

## Newsletter of Wickepin Shire Council

**THE SHIRE... 2014****Letter from the Editor**

Happy New Year!

For those of you that know me, you may know that my family came over to visit over Christmas. A merry Aussie Christmas was enjoyed by all! They swapped turkey, Christmas pud, rain and sherry for Christmas ham, yabbies, beer, sun and of course flies!

Even though they may have been jumping every 5 minutes due to the bugs (it didn't help that Harrismith had a plague of locusts just before their arrival), I think they enjoyed the Aussie farm lifestyle.



On our travels down South, we found it amazing how well known Wickepin is for such a small place! On a couple of occasions, whilst on tours and excursions, when we mentioned Wickepin, a few people had some sort of connection to the place. Unfortunately, we did not have the same happen when we visited Sydney!

Well its back to work for most of us now, but to take the pressure off, there are many events on the horizon in Wickepin.

If you have indulged a little over Christmas (doesn't everyone?) then we have many healthy, get-fit programs available for all age groups and different levels of fitness.

Or if you fancy chilling out and catching up with friends, how about coming along to the outdoor movie night...even treat yourself to a hamburger!

Leah  
Pearson

Executive  
Support  
Officer

**Outdoor Movie Night**

**22 February 2014  
at 6.30pm  
following the  
Wickepin Triathlon**

**Wickepin Community  
Centre Oval  
Campbell Street  
Wickepin  
Free, family friendly  
event  
BYO picnic, rug or chair**

Hamburgers available for \$7

Bar available

RSVP to the Wickepin Community Resource Centre with numbers on  
9888 1500 or email: [wickepintc@westnet.com.au](mailto:wickepintc@westnet.com.au)

**Wickepin Triathlon**

**22 February 2014**

Registration 3pm at Wickepin Swimming Pool

Mini course 4pm - Junior course 4.15pm - Short course 4.30pm - Long course at 4.45pm  
For further information please contact James Matthews on 98881630 or 0458 208 301



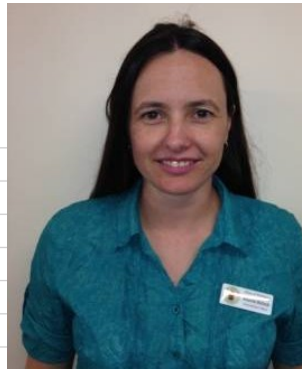
# HAPPENINGS AROUND YOUR



## WELCOME AMANDA!



A new staff member for Council's Administration Centre, Amanda Bullock has commenced employment taking on the role of Customer Service Officer.



Amanda is originally from Cranbrook and has experience in town planning, office admin and sales. Amanda is very community minded, being the secretary and treasurer of St John's Ambulance and treasurer for the CRC Management committee. She also plays hockey for Wickepin and participates in archery at Narrogin.

Amanda has been with us for a few weeks now and has settled in well. She has undergone her licensing course, and is now able to help community members with any licensing queries.

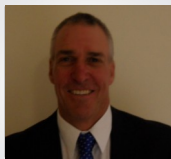
We would like to welcome Amanda to the team and hope she enjoys her time with the Shire of Wickepin.



Photos taken  
around the  
Shire...



## WELCOME NEW COUNCILLORS!



The Shire of Wickepin would like to welcome our two new Councillors; Councillor Grayden Lang and Councillor Wes Astbury, who joined Council at the end of last year.

We hope you enjoy your time of the Wickepin Shire Council.

COUNTRY ARTS WA AND  
ACT BELONG COMMIT PRESENT

# GET HYPNO TISED!

THE MATTHEW HALE COMEDY HYPNOSIS SHOW

100% CHICKEN FREE GUARANTEED! | SUITABLE FOR AGES 10 YEARS+

Wickepin  
Community Resource Centre  
Your local connection



Check out our new website  
which has now gone live...  
[www.wickepin.wa.gov.au](http://www.wickepin.wa.gov.au)





**Narrogin Healthy Lifestyles Project**

# WICKEPIN PROGRAM

**February – April 2014**

## MIXED NETBALL IS COMING TO WICKEPIN

**Monday nights commencing 10th February – 17th March 2014**

Six week competition at Wickepin Community Centre.  
\$25 team registration fee - \$20 weekly team game fee.

**Nominate your team NOW!!**

Registrations close Monday 3rd February 2014.  
Get your nomination forms from the Wickepin Shire or the CRC

The Healthy Eating Activity and Lifestyle program helps people to develop lifelong healthy lifestyle habits.

**HEAL offers a 2 hour group session each week for 8 weeks:**  
• 1 hour of gentle exercise • 1 hour of lifestyle education

The HEAL program can help you to manage your weight, type 2 diabetes, heart disease or just increase your fitness!

**Run by Physiotherapist Sally Rogers and Dietician Sandra Burges**  
**Tuesdays 10am – 12pm at Wickepin Community Centre**  
**From 18th February to 8th April 2014**

ONLY  
**\$5**  
per class

**Contact the NHLP  
office to register NOW!!**

## GROUP CORE



**LET'S MOVE!**

**Thursdays at 5.30pm at Wickepin Community Centre. Commencing 20th February**

Group Core is a 30 minute group fitness class to help improve your core strength and prevent back pain.

Due to the shorter length of the class, it is great for new or deconditioned participants but it is still a great workout for those experienced exercisers who want a 30 minute blast!

Motivating instructors and music will coach you through functional and integrated exercises using your body weight, a weight plate, a towel and a platform. There are a variety of exercise options for the participants so you can adjust the intensity of the workout to suit you.

**\$7 or \$5 for NHLP pass holders**

For all enquiries and registrations please contact Narrogin Healthy Lifestyles Project  
on 9881 4788 or email [alex@narrogin.wa.gov.au](mailto:alex@narrogin.wa.gov.au)

*This initiative is funded by the Australian Government*





# YOUR SWIMMING POOL...



The Wickepin Swimming Pool will be open until March 2014.  
Damien the Pool Manger will be more than happy to help you with any queries you have.

The opening times are 1.00pm-6.00pm every day.

The swimming pool fees are as follows;

Adult	\$2.00
Child/Pensioner/Spectator	\$1.00
Season Pass - Family	\$120.00
Season Pass - Adult	\$70.00
Season Pass - Child	\$50.00
School Swimming Pool Lessons/Carnivals - For Children	\$0.50



**Damien the Pool Manager**



**Come and have a game with the  
large chess set!  
Don't forget to check out the chalk  
drawings on the walls!**



**Have a bounce  
on the  
trampoline or  
a game of  
volleyball!**





# W.H.O.F.F

## WICKEPIN'S HYDRO OLYMPICS FOR FUN

**Bathers required!!**

**Saturday 1<sup>st</sup> of March at the  
Wickein Town Oval**

**Cost: \$4.00**

**Featuring:**



**The Wrecking Ball!**

### **TIMES:**

- *Ages 5-9 (Parent Supervision) from 12.00pm to 2.00pm*
- *Ages 10-17 from 2.00pm to 5.00pm*

## **EVENTS:**

**WATER GUN FIGHT (BYO WATER WEAPON)**

**AND MUCH MORE!! :)**

**THE EVER POPULAR  
SLIPPERY SLIDE!**

**A WET  
OBSTACLE  
COURSE**

**FOR REGISTRATION AND INFO, PHONE WICKEPIN CRC ON: (08) 9888 1500**



# YOUR BUSH FIRE INFO...



DFES  
Department of Fire &  
Emergency Services

## Burning Periods 13/14

**Restricted Burning**  
1 Oct 2013 to 13 Nov 2013

**Prohibited Burning**  
14 Nov 2013 to 7 Feb 2014

**Restricted Burning**  
8 Feb 2013 to 28 Apr 2014



## Bush Fire Volunteers Protective Clothing

Protective clothing is free to members of a Bush Fire Brigade, one per person. A uniform consists of fire retardant jackets and pants and a badge for each brigade.

To obtain protective clothing, come into the Shire admin office where various sizes are kept. The uniforms are designed to be worn over clothes.

Sarah Hyde from the Facey Group models the uniform in the picture below!

Thank you to everyone that contributed their help and services at the recent fires within the district.

The quick action and the continued professional actions of all the Fire Control Officers and the fire fighters on the ground was a credit to the Shire of Wickpin Bush Fire Organisation.

These actions helped to keep damage to a minimum and the result could have been catastrophic.

Thank you for your efforts over the entire Bush Fire Season so far and hopefully there will not be any more call outs.



## IN CASE OF FIRE RING 000

## Harvest Ban Hotline: 9888 1312



COUNTRY ARTS WA AND ACT BELONG COMMIT PRESENT

# GET HYPNO TISED!

"That's some  
Jedi mind skills...  
You are AMAZING!"

- Mike Tyson, Las Vegas



THE MATTHEW HALE COMEDY HYPNOSIS SHOW

 100% CHICKEN FREE GUARANTEED! | SUITABLE FOR AGES 10 YEARS+

**Wednesday 19 March 2014, 6.30pm**

**Wickepin Town Hall • Bookings 08 9888 1500**

Locally presented by Wickepin Community Resource Centre

COUNTRY+  
ARTS+WA



Government of Western Australia  
Department of Culture and the Arts

let's say  
yes



ABC  
Local Radio



matthew hale  
COMEDY HYPNOTIST

Tour coordination by Country Arts WA.



## A word from the Community Development Officer...

I hope you enjoyed a relaxing holiday break and are ready for some exciting local programs and events starting up.

The Narrogin Healthy Lifestyles Project will bring a number of new fitness and exercise programs to Wickepin in 2014. There is something for everyone, no matter your age, fitness level or interests.

A six week mixed netball competition kicks off on the 10<sup>th</sup> February and runs through until the 17<sup>th</sup> March on Monday nights at the Wickepin Community Centre. Nominate your team now at the Shire of Wickepin or Community Resource Centre.

Also new to Wickepin is the Healthy Eating Activity and Lifestyle (HEAL) program which helps people to develop lifelong healthy lifestyle habits. The HEAL program offers a 2 hour group session over 8 weeks and includes 1 hour of gentle exercise followed by 1 hour of lifestyle education starting on 18<sup>th</sup> February from 10am - 12pm on Tuesdays at the Wickepin Community Centre.

If you are looking to get back into shape after holidays then the new Group Core class might be just the thing for you. Group Core is a 30 minute group fitness class to help improve your core strength and prevent back pain..

It is being held on Thursdays at 5.30pm starting on 20<sup>th</sup> February at the Wickepin Community Centre.

Have you always wanted to do a triathlon? The Wickepin Triathlon will be held on Saturday 22<sup>nd</sup> February 2014 at Wickepin Swimming Pool with registrations at 3pm. Stay on after the triathlon or local cricket match to watch the outdoor movie Despicable Me 2 showing at the Wickepin oval.

If you would like to know more information or register your interest give me a call at the Shire of Wickepin on 9888 1005.



### President

**Cr SJ (Steve) Martin**

*Retiring 2017*

RMB 134

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### Deputy President

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*Retiring 2015*

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**Cr MG (Grayden) Lang**

*Retiring 2017*

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