressures – validation and acknowledgement are extremely powerful tools. Check in with your family, friends and neighbours, talk openly about how you're coping, and seek the support you need. Strong communities begin with a single conversation.
- 

3 Encourage small, manageable next steps - start with simple, practical tasks within your control; a conversation, a task, a moment of self-care, or reaching out for support. Small steps build momentum, restore clarity, and help you navigate uncertainty with confidence. You don't have to do everything at once — just begin with what you can do right now.
- 

4 Check in regularly and prioritise connection - it makes a big difference, strengthening social ties and creating positive moments of genuine connection. Loneliness and social isolation, especially for those working long hours or in remote areas, increases stress and reduces wellbeing. Remind people they are not facing these challenges on their own.
- 

5 Share information from trusted sources - make a conscious effort to share updates from reliable sources and recognised support services. Avoid speculation, doom-scrolling, and exaggerated messages. Staying grounded in accurate information helps reduce fear, prevents reactive or risky decisions, and supports safer behaviours.
- 

6 Encourage people to reach out for professional support - help is always available, whether in person, online, or over the phone. Seeking support is a sign of strength, not failure. Direct them towards trusted services and evidence-based resources, including fact sheets, training, and workshops from reputable organisations.

These tools can build awareness, increase mental-health and harm-minimisation knowledge, empowering individuals and communities to navigate challenging times, safely and confidently.

Mental Health & Wellbeing Continuum



Are you thriving or surviving? Click [here](#) to check.

Ask yourself three important questions:

- **Where are you on the Continuum?**
- **How long have you been in that space?**
- **Which way do you think you are heading?**

Tips for your Mental Health & Wellbeing



GET GOOD QUALITY REST

- Aim for 7-9 hours of rest per night.
- Give yourself 30-60 minutes to wind down before bed.
- Avoid screens, caffeine, alcohol and big meals before bed.



SCHEDULE TIME FOR THINGS YOU ENJOY

- Set at least 30 mins/day aside to do something you enjoy. This will look different for everyone.
- Make sure to meet your physical, emotional, mental, social, spiritual, and environmental needs.



BE ACTIVE AND EAT WELL

- Aim for balanced meals without overcomplicating things. Consistency matters more than perfection.
- If you can't follow a routine, just move when you can. Even a 10-15 minute walk helps clear the mind.



USE STRATEGIES TO MANAGE YOUR STRESS LEVELS

- Create a task list and break it down into small, manageable steps.
- Use simple grounding techniques or try box breathing.
- Remind yourself you don't have to solve everything at once.



MAINTAIN RELATIONSHIPS AND CONNECT WITH OTHERS

- Small, consistent catch-ups (a message, call, or coffee) help keep connections strong.
- Share how you're feeling and create a safe space for others to do the same - this builds trust.



BRING OTHERS TO THE TABLE & KEEP LINES OF COMMUNICATION OPEN

- Don't keep things bottled up in your mind. Share them and talk them through with others.
- Work together on solutions and involve others in decision-making.
- Stay connected with industry peaks and support services.



FOCUS ON WHAT YOU CAN CONTROL

- Times are unpredictable, but we can choose how we respond and prepare for the unknown.
- Focus on the essentials. Too much news or social media can increase stress.



FOCUS ON FACTS, NOT FEAR

- Use reputable sources to avoid misinformation.
- Focus on key updates rather than overwhelming yourself with everything.
- Focus on actionable facts, remain calm, and avoid getting caught up in fear-driven stories.



SEEK HELP

- Pay attention to signs of stress, anxiety, or overwhelm.
- Don't wait until things feel unmanageable. Talk to someone you trust.
- Use crisis lines, support services, or reach out to someone you trust - even if you're unsure where to begin.

Alcohol & Other Drugs ~ The Impact

During tough times, some people may turn to alcohol or other drugs to cope. This may be to relax, switch off, or avoid difficult thoughts and feelings.

While this might feel helpful in the moment, alcohol and other drugs can have a negative impact on your mental health. They can increase feelings of anxiety, depression and mood swings over time. Even occasional drinking can affect you more than you might realise, influencing your mood, energy levels and overall wellbeing.

Alcohol

Alcohol is a **depressant**, meaning it slows down the brain and nervous system.

It changes the way your brain works to regulate mood and emotions. It may help you feel relaxed at first, but as it wears off, it can lead to:

- Low energy and motivation
- Increased frustration, moodiness or agitation
- Poor sleep
- Anxiety or depression



Alcohol can also affect your decision making, reaction time and concentration. In rural and regional areas, where people often drive long distances, operate machinery, work physically demanding jobs and long hours, these effects can increase the risk of accidents and injuries.

Other Drugs

In some situations, some people may use other drugs such as cannabis, amphetamines, or other prescribed or pain medications. This may be to help cope with stress or anxiety, chronic pain, or increased work demands, such as long shifts at seeding or harvest.

While they may seem helpful at the time, they can:

- Disrupt sleep and appetite
- Increase anxiety or depression
- Affect focus and decision-making
- In some cases, lead to paranoia or psychosis



If you are concerned about your, or someone else's, alcohol or drug use, free and confidential support is available. Alcohol and other drug support services are listed on the last page of this resource.



Tips to reduce risk when drinking

SAY NO - Practice ways to say 'NO' and avoid people that pressure you to drink.

SET A LIMIT
Set a daily or weekly limit and stick to it

SPACE OUT DRINKS
Make every second drink a non-alcoholic drink.

ALCOHOL - FREE DAYS
Choose days each week to not drink any alcohol.

DO SOMETHING ELSE
Go for a walk, try a new sport or take up a hobby.

KNOW YOUR STANDARD DRINKS
Different drinks have different amounts of alcohol

SUPPORTERS - Spend more time with friends and family that support your choice.

DELAY THE FIRST DRINK
The later you start, the less you'll drink.

LIMIT AVAILABILITY
Avoid 'stocking up' your house

HAVE NON - ALCOHOLIC OPTIONS
Try alternatives (sparkling water, soft drink)

EAT FOOD
Eat before, during and after drinking.

KEEP COUNT
Know how many standards you've had



SCAN HERE:
HOW MANY STANDARD DRINKS ARE IN YOUR TYPICAL POUR?



CHECK IN with yourself...

- Am I drinking more than usual?
- Am I relying on it to cope?
- Is it helping - or making things worse?
- Is it affecting work, sleep or relationships?

SCAN HERE:
ARE YOUR DRINKING HABITS PUTTING YOU AT RISK?



CRISIS & MENTAL HEALTH SUPPORT:

Lifeline - 13 11 14

Beyond Blue - 1300 224 636

Suicide Callback Service - 1300 659 467

Mensline - 1300 789 978

13Yarn - 13 92 76

ALCOHOL & OTHER DRUG SUPPORT:

Alcohol & Drug Support Line Support Line - 1800 198 024

Parent & Family Drug Support Line - 1800 653 203

Text The Effects (Alcohol and Drug Foundation) - 0439 835 563

RURAL SUPPORT:

Drought Response Hotline - 1300 489 832

Rural Aid - 1300 327 624

Rural West - 1800 612 004

Regional Men's Health Initiative - 6314 1436

TIACS Counselling - 0488 846 988

REGIONAL SUPPORT:

Holyoake

Medicare Mental Health Centres

WACHS Community Mental Health

Amity Health

Headspace

Community Support & Treatment Services

Emergency and other mental health support lines

For more information

Scan the barcode
or CALL 9416 4444

Find us on social media @holyoake  





Who owns our resources??

You may have noticed a lot of talk about ‘gas tax’ lately, and most importantly that the Commonwealth government gets more revenue from its beer excise than from its Petroleum Resource Rent Tax (PRRT)! But it isn’t just gas that Australia gives away....it is all our resources!

In Western Australia, the bulk of minerals are the property of the State of WA itself – aka us, the people. A mining or petroleum licence (a tenement) does not change this. It grants the holder the right to explore and extract the resource, and the extracted product becomes the licensee’s property. The licensee is entitled to a fair commercial profit **AFTER** paying the royalty or resource charge fixed by the owner – aka the WA State Government.

That royalty is not a ‘tax on miners’. It is the price the owner (WA, on behalf of us) charges for the sale of its own asset. This distinction matters. Every other business in WA creates or manufactures goods it owns outright and then pays tax on the profit it makes from those goods.

Miners, by contrast, extract and sell something they never owned. Western Australia’s own royalty guidance states that mineral resources are owned by the community and that royalty is the purchase price paid for the loss of a non-renewable public asset.

South32 currently only pay 1.65%/tonne of alumina, of which the annual price has increased from \$382.18/tonne in 2015 (when the Mineral Rate Royalty Analysis was produced) to \$704.14 in 2024. Despite this significant increase in Alumina price, there has been no apparent discussion about increasing the royalty rate. Why is the government allowing two companies (South32 and ALCOA) to strip-mine for low-grade bauxite in the world’s only Jarrah Forest, whilst still paying a subsidised royalty rate?



The government’s role is to manage the assets so that the proceeds—royalties, resource rents etc—fund public services, infrastructure and the general welfare of Western Australians, not the enrichment of distant bureaucracies or foreign shareholders.

Want to know more? Check out australiainstitute.org.au and Independent Senator David Pocock at davidpocock.com.au or for serious facts served with awesome humour, check out Punters Politics – go to punterspolitics.com to find links to instagram and facebook :)

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 or join us on facebook ‘Locals for Environmental Action & Protection’ (LEAP).



The Australia Institute
Research that matters.

The Sydney Morning Herald

Don't let gas giants scare you - they need to cough up

It's no surprise that gas companies are splashing millions of dollars trying to convince us not to extract more tax from them.

As Richard Denniss puts it, "gas companies are spending more on PR than on the PRRT".



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10AM - 1PM SAT - SUN

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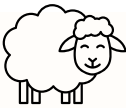
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Liam@sww.net.au

WARRIOR WELLBEING ARTICLE

Staying Connected in Challenging Times

BY THE REGIONAL MEN'S HEALTH INITIATIVE
May 2026

Things that we cannot control are our biggest stressors in life. In agriculture it is mostly weather issues followed by a multitude of other factors such as commodity prices, input costs (diesel, fertilizer availability and price), machinery breakdowns ... how long is a bit of string.

Every season is not without its challenges, and the effects are always felt across the whole community (farmers, people involved in agribusiness and those in the Agri-link industries like the mechanics and the Mitre 10 store). Everybody feels the pain.

No one can change what happens with the weather and/or influence the other factors, all we can do is manage our programs and control our business as best we can which importantly includes looking after ourselves and each other (our family, mates and neighbours).

Remaining connected is one way of doing this. So, what does this mean? Rural communities have an innate capacity to reach out and organize and participate in many bottoms up activities. RMHI has been attending a lot of these events including breakfasts, sundowners and many other gatherings over the years which allow the communities to have a conversation about where they are at individually and as a collective. There is less and less of us living in regional areas, add this to the nature of modern farming as well as a challenging season and isolation becomes more prevalent. It's so important that we maintain social connection, but it takes an effort.

Isolation is the enemy of good mental wellbeing. This is both in the physical sense (less of us) and the interpersonal sense (social networks around us). Staying connected is important and something we must work on, this can be achieved in part if we are mindful of living in the present and staying connected with others.

As blokes, we have a propensity to self-medicate. A lot of people think that is done by sex, drugs and rock and roll however in the work we do it is mostly blokes

spending more time in their cave, working harder, longer, and talking less (some ladies might find that hard to believe). It is important that we continue to talk about some of the pain and distress that as blokes we tend to suffer alone.

We describe *primary care* as what can we do to look after ourselves and others, invariably it is about connection. Some simple things we can do:

- Talk to a Mate® – realize that we are not alone.
- Talk to whoever needs to be informed about our situation (family, financiers, advisors).
- Keep an eye on others – drop into a neighbour and have a chat and a coffee. Take the time to ask someone *are you okay?*
- Slow the pace of our life a little, join a group that fits in with our passions and interests. It will make a difference.
- Maintain our sense of humour, laugh at ourselves and with others.



...before it all gets too much...
Talk to a Mate!!®
or *Talk it Over*
1300 789 978 mensline
australia
THE REGIONAL
MEN'S HEALTH
INITIATIVE

Australians are well known for their larrikinism and humour, Edward de Bono one of the world's foremost thinkers called humour *a key lubricant for life* and often referred to humour as *social glue and the best anti despair device we have*. I think he is right on the money, when we lose our sense of humour we are buggered.

- ✕ @RMHI_4blokes
- 🎧 Working with Warriors Podcast
- 🌐 regionalmenshealth.com.au





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Department of
Education

Shaping the future

School enrolments are now open for 2027

If your child is starting **Kindergarten, Pre-primary, Year 7** or **changing schools** you will need to apply to enrol by **24 July 2026**.

Find out more:
education.wa.edu.au/enrol





WANDERING CRC EID STICK READER HIRE

**AVAILABLE
NOW**



ABOUT STICK READER

The Wandering CRC now has the Shearwell EID Stick Reader for you to hire. It comes complete with rechargeable batteries, connection cord, car USB charging station & operating guide - everything you'll need to your animal IDs.

One person with this Stick Reader can quickly and accurately identify the electronic IDs of your livestock.

It has easy, single-button operation and a large display. And when you're done, just transfer the data wirelessly over to your office computer or even to your mobile. Access for this is also available at the Wandering CRC.

RATES INFO

\$20.00 per day per stick
Loan Agreement must be completed before device is loaned out.
T & C Apply

INFORMATION

The **NLIS** is a permanent, whole-of-life identification system for cattle, sheep, goats, pigs and buffalo that enables animals to be tracked from property of birth to slaughter or export. NLIS identification and tracking requirements differ according to the species. For more information email eIDTeam@dpird.wa.gov.au or call 1300 NLIS (1300 926 547)

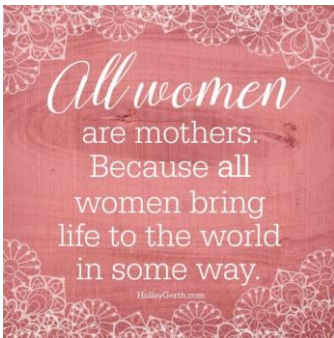


PROUDLY SUPPORTED BY





Wandering CWA



Happy Mother's Day
The Wandering CWA would like to wish everyone a Happy Mother's Day on Sunday 10 May!

ANZAC Day in Wandering
It was wonderful to see so many people at the recent ANZAC Day ceremony. Our Vice President Jacquie makes the lovely wreaths each year on behalf of the CWA, so thanks to her for her efforts.



Travel Talk

The Wandering CWA was delighted to recently host a Travel Talk session, with attendees entertained and informed by Adrienne Yzerman and Brendan Whitely, about their trip to Uzbekistan.

Enjoyed by all!

Keep an eye out for information about further Travel Talk sessions!



Next meeting of the Wandering CWA

Wednesday 20 May 2026

11am meeting

with morning tea to follow.

Everyone welcome!



Here's to strong women.

May we know them.

May we be them.

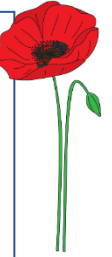
May we raise them.

Find us on 
Wandering CWA



Wandering CWA

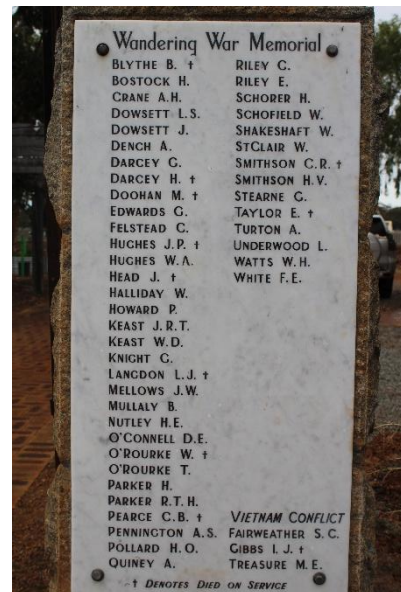
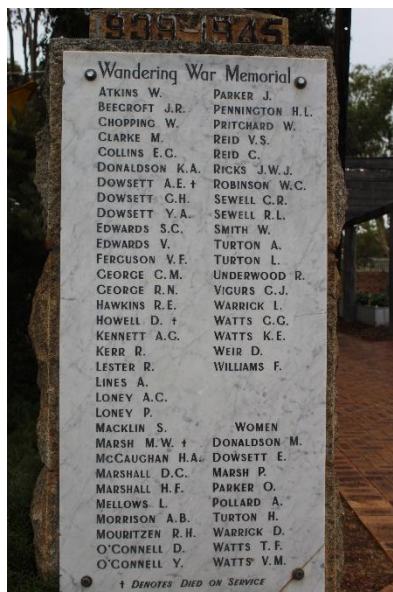
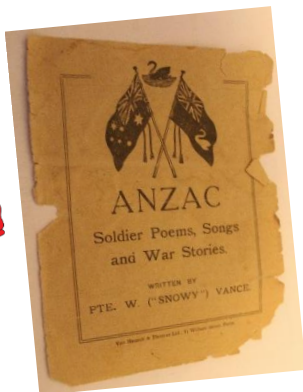
ANZAC Day in Wandering

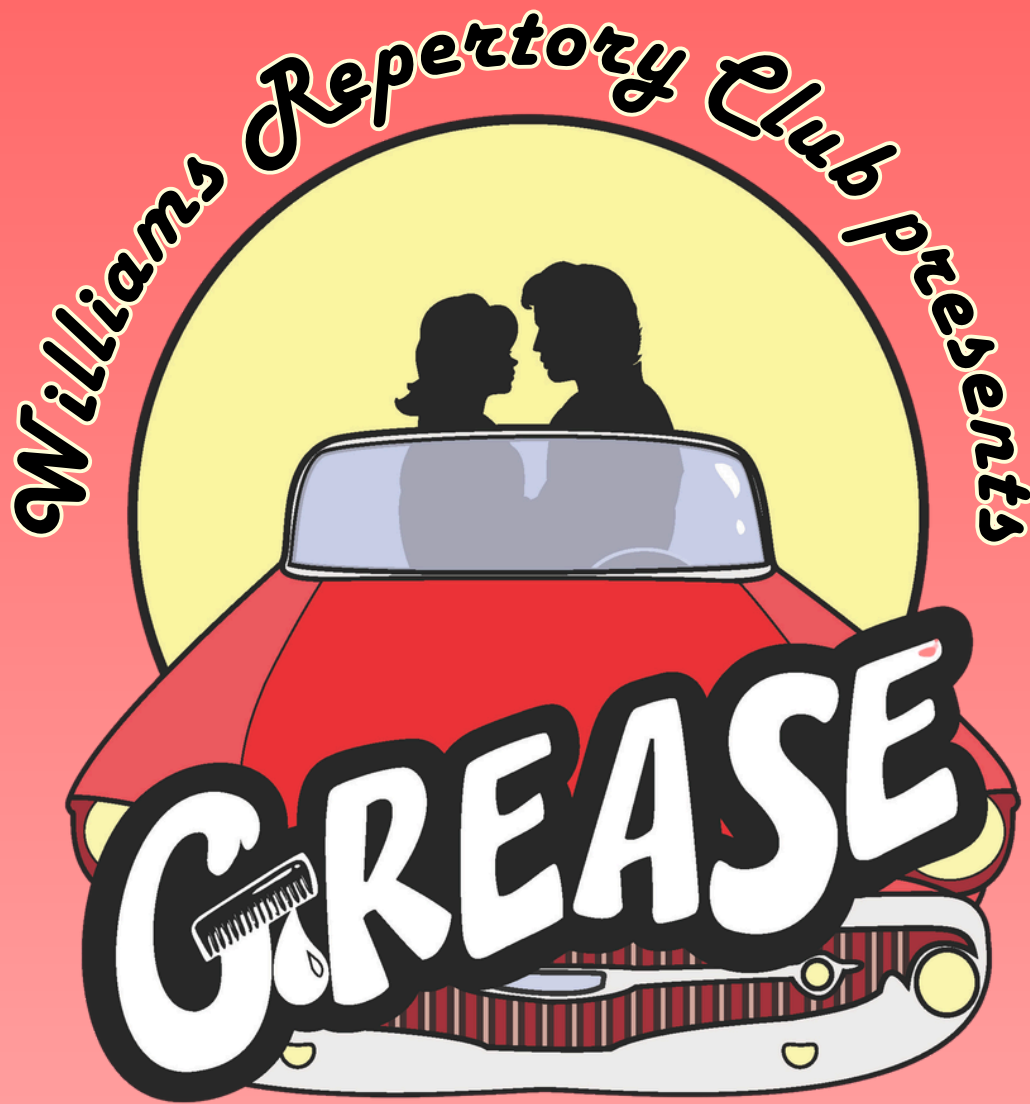


The Wandering CWA's longest serving member Jacquie Cornish has been an integral part of our branch's support of the local ANZAC Day ceremony over the years, in being responsible for the making of the wonderful ANZAC Day wreaths for many years now.

The annual tradition of making the poppies is being continued on by a 4th generation, with Jacquie's great grandchildren, Laurel (7) and Thea (4) assisting Jacquie with this task this year.

The Wandering War Memorial plaques are found on the pillars marking the entry into the garden between the Shire of Wandering Office building and the Wandering CRC in town.





Book, Music and Lyrics by JIM JACOBS and WARREN CASEY

Sunday 7th June - 1pm Matinee

Doors at 12:30. \$40 per ticket.

**Friday 12th, Saturday 13th, Friday 19th
& Saturday 20th June - 7pm Dinner & Show**

Doors at 6:15. \$70 per ticket.

GREASE
IS THE
WORD!



Individual tickets or tables of 8 available.

Scan QR code to buy tickets online at
www.trybooking.com.

Licensed bar available. Strictly no BYO.

Back to School: Fuel bodies and protect skin

The school bells are ringing once again! As we settle back into the busy rhythm of term time, we know mornings can feel like a bit of a whirlwind. To help navigate this, **Crunch&Sip** has amazing resources for you! From stress-free nutrition swaps to lunchbox ideas. Be sure to visit crunchandsip.com.au.

Did you know that UV radiation can't be seen or felt? Even during this time of year, levels stay high enough to require sun protection. Protect your child's skin by checking the local UV levels at myuv.com.au before they head out to play!

Packed with Goodness.

How to pack a lunchbox full of goodness

The Main

Pack a substantial meal from the five food groups. We recommend trying to include some whole grains, protein (like lean meat, or beans), and some vegetables.

The Mini

Pack smaller portions of the five food groups. This can include slices of cheese, popcorn, grainy crackers, or homemade muffins.

The Munch

Pack any fruit and vegetables your children enjoy. Cut, whole, raw, or cooked.

Water

Always pack water for your child.



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Learn more at crunchandsip.com.au

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Regional Column

Consumer Protection 140 William Street Perth Western Australia 6000

Email: cpmedia@lgirs.wa.gov.au | www.consumerprotection.wa.gov.au | www.wa.gov.au

With Senior Regional Officer for the South West Annetta Bellingeri

How reliable is AI when it comes to consumer law?

It's not uncommon for people to use AI when they jump online to search for various things these days and while it can be an effective tool in some situations, people do need to be careful when it comes to rules and regulations.

Consumer Protection has been dealing with a few queries recently where consumers have based their complaints on AI, only for AI to give them wrong information about how the Australian Consumer Law (ACL) and other laws apply to their situation.

One example involved a consumer dropping their mobile phone off a boat into the ocean. They managed to collect it, but the phone was badly damaged. AI told them they had the right to a replacement. Similarly, another consumer's child threw their iPad onto the floor and broke the screen and camera. AI advised them they were entitled to a repair.

In both these cases the consumers asked our team to look into the matter. We found there was no breach of the ACL as the damage was caused by misuse, not a manufacturing fault.

Another case involved a complaint about issues in a Residential Park that related to the sale of a park home. The consumer cited multiple Supreme Court decisions across Australia that allegedly supported their position that they were entitled to a refund of the purchase price.

Our review found the Supreme Court decisions existed in some cases but had no relevance to consumer goods or residential parks but about issues including health insurance, superannuation and an appeal of a murder conviction. In other instances, we found the cases did not exist and had been created by AI.

While it's always encouraging that people do their own research before contacting Consumer Protection, we would urge you to not rely on AI alone as the answers produced will often be a mix of truth and fiction.

The bottom line for WA consumers is simple: don't assume AI is correct. That information should always be checked against trusted sources to verify claims before you take any action.

Before submitting a complaint to a business or a business owner, or lodging a complaint with us, we encourage you to contact us or check the Consumer Protection website – it's free, accurate and designed to help Western Australian consumers make decisions that work for them, not someone selling a product or service.

If you need advice about your situation, contact Consumer Protection on 1300 30 40 54 or visit consumerprotection.wa.gov.au



Regional Column

Consumer Protection 140 William Street Perth Western Australia 6000
Email: cpmedia@lgirs.wa.gov.au | www.consumerprotection.wa.gov.au | www.wa.gov.au
With Senior Regional Officer for the South West Annetta Bellingeri

Are you up to date with the new bond release process?

Major reforms to the residential tenancy bond release process have come into effect in WA, making it easier for renters to get their bond back.

Previously, only the landlord or property manager could start the bond release process, but now any tenant, landlord or agent can set things in motion.

This is part of the *Residential Tenancies Amendment Act 2024* and will provide a more streamlined and transparent service for everyone.

At the end of a tenancy, the landlord or agent will do a final inspection and issue a property condition report. If tenants and landlords can't agree on how the bond should be released, they can now dispute the bond claim.

About 4,500 tenancy matters are heard in Magistrates Courts in Western Australia every year.

A dispute application will now be referred to the Commissioner for Consumer Protection instead of the parties having to attend court.

Everyone on the bond will have 10 days to provide information and evidence to support their claim, such as invoices and photographs.

Landlords can still make claims for specific, defined reasons such as property damage, unpaid rent, cleaning or garden maintenance.

An independent decision will be made by the Commissioner once all submissions are reviewed. If anyone disagrees with the decision, they will have to lodge an appeal with the Magistrates Court within 7 days.

An expanded Consumer Protection team will handle these disputes on the Commissioner's behalf, to save time and avoid the costs that come with going to court.

Changes have also been made to pet bonds, including increasing the maximum amount to \$350, however landlords can only ask for this top up at the next rent increase.

Other reforms include new provisions to help release a bond when a tenant has died and there is no probate or administration.

Overall, the changes are designed to create a simpler bond release process that's easier to navigate and more relevant to modern renting.

The new bond release process started on 28 March 2026.

If you need advice about your situation, contact Consumer Protection on 1300 30 40 54 or you can read more about releasing a bond online at consumerprotection.wa.gov.au

Glen Graham 0438 278 076

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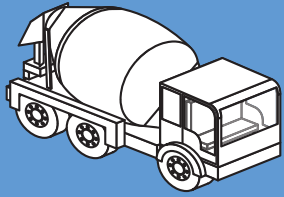
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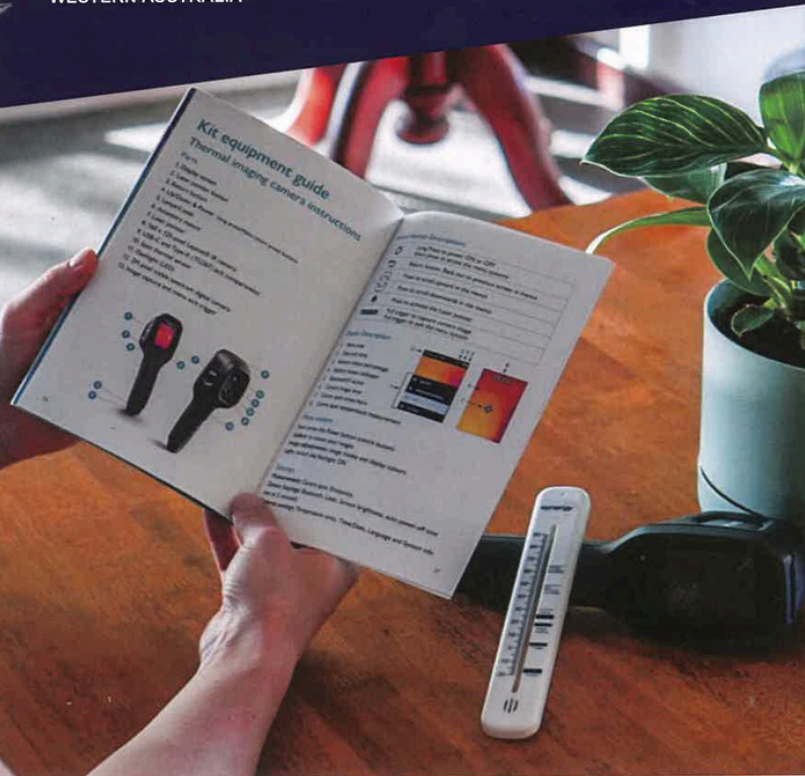

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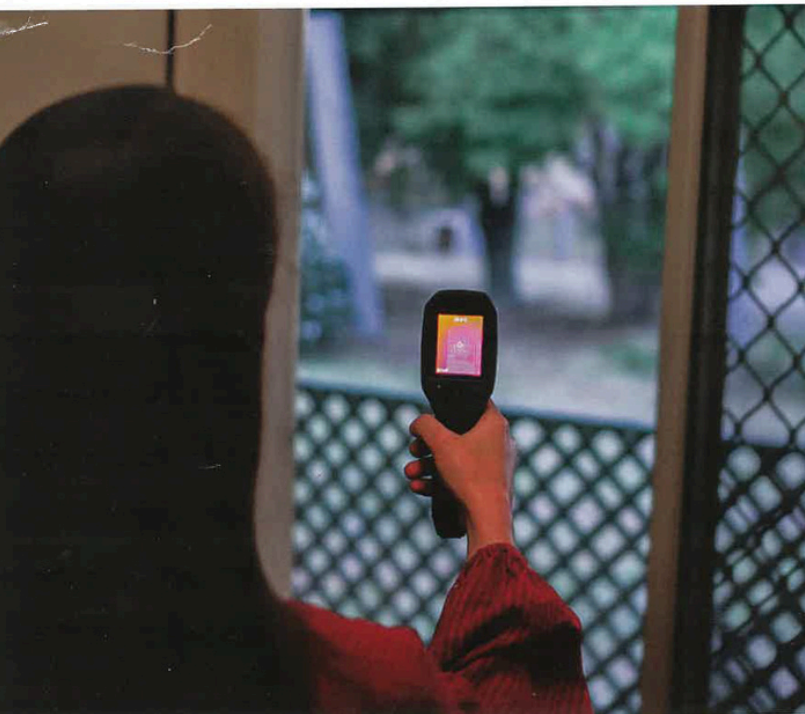


 Call Mel Browne 0417 924 836

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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.

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

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 Fire Shed

President - Gillian Hansen - 0488 911 902

Secretary - Lou Cowan - 0490 808 044

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 - Sarah Kaye - 0422 847 711

Secretary - Neta Parker - 0449 537 553

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

WANDERING VIRTUAL VILLAGE

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

WANDERING PLAYGROUP

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

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

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.



MAY

9.30AM | TUESDAY 5TH
AGEING WELL PROGRAM - WALK AND MORNING TEA

3.30PM | WEDNESDAY 6TH
KID'S MOTHER'S DAY CRAFT ACTIVITY

THURSDAY 7TH
WANDERING CRC CLOSED

10AM | THURSDAY 7TH
CUPPA 4 CANCER @ COMMUNITY CENTRE

7PM | THURSDAY 7TH
AUTUMN GRAZE/WINE AWARDS AGM

SUNDAY 10TH
MOTHER'S DAY

9AM | TUESDAY 12TH
PUMPHREYS CWA MEETING

12PM | TUESDAY 12TH
AGEING WELL PROGRAM - MEMORIES OVER LUNCH

7PM | THURSDAY 14TH
WANDERING LIONS MEETING

11AM | THURSDAY 14TH
AGEING WELL PROGRAM - BALLROOM FIT

8.30AM | TUESDAY 19TH
AGEING WELL PROGRAM - BUS TRIP TO PUMPHREYS

11AM | TUESDAY 19TH
SAFE JOURNEYS INFO SESSION

11AM | WEDNESDAY 20TH
WANDERING CWA MEETING

3.30PM | THURSDAY 21ST
COUNCIL MEETING

1.30PM | MONDAY 25TH
AGEING WELL PROGRAM - HAVE A GO AT DARTS

10AM | WEDNESDAY 27TH
NATIONAL SIMULTANEOUS STORYTIME