

THE WANDERING 2026 *September*

2026 MEN'S NIGHT



The annual Men's Night hosted 40 men who enjoyed a few beers around the camp fire and steak cooked by Shaun Brand, with some warm sides cooked by the CRC team. An enjoyable night with plenty of banter and laughs. Thank you to everyone who helped bring the night together.

Check On your Mate!



WELCOME

To Our Monthly Community Newsletter

NEXT EDITION IS OCTOBER 2026.

ITEMS FOR INCLUSION DUE BY 27TH SEPTEMBER 2026

Advertise in the Echo

50 hard copies printed per month
emailed to over 170 contacts

NO JANUARY EDITION

Per month

1/4 page: \$17.35

1/2 page: \$28.90

Full page: \$57.75

11 editions - yearly

1/4 page: \$103.95

1/2 page: \$150.15

Full page: \$334.95

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>



2027 Wandering AUSTRALIA DAY Awards

**Nominations now open for the
Shire of Wandering
Australia Day Awards**

**Citizen of the Year
&
Community Group or Event
of the Year**

Nomination forms can be collected from the
Shire of Wandering or Wandering CRC
or email: reception@wandering.wa.gov.au
for an online form.

NOMINATIONS CLOSE 29TH OCTOBER 2026





Stay Active,

For males & Females over 55

Stay Healthy,

Wandering Community Centre -
Wednesday mornings at 8.45am

Stay Happy!

Just bring - closed in shoes, water
bottle & \$2 - for charity

Contact Linda Barge 0448 331 954
bargie57@yahoo.com



Wandering **AG SHOW**

SATURDAY 17TH OCTOBER 2026
9AM-3PM

ALL THE ACTION @ GRASSDALE FARM
99 WANDERING-PINGELLY ROAD, WANDERING

FARMER CHALLENGE
CHAINSAW CARVING
MARKET STALLS
DOG JUMPING COMP

- **COLOUR RUN**
- **WOOD MILLING DISPLAY**
- **FOOD VANS**
- **LIVE MUSIC**

ALL THINGS HORSES - DEMOS, FARRIER, CLOTHING & MORE...

THE WCOW MINI BAA FROM 11AM



FREE ENTRY



CATCH THE SHUTTLE BUS TO THE FAIR AND CHURCH



No pets permitted at Grassdale Farm,
except those participating in the Ag Show Displays & comps

FOR MORE INFORMATION:

E: AG.SHOW@OUTLOOK.COM

M: 0429 194 122

FACEBOOK: WANDERINGCAMPOUTWEEKEND

W: WCOW.COM.AU



WANDERING
Camp Out Weekend

THE WANDERING CAMP OUT WEEKEND PRESENTS...

The MUSIC *Line-Up*

SPECIAL MC DUO - JAMES WILSON & NATHAN GAUNT

**FRIDAY
FROM 12PM**



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



SALLY JANE &
ANNIE JOHNSON
@ AG SHOW

**SATURDAY
FROM 9AM**



BROKEN BANJO BROTHERS
PROUD MARY

SALLY JANE & HONKY TONK HEROES
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

ENGAGEMENT

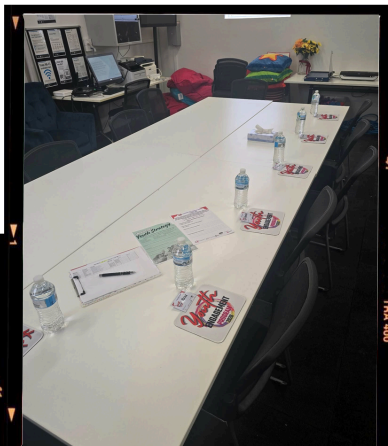
Youth

PROGRAM 2026

AT THE END.....

**We have run the
last 2 workshops in
our program -
Job skills &
Lifestyle cooking.**

**Would like to
thank our
facilitators WA
Country Health &
SMYL Centre
Peel**



Proudly funded by:



Government of Western Australia
Department of Communities



WANDERING TENNIS CLUB

Notice of 2026 AGM

Date: Thursday 24th September
Venue: Wandering Community Centre
Time: 6.00pm Start

AGENDA

1. Apologies
2. Confirmation of previous minutes
3. Business arising from minutes
4. President's report
5. Secretary's report
6. Treasurer's report
7. Committee nominations/elections
8. General Business

Agenda items to be received by:

Thursday 17th September 2026 in writing to:

The Secretary WTC,
RMB 233
West Pingelly WA 6308

Apologies Dawn Dowsett
Ph: 0427841031
Email: norrine@activ8.net.au

Take a Step Towards Better Wellbeing

Stressed, worried, or feeling overwhelmed? Medicare Mental Health Check In offers free digital support to guide you through life's challenges. No referral or diagnosis needed.

The free digital programs help you work on your wellbeing whenever and wherever suits you, with tools and guidance at your fingertips. They use a safe, evidence-based approach to help you manage early mental health concerns or symptoms.

You can do the programs on your own or with support from one of our qualified mental health practitioners. It starts with a phone call.

If you've started experiencing issues such as stress, low mood, excessive worries, and not sleeping well, you're not alone. Explore our evidence-based information and resources to understand what may be going on and learn more about our programs that can help you feel more grounded, informed, and in control.

<https://www.medicarementalhealthcheckin.gov.au/>

Is this for me?

Medicare Mental Health Check In programs are designed for people who:

- are starting to experience mental health challenges such as feeling down, anxious or overwhelmed
- are aged 16 or older
- live and are currently in Australia.

The first step to accessing a program is to call Medicare Mental Health on 1800 595 212, let them know you're interested in Medicare Mental Health Check In, and speak to a trained professional. They will help you determine if the service is right for you. If it isn't right for you, they will help connect you with other appropriate supports.

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 Lions

Spring brings on the mild weather, wildflowers and much activity as we emerge from the cloudy winter. Beanies, scarves and coats to be discarded in preference for summer attire.



Wandering Fair and Campout will beset the community come this October and this year Wandering Lions will host the Lion's Cancer Screening Bus once again at the recreational centre on the fair ground.

The Lions Cancer Institute are responsible for the management of the bus which provides a free service to large cities, remote towns and all between.

The bus has state of the art technology and staffed by experienced medical professionals providing high quality skin checks.

Last numbers provided tell us that 95,000 screenings have been completed with 23% of those referred for further treatment.



Council Corner



Welcome Back, Cr. Brendan Whitely

Last month we saw the swearing-in of Cr. Brendan Whitely, who officially joined the Wandering Shire Council at a ceremony presided over by Mr. Ian Turton JP



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
11/08/26
25/08/26

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 | 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



Council Corner

Council Meeting Dates 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.

Please refer to the Ordinary Council Meeting Agenda (page 3) for information relating to public attendance at Council meetings and Public Question Time guidelines.

Council Meeting Notes

At the Council Meeting held on the 20 August 2026 the following was discussed:

- Financial Report period ending 31 July 2026.
- List of Payments for the month ending 31 July 2026.
- Retrospective Dam – Lot 88 (No. 38) Redgum Court, Wandering.
- Development Application for Sea Container – Lot 102 (No. 275) O'Connell Road, Wandering.
- Letter of Support - Wilman Dryandra People Corporation.
- Policy Manual Review – Policies 52,53,55 & 82.

Agendas and Minutes can be found on the Shire website.

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

Cr Brendan Whitely 0427 988 400

E: brendan.whitely@wandering.wa.gov.au

No Burning Permit required
Burn with care – 20 April 2026 to 30 September 2026



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.



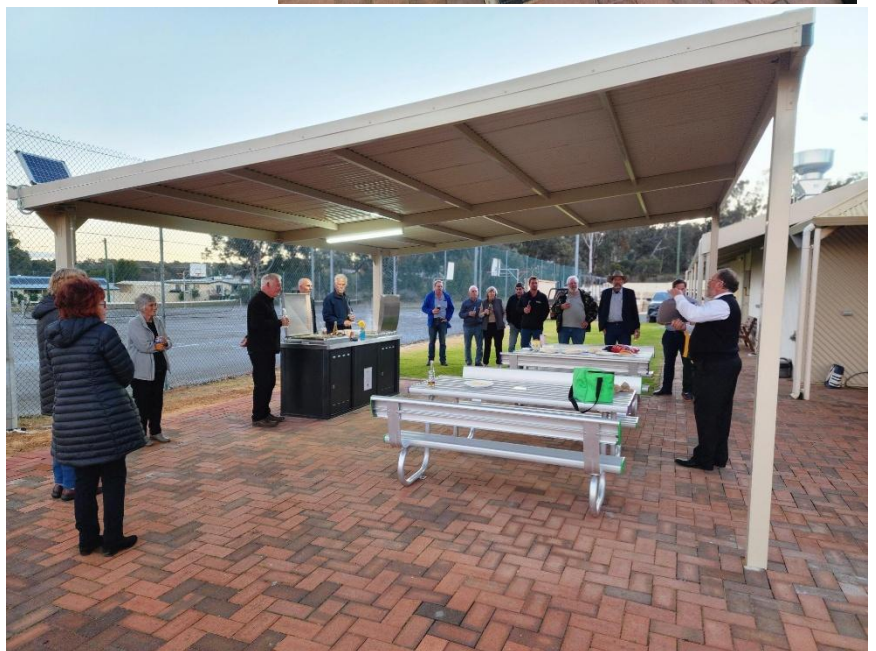
🥘🍷 The BBQ is officially open at the Wandering Community Centre! 🍷🥘

What a fantastic new community asset for everyone to enjoy.

A huge thank you to the Shire of Wandering Council, the dedicated members of the Community Centre Upgrade Committee, and all the generous community members who made financial donations towards the BBQ project. Your support helped make this vision a reality.

A special shout out to the Wandering Lions Club, who matched community donations dollar for dollar. We would also like to thank our local community groups for their generous contributions, including Stay Active, Wandering Bowling Club Inc., Wandering Fair and the Wandering Tennis Club. We are especially grateful to the Wandering Camp Out Weekend for donating the two benches that perfectly complement this wonderful new facility.

We can't wait to see friends, families and visitors enjoying many BBQs, celebrations and catch-ups around this fantastic piece of community infrastructure for years to come.





Wandering CWA



Wandering Fair – Saturday 17 October

We will once again be hosting
delicious and delightful Devonshire Teas
from our very own Wandering CWA Rooms.
We're looking forward to seeing you on Saturday 17 October!



Travel Talk

Check this month's Echo for the flyer advertising this
upcoming event and for further details

Next meeting of the Wandering CWA

Wednesday 16 September 2026
11am meeting with morning tea to follow
Everyone welcome!



When women support each other,
incredible things happen.

Find us on 
Wandering CWA



Travel Talk

With Lorraine Mitchell

Lorraine has had a colourful career as a chef
to the rich and famous on luxury yachts
throughout the world.

Come along and enjoy hearing about her adventures
and enjoy a cuppa too!

10am on Friday 18th September 2026

Shire Office Meeting Room

Watts Street, Wandering

No RSVP required – just come along!

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

Virtual Village

Member & Friends are welcome to attend

Every Monday (except long weekends)

At the Wandering CRC
at 10 am

Fun Activities while you get to know people in the community of Wandering.

Enquiries: Marina Corkery 0410 302 128



WANDERING

Camp Out Weekend



VOLUNTEERS NEEDED
for the 2026 event!

Register online: <https://form.jotform.com/261671153861862>

FURTHER INFORMATION CONTACT OUR VOLUNTEER CO-ORDINATORS

Lyn: volunteers1wcow@outlook.com - PH: 0427 883 595

Kerry: volunteers2wcow@outlook.com - PH: 0428 841 706

Facebook: @wanderingcampoutweekend



Outback Brides

Outback Brides will be presenting a Heritage Bridal Collection for its 2nd year on the Wandering Camp Out Weekend 16 - 18 October 2026.

We welcome and invite Wandering Brides to showcase their gowns as part of the Bridal Trail to be displayed in the Community Hall.

Ladies!, dust off your beautiful bridal gowns to be displayed on a mannequin together with your wedding photos and your story over the Camp Out Weekend.

A wedding is a **treasured** celebration of community, so it would be wonderful to have your local story and we are sure your family would enjoy the display with pride.

If you would like to be part of the collection 'Wandering Brides', please contact Sarah Kaye on 0422 847 711.

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

21 August 2026

With Senior Regional Officer for the South West, Annetta Bellingeri

Don't let gift cards become a scammer's payday

Most of us have picked up a gift card at some point. They're a quick and easy way to celebrate a birthday, say thank you, or mark a special occasion. Unfortunately, scammers are increasingly using gift cards to steal money, and older Western Australians are among those being hit the hardest.

One of the biggest concerns is romance scams. These fraudsters can spend weeks or even months building trust and developing what feels like a genuine relationship before asking victims for financial help.

Others take a different approach, pretending to be from a government agency, a business or even a CEO or manager from your workplace. They might claim gift cards are needed to pay bills, fees, taxes or some other urgent expense. Investment scammers have also been known to use the same tactic.

One woman lost more than \$17,000 a few weeks after starting a new job. Believing she was following instructions from her company's CEO, she purchased Apple and Microsoft gift cards over three days before becoming suspicious and discovering the emails were fake.

Cases like this show how scammers use publicly available information and professional networking sites to impersonate CEOs and senior executives. They often target employees and create a sense of urgency to pressure them into buying gift cards.

Another woman lost \$77,000 after sending gift cards to someone posing as her overseas love-interest. Despite being warned by store staff, she continued sending the gift cards because she thought she could trust the person who had requested them. A man in his late 70s' lost around \$50,000 in a similar scam.

Consumer Protection has been working with major retailers for many years to help prevent these scams. Stores have been encouraged to display warning signs and train staff to be aware and speak with customers who are buying large numbers of gift cards.

However, scammers continue to adapt. Some now coach victims on what to tell staff if they are questioned. Victims may be instructed to say the cards are for a family member, a birthday or another special occasion. They are also sometimes told to visit several different stores to avoid raising suspicion.

Once victims' hand over the gift card serial numbers, scammers quickly sell or use the cards, leaving victims with little chance of recovering their money.

Don't assume a person you are dealing with on the phone or online is who they say they are. Many of these criminals operate from overseas and are highly skilled at what they do. They can even make calls appear as though they're coming from an Australian phone number.

It's important to know that no legitimate employer, business or government agency will ask for payments using gift cards. Treat any unexpected request for gift cards, whether it comes from a supposed boss, family member or online partner, with caution until it can be verified in person.

If you work in retail and someone tries to buy an unusual amount of gift cards, talk to your manager or ask the customer to talk to Consumer Protection.

You can report scams and scam attempts to WA ScamNet via the website (scamnet.wa.gov.au) or call 1300 30 40 54 or email consumer@lgirs.wa.gov.au



What is the value of our natural heritage??

A recent report commissioned by the Department of Biodiversity, Conservation and Attractions (DBCA) provides the first comprehensive assessment of the value generated by protected areas across the state.

In 2023-24, protected areas such as iconic national parks, marine reserves and remote wilderness contributed \$2.4 billion in value added to the state economy and supported 20,000 full time equivalent jobs.

Protected areas attracted 24 million visits across more than 400 parks and reserves. Travel by West Australians to protected areas contributed more than \$1.4 billion in economic activity and supported 12,600 FTE jobs, helping to diversify regional economies.

The rate of clearing natural vegetation in Western Australia, thus losing these potential valuable protected areas, is alarming, with 51,000 hectares (510 square km) already approved by the state government, and another 128,000 ha (1280 sq km) in new applications.

Matt Roberts, from the Conservation Council of WA (CCWA) stated his concerns on the recent reforms to the Environmental Protection and Biodiversity Conservation Act as paving the way for a system that prioritised approvals at the expense of a proper assessment. The impacts of clearing on threatened species such as black cockatoos in the SW, ghost bats and the northern quoll in the Pilbara, was central to the CCWA's concerns. The CCWA's recent report 'Back from the Brink – A Protection Agenda for Nature', set out 36 recommendations for the government to act on.



The long and short of it is that WA has failed to balance nature against industry for decades and decades – something has to shift, or we will lose any chance to save what we have left.

For more information, or to join CCWA, check out their website ccwa.org.au

And, please join us on Saturday 10th October at the Quindanning Hotel, to celebrate our forests and natural heritage, share stories, enjoy the beautiful sounds of 'The Jarrah Celts', stalls and more. 12-4pm, with bus tour showcasing the legacy of South32/soon to be ALCOA's strip mining 10am-12 noon. Bookings for bus essential, more details to come :)



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).



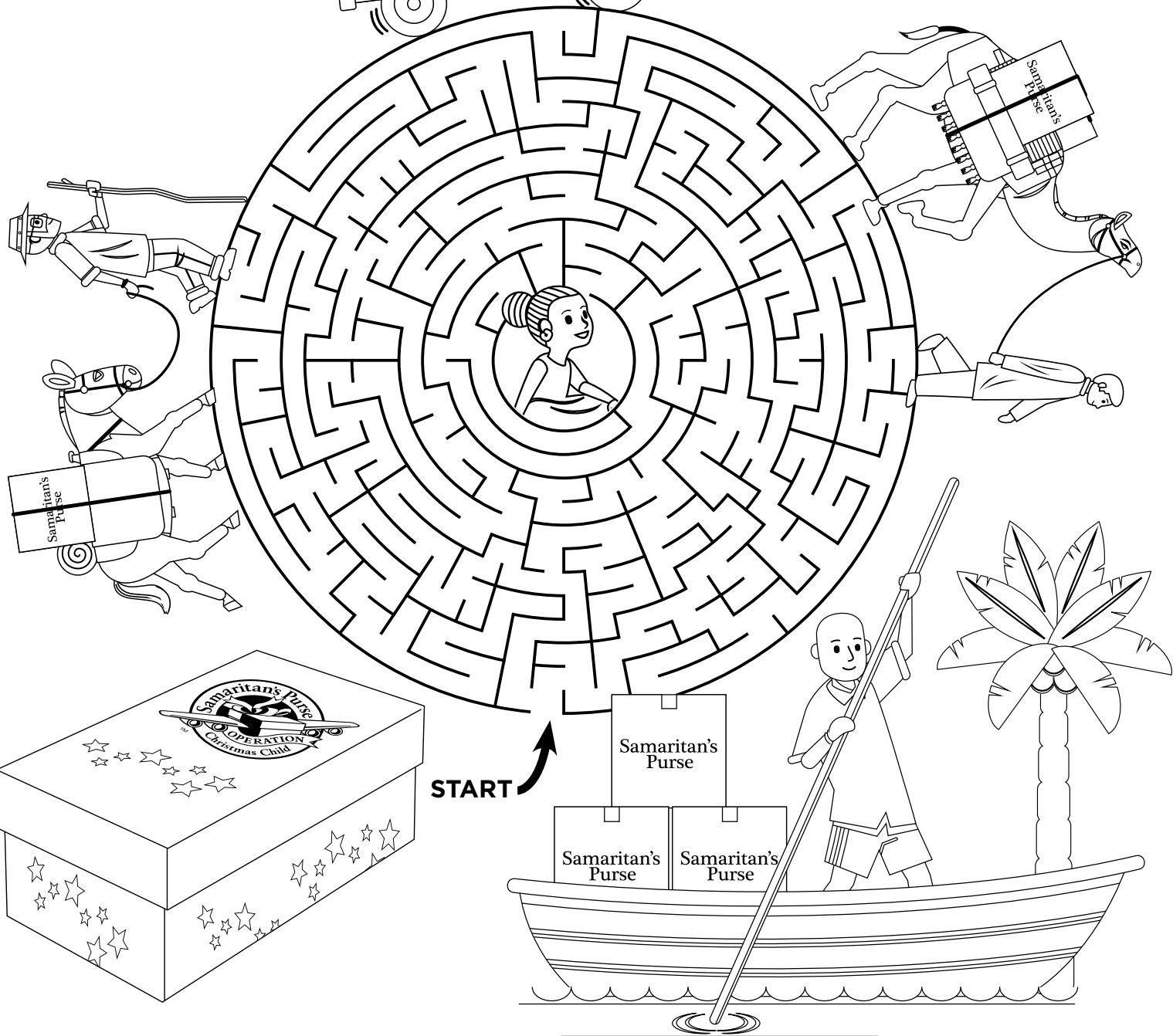


MAZE COLOURING ACTIVITY

Shoebbox gifts are delivered to the ends of the earth by boat, plane, donkey, and more.



Boxes & info available at CRC!
Return boxes by 12 Oct 2026



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

Can a WA retailer refuse your cash? Here's the deal

These days it's more common to tap a bank card or phone than it is to rummage through your wallet to pay with notes and coins. But as digital transactions dominate, many people are wondering whether businesses can refuse cash payments.

In January this year, the Federal Government introduced a new cash mandate compelling some businesses to accept cash payments.

Under the Cash Acceptance Industry Codes, supermarkets and certain petrol stations must accept cash for in-person payments between 7am and 9pm, unless the purchase is for more than \$500.

The cash acceptance rules do not apply to:

- any other industries
- small businesses with an annual turnover of less than \$10 million
- fuel retail sites that don't regularly sell unleaded petrol.

Some people assume that because cash is legal tender, businesses must accept it. However, the law is a little more complex.

Outside of the cash acceptance mandate, businesses can choose the type of payment methods they accept, including refusing cash. Businesses are allowed to set these conditions as part of the terms of sale, provided customers are clearly informed before you make a purchase.

For example, if not accepting cash payments, a business may display a clearly visible sign at the entrance or checkout, or staff may advise customers that the business does not accept cash payments.

Some consumers prefer to use cash because it helps them avoid card surcharges. While businesses can charge a surcharge for card payments under the Australian Consumer Law, the fee must reflect the actual cost of processing the payment, such as bank or terminal fees. Businesses must be able to justify any surcharge they charge.

It's also worth remembering that accepting cash comes with costs for businesses, including staff time, cash handling, and banking expenses.

If you prefer to pay your utility bills, council rates, and phone bills with cash, you can still do so by using Post Billpay, a service available at Australia Post outlets.

Ultimately, buying goods or services is an agreement between you and the seller. You do not have to agree to make the purchase if the payment methods aren't acceptable to you. However, unless the business is covered by the cash acceptance mandate, they can legally refuse cash so long as they have made this clear before the sale.

The Australian Competition and Consumer Commission is responsible for enforcing compliance with the Cash Acceptance Industry Codes. If you believe a business is breaching the rules, try to raise the issue with them first. If the matter can't be resolved or you need further advice, contact Consumer Protection on 1300 30 40 54.

LEAP EXTRAVAGANZA

10th OCTOBER

QUINDANNING TAVERN

12 noon - 4pm

The Jarrah
Celts



Bus tours to view strip mining, rehabilitation and beautiful jarrah forest.



Bookings free but essential – donations always appreciated
<https://www.trybooking.com/DPF5H>



Join us to be inspired, informed and enjoy an afternoon of stalls and music, including talks, art and performance by local First Nations folk.



ALCOA takeover of SouthDirty2 creates worlds largest mine in a biodiversity hotspot

The recently announced Aluminium Company of America (ALCOA) takeover of SouthDirty2 alumina assets (including its mining operations in the world's only Jarrah Forest), will create the world's largest mine site in a biodiversity hotspot/Perth's water catchment/Perth's backyard (see map).

If you have any concerns about these operations, including economics (e.g. fair return for the exploitation of our resources), land access (e.g. what will be left for recreation/nature conservation), intergenerational equity (e.g. what will be left for future generations), community consultation, water impacts (e.g. groundwater drawdown, water pollution), health impacts (dust/noise from operations) and/or biodiversity/nature impacts, please jump on endforestmining.org.au or Locals for Environmental Action & Protection (LEAP) – Facebook page and join us on the 10th Oct 2026 at Quindanning Pub for a day of bus tours, music and speakers.

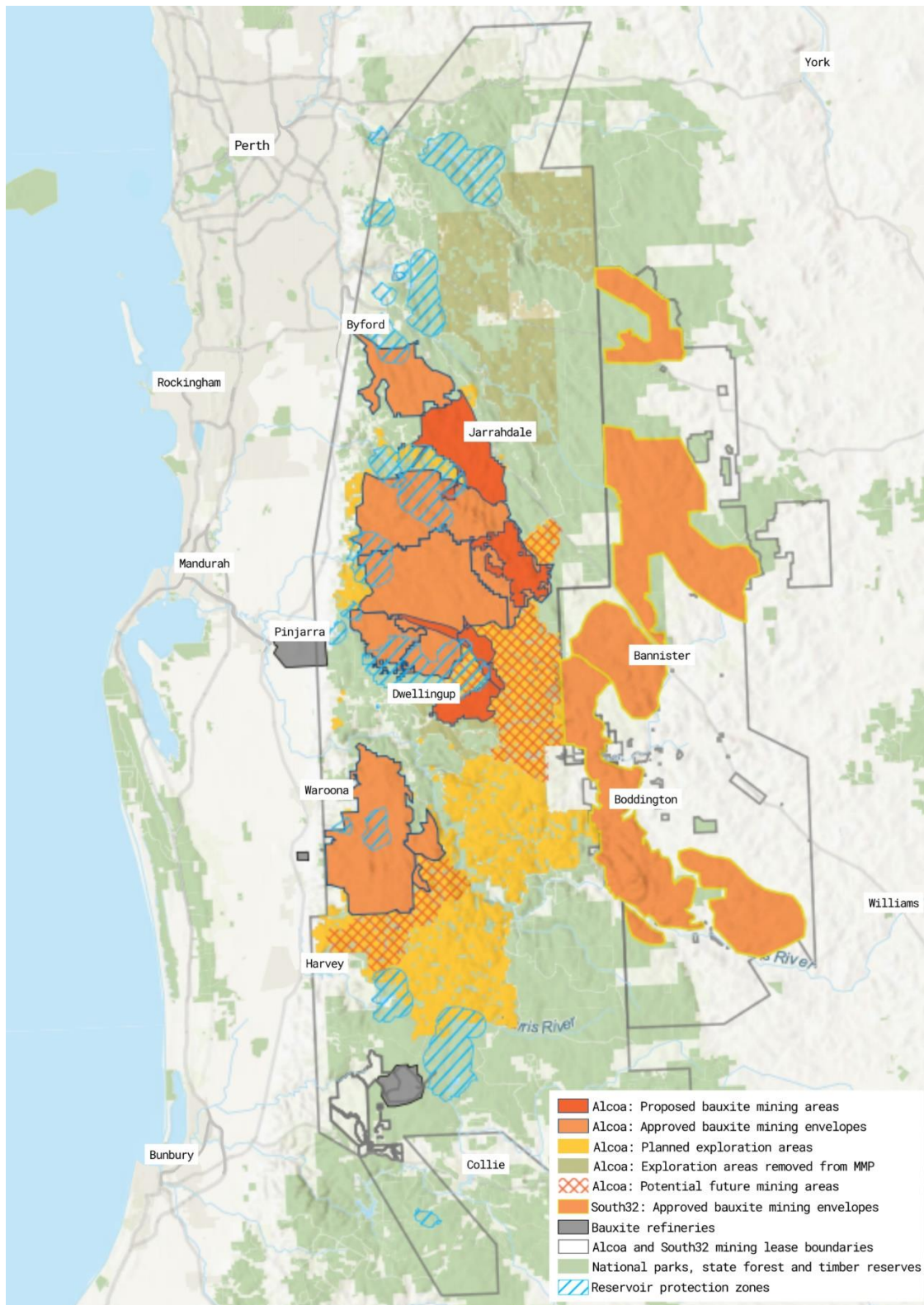


Photo COMPETITION

What does studying in the Wheatbelt look like?



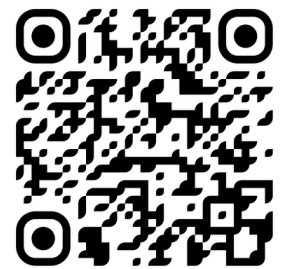
Show us your Wheatbelt!

We want to see what studying in the Wheatbelt looks like through your lens. This could be your study space, daily routine, challenges, achievements, or the places and moments that support your learning.

- 1** Take a photo that captures what studying in the Wheatbelt looks like to you
- 2** Complete the entry form
- 3** Email us your photo



Winner: \$150
Runner-up: \$100



Entries close:
5 October 2026

Open to all Wheatbelt community members

lumenwruc.edu.au/photo-competition

Lumen Wheatbelt Study Hubs provide free, welcoming spaces for students to study, connect and access support.

*Your place. Your studies.
Your Wheatbelt.*



Artwork by Leeann Kelly-Pedersen

Noticing something different about your child's posture or movement?

Our virtual team is here to help!



FREE online physiotherapy check



**See a paediatric physiotherapist from home for
a quick, friendly chat.**

No referral needed - first come, first served.



You can ask us about developmental concerns such as:

- Tummy time, sitting, crawling
- Head shape or neck movement
- Foot or leg shape
- Walking, running or coordination
- Jumping, hopping, ball skills

For more information including clinic dates
and virtual links, scan the QR code or email
WACHSCDSVirtual@health.wa.gov.au



WARRIOR WELLBEING ARTICLE

Drugs and Alcohol – Your Health & Wellbeing is at Stake

BY THE REGIONAL MEN'S HEALTH INITIATIVE
September 2026

We promote the point that choice around our lifestyle is mostly up to us. While genetics, environment and the health system can also impact on our health and wellbeing, in the context of drugs and alcohol the choice is ultimately ours and the consequences of use and misuse are clear and so are the laws.

As a community we need to have an honest conversation on why people use and abuse drugs and alcohol. Some reasons are:

- Risk taking – as boys and men we are hard wired to take risks
- Experimental and boredom
- Peer pressure
- Habit/addiction
- Recreation – to have fun
- To feel good and forget, to cope with difficult times in our life, to self-medicate and mask

The reasons are complex and varied and through our life at various stages we have been challenged and we will continue to be challenged.

Recent research reveals some alarming statistics around drug use:

- 46 % of drug users use for fun
- 54% of drug users used for self-medication

Regarding using drugs for fun, surely there are many other things we can do that don't damage our body and mind (i.e. embrace and explore our passions and interests).

The consequences of drug use are serious from several angles:

- The risk factor is extremely high for many illicit drugs, we may only have three chances with a drug before we are affected either medically and/or by addiction
- Purity of the drug is unknown and varied (often we don't know what's in it?)
- Health effects can be permanent (psychosis)
- Many legal and financial implications for users
- Relationships become fractured (conflict, violence, distrust)

With regard to self-medication, we need to acknowledge some of the *stuff* going on in our lives and some of the pain we may be suffering. Denial of this, exacerbated by drug use, and the shit will hit the fan. We need to talk about and ultimately deal with stuff in our life, not self-medicate.



Alcohol is our biggest societal drug of choice, there is a lot of literature and research suggesting how alcohol is dangerous to our body when misused. This usually focuses on the appropriate daily standard drinks consumption, links to various diseases such as cancer and then societal issues around binge drinking. On an individual level we need to work out if we can drink, and how do I behave when drinking (do I get angry and aggressive, take unnecessary risks). Because alcohol is a mood enhancer, we need to know what is our safe limit? Have regular alcohol-free days and not use it to self-medicate (when distressed) but enjoy it.

The difficulty in life is choice, illicit and excessive use of drugs and alcohol is all our personal responsibility. What then can we do, as a society, about the misuse/abuse of drugs and alcohol? Primary care is standing up and saying no it's not all right (culture). As a collective we can make a difference whether that is in the family, community group and/or workplace you are not alone. As peers we can make a difference whether it be in the school, workplace or footy club by saying no it's not all right. We all have a right to a safe place!

✕ @RMHI_4blokes

📢 Working with Warriors Podcast

🌐 regionalmenshealth.com.au



COMMUNITY ROADSIDE BREAKFASTS

The Wandering Community Resource Centre, Wandering Lions Club and Shire of Wandering are proud to bring you these Community Roadside Breakfasts.

We'll bring the BBQ & food. Let's gather together over breakfast, discuss community opportunities and issues and check on each other.

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



EVERYONE WELCOME TO ATTEND!

TUES 8th SEPT

7AM - 8.30AM

Wandering Fuel Station

WED 9th SEPT

7AM - 8.30AM

Corner of Reid &
Moramocking Roads,
Blackboy Springs

THURS 10th SEPT

7AM - 8.30AM

Codjatotine roadside parking bay
Old School Site

Enquiries - CRC - 9884 1561 - crc@wandering.wa.gov.au



**TURN GOOD READS
INTO GOOD DEEDS!**



Join ShelterBox's unique community of book lovers & help disaster-hit families with every page you turn.



**SIGN UP TODAY FOR A MONTHLY DONATION OF
\$10 & JOIN OUR FACEBOOK PAGE COMMUNITY**

VISIT [SHELTERBOXAUSTRALIA.ORG.AU/BOOK-CLUB](https://shelterboxaustralia.org.au/book-club)

← OR SCAN THIS QR CODE



Artwork by Leeann Kelly-Pedersen

Noticing something different about your child's talking or understanding?

Our virtual team is here to help!



FREE online speech pathology check



**See a paediatric speech pathologist from home
for a quick, friendly chat.**

No referral needed - first come, first served.



You can ask us about developmental concerns such as:

- How much your child is talking
- How well they understand things being said to them
- How they follow instructions
- If their speech is difficult to understand
- If they use incorrect speech sounds

If you have a concern about eating or drinking please contact your local service.

For more information including clinic dates
and virtual links, click on the QR code or email
WACHSCDSVirtual@health.wa.gov.au





RURAL AID

Our lives never stay peaceful nor are our lives always perfect. There are times when what we planned collapses, Life throws a curve ball and we find we are dumfounded, in a state of disbelief. Usually, these moments in our lives come from nowhere or evolve without us noticing, those 'why didn't I see that coming moments'. One challenging event can easily turn into an avalanche of emotions. But we can train our minds to stay steady even when life itself is not. A core value of Stoicism (an ancient world philosophy) is The Dichotomy of Control: Separate what you can change (your thoughts and choices) from what you cannot change (The stress causing event). What does Stoicism suggest we do when suddenly challenge by a hard time. Below are 7 suggestions.

Separate the event from the story. Something challenging has happened, 'the event'. 'This always happens to me', 'the story'. Closely following the story is fear and anxiety. The moment we stop feeding the story we weaken our fear and anxiety response.

Return to what we can control. We can't control what has happened or is happening. We can't control the actions of others, so their actions do not belong to us. But how we react or do and who we know we really are hasn't changed, so start by being true to yourself.

Stop suffering the future early. An anxious mind tries to survive the tomorrow or future even though the future has not yet arrived and is not known. Our mind will rehearse the 'what ifs' that are yet to eventuate or exist. Deal with this hour, the Present.

Create a gap before reacting. Not every emotional response needs to be obeyed. Pause before replying, pause before quitting and pause before assuming the worst. Stop, pause, reflect, take a deep breath and then react if you still need to.

Lower the drama not the truth. Calm does not mean everything is fine. Calm is taking time to describe the reality without enlarging the reality into something it is not. Calm is not believing nothing will go wrong. Calm is when things go wrong you will not abandon your true self, your beliefs or your moral stance.

Remember what challenging times you have already survived. You have lived through times in the past that you thought would break you, but they did not. Memories of what we did last time and the lessons we learnt from how we reacted back then steady the nervous system. Even when what you fear in this moment is trying to convince you otherwise.

Lastly protect your true self above your comfort. When things go wrong our task is not to control the outcome. The real road is to leave this moment. Leave without being cruel, reckless or doing something you will regret. Accept this challenging time will test you, but it will also teach you. Do not let this challenging time re-write who you truly are.

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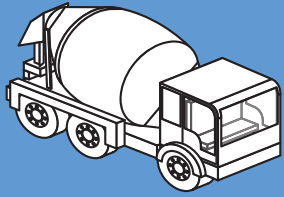
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COMMUNITY GROUPS

WANDERING CRAFT GROUP

The Wandering Crafters meet at the CRC weekly on Thursdays from 9am. New members welcome. Come learn, come for a chat, or just come for a cuppa.

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

paul@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.



SEPTEMBER

9AM | TUESDAY 8TH
PUMPHREYS CWA MEETING

7AM - 8.30AM | 8TH, 9TH, 10TH
ROADSIDE BREAKFASTS

7PM | THURSDAY 10TH
WANDERING LIONS MEETING

11AM | WEDNESDAY 16TH
WANDERING CWA MEETING

10AM | FRIDAY 18TH
TRAVEL TALK

3.30PM | THURSDAY 24TH
COUNCIL MEETING

6PM | THURSDAY 24TH
WANDERING TENNIS AGM

2PM | SUNDAY 27TH
WANDERING CHURCH SERVICE



Wandering

Community Resource Centre

your local connection