

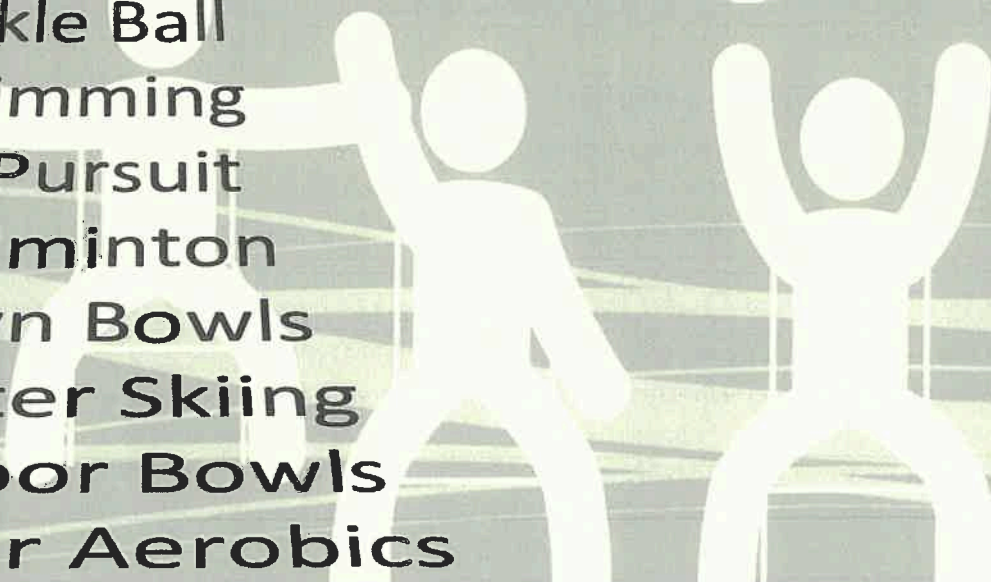
# WATERSHED NEWS

A free fortnightly paper for the areas of  
Harrismith, Tincurrin, Toolibin, Wickepin and Yealering

24th November 2025

Golf  
Yoga  
Tennis  
Cricket  
Cycling  
Hockey  
Walking  
Archery  
Football  
Running  
Pickle Ball  
Swimming  
Fit Pursuit  
Badminton  
Lawn Bowls  
Water Skiing  
Indoor Bowls  
Chair Aerobics

MOVE IT  
OR LOSE IT!



# WATERSHED NEWS INC- COMMUNITY NEWSPAPER

ABN 96 234 351 594

## Contact Information

The Watershed News is produced at the Wickepin Community Resource Centre on dates shown below.

**Address:** 24 Wogolin Road, Wickepin 6370

**Postal Address:** PO Box 60, Wickepin, WA, 6370

**Phone:** 9888 1500

**Email:** wickepinwatershed@gmail.com

## IMPORTANT INFORMATION

<u>Advertising Rates</u>	<u>Full Page B&amp;W</u>	<u>Full Page Colour</u>	<u>Half Page</u>	<u>Quarter Page</u>	<u>Business Card</u>
	\$30	\$60	\$15	\$8	\$5

- All advertising for the Watershed News needs to be sent to the following email address – wickepinwatershed@gmail.com
- Submissions need to be in **by 10am** on the day of publishing.
- All submissions would be preferred in Word.
- All advertisements and classifieds must be submitted with clear contact details including a postal address, phone number and email.
- Watershed News produced pages are printed in black and white. Full page colour only if requested and paid for.
- The Shire of Wickepin community groups are entitled to a half page of advertising free of charge.

## WATERSHED NEWS 2025/26 PUBLICATION DATES

Monday 8 <sup>th</sup> December	Tuesday 3 <sup>rd</sup> March	Monday 13 <sup>th</sup> April
Monday 2 <sup>nd</sup> February	Monday 16 <sup>th</sup> March	Monday 27 <sup>th</sup> April
Monday 16 <sup>th</sup> February	Monday 30 <sup>th</sup> March	Monday 11 <sup>th</sup> May

## DISCLAIMER

The views expressed in the publications of the Watershed News are not necessarily those of the editor/s or other volunteers who produce it. We reserve the right to not print articles that are inappropriate.

## We want your Classified Advertisements

Advertising in the Watershed Classified section is free for two weeks, so send in your ads.

Email to [wickepinwatershed@gmail.com](mailto:wickepinwatershed@gmail.com) , or drop them into the Community Resource Centre.

## What's Happening in and around the Wickepin Shire?

Send in your news. Others would enjoy reading about your family news, milestone birthdays, events, travels etc. Eulogies of our local residents and the ones who have moved away, are gratefully received. The community cherishes the chance to read their life stories.

## Help Us Celebrate Our Own Unsung Heros and Local Legends

We know there are many unsung heroes right here in Wickepin — past and present — whose stories are waiting to be told. Whether it's a neighbour, a volunteer, a coach, or someone who's always there when needed, we'd love to hear about them. If you have someone in mind, please send in a short story or even just their name and why they're special. Let's shine a light on those who've been keeping our community strong — quietly and humbly. **All contributions are welcome**

# **COMMUNITY NOTES**

## **November/December Birthday Wishes to:**

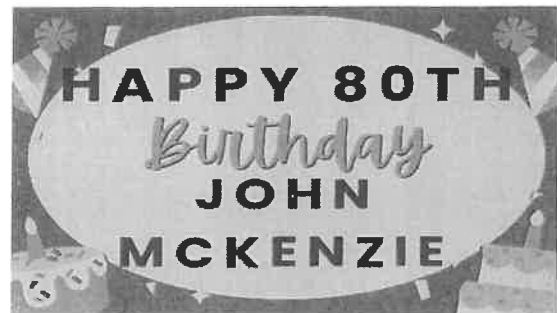
26<sup>th</sup> Julie Russell  
27<sup>th</sup> Kelly Steere  
29<sup>th</sup> Shaun Reynolds  
2<sup>nd</sup> Flynn Anderson  
3<sup>rd</sup> Timothy Bennier  
6<sup>th</sup> Bradley Pauley  
7<sup>th</sup> Hannah Green



## **Celebrations and Get Well**



Its been a busy couple of weeks in the McKenzie Yealering household, Daphne joined family and friends in Henley Brook for Granddaughter Savannah (Safi) 21<sup>st</sup> Birthday on Tuesday 11<sup>th</sup> November 2025. Then on Sunday 16<sup>th</sup> November 2025 Daphne and John joined family for lunch at the Corrigin Hotel for an early celebration for John's 80<sup>th</sup> Birthday. This has all come to a sudden halt as Daphne has done an upper leg injury and forced to stay low and rest. Unable to drive will make sure she stays put for a while.



## **Travels**

Ric and Shirley Elson spent a day exploring old Ford vehicles, muscle cars, racing cars & memorabilia at Ford Farm Bailup. Their reaction was WOW.



## **Congratulations**

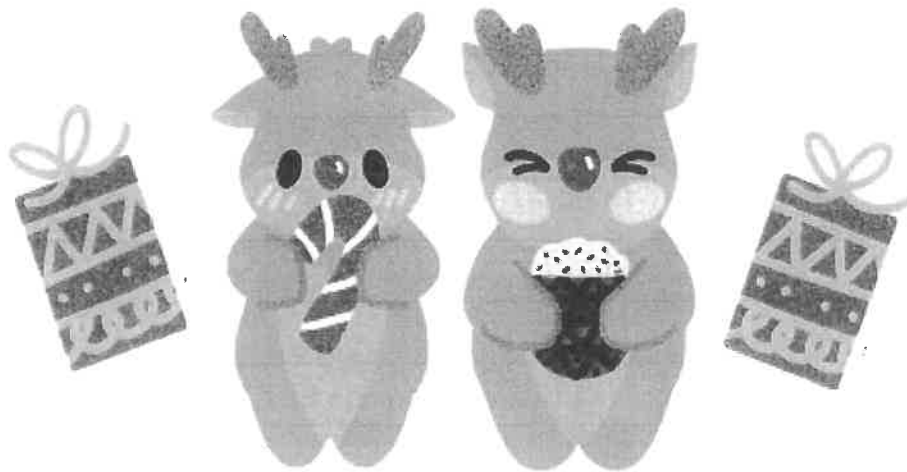
Glen Sands along with Leanne flew to Brisbane last Tuesday to receive an award from Volvo for Technical Excellence and leadership.

## **REMINDER**

**Watershed News final 2025 edition will be published on the 8<sup>th</sup> of December**



PLEASE JOIN US AT



# LAKE YEALERING

for the  
Community Christmas Tree

SUNDAY 21<sup>ST</sup> DECEMBER

5.30PM -SANTA WILL ARRIVE AT LAKE  
FORESHORE

FOLLOWED BY A BBQ AT THE BOWLING CLUB  
BYO MEAT AND A SALAD TO SHARE

PLEASE REGISTER YOUR CHILDREN'S NAMES WITH GIFTS  
(APPROX VALUE \$20) AT POST OFFICE BY  
THURSDAY THE 18<sup>TH</sup> DECEMBER





# WICKEPIN PLAYGROUP Christmas Tree!

**21**

**DECEMBER,  
2025**



**WICKEPIN  
COMMUNITY  
CENTRE**

**4:30pm**

**Santa Arriving at 4:45pm**

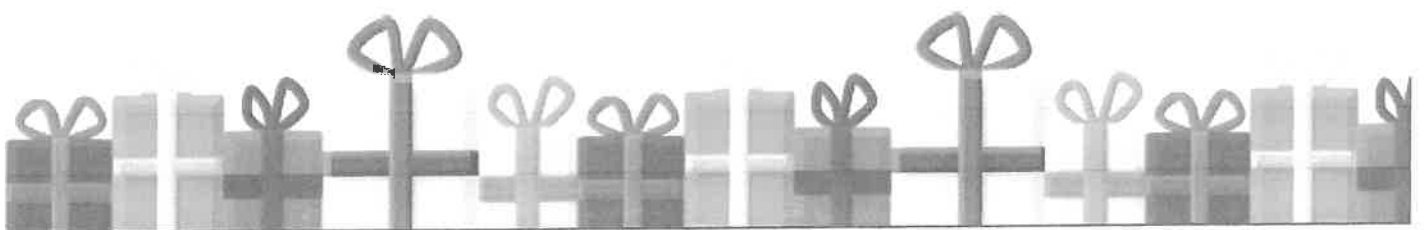
**BYO Drinks & Nibbles  
Sausage Sizzle available for purchase**

**Registration list of children plus colouring in competition sheets  
at the Wickepin Newsagency.**

**\$4 per child**

**Gift - less than \$20 wrapped and labelled with name and age to  
be left at the Wickepin CRC by Thursday 18th Dec.**

**CONTACT - Maree Dougall  
0448103747**



## CLASSIFIEDS

### **FOR SALE**

Selecta Silvan 12v 100 litre Water Tank - **\$70**

Pedestal drill – 240v - **\$150**

Oxy welder on trolley - **\$80**

Engel 29lt fridge/freezer with cover - **\$250**

Steel post air operated rammer - **\$300**

Suzuki Boulevard C50 Motorbike – 800cc engine  
With panniers and windscreen. Good tyres. 45,000kms  
Licensed for 5 months - **\$4,500**

Tandem wheel trailer – 10ft x 6'6" with 48" crate.  
8 ply tyres. Licenced 1TFR.645 - **\$3,000**

Patio heater – gas bottle not supplied - **\$40**

Phone 0428 884 040 or 0428 898 025

### FOR SALE

Electric Treadmill Sportart  
1060 \$500  
Located near Cuballing  
Phone Pam 0428 366 903



### WANTING TO BUY

500-600LITRE Fridge/Freezer  
Side by Side or Bottom mount  
Must be in good condition  
Ph. 0474 957 327 Janice

A little known fact about your little toe  
It's major function is to ensure all the  
furniture is in the right place 😊😊😊



### **St Johns Anglican Church**

Johnston Street, Wickepin

1<sup>st</sup> and 3<sup>rd</sup> Sundays of the month @8am  
Morning tea served after service  
All Denominations Welcome

Enquires: Irene -0437 801 026 or Elaine 0428 898 025





## MWS Comments

Road construction works are progressing well across the shire. Wickepin–Harrismith Road and Lomos Road have been prepared for stabilisation, and a water cart will be making several runs to minimise dust in both areas.

Both graders are planned to continue maintenance work through to the Christmas break to ensure all roads remain safe and usable for road users. Fleay Road has been rebuilt after suffering significant washouts during the storm a few weeks ago, and the team is now addressing further washouts along Gillimanning Road.

In building and maintenance, power upgrades are underway at the Yealering Hall, and the team is progressing well with existing maintenance requests. Our garden crew continues to do an excellent job maintaining shire gardens and mowing across the district.

We are also pleased to report that the shire has received its new truck, and the crew is excited to put it to work.

If you have any concerns regarding roads, buildings, or the caravan park, please contact the shire so we can address the issue as quickly as possible.



## CEO Comments

The CEO's comments will be included in the 8<sup>th</sup> December 2025 Watershed edition.

### WICKEPIN SWIMMING POOL

The Wickepin Swimming Pool is open for the 2025/26 season, 11am – 6pm. The pool will be closed every Tuesday except during Vac Swim or Education Department swimming lessons.

#### 2025/2026 Entry Fees -

- Adult \$3.00
- Child \$2.00
- Pensioner/spectator \$2.00

#### Season passes (Must be paid at the Shire)

- Family \$150
- Adult \$ 95
- Child \$ 70

### HARVEST BAN ALERTS

The SMS (text) alert service will again be in operation over the coming harvest/bushfire period. If you would like to register your number to receive these messages or have your number removed from the system, please contact the office on 9888 1005 or email your details to [admin@wickepin.wa.gov.au](mailto:admin@wickepin.wa.gov.au).

### 2025/2026 RATES INSTALMENT PAYMENTS

The next due date of the 2025/2026 rates instalments is **3 December 2025**. If you have any queries regarding rates payments please contact the shire office on 9888 1005.

### HARRISMITH TIP OPEN HOURS

The new open hours for the Harrismith Tip are:  
7am Tuesdays – 5pm Wednesdays.

### DUMPING OF TYRES AT ALL WASTE FACILITIES

The disposal of tyres is NOT permitted at any waste facility within the Shire of Wickepin.





The Shire of Wickpin  
invites Senior Citizens to

# Christmas Lunch

**Friday 5<sup>th</sup> December  
11.30am  
Wickepin Community Centre**

*Christmas Roast - Gifts - Entertainment*

Please RSVP by contacting Wickepin CRC  
on 9888 1500 or using a sign-up sheet  
available at local businesses

Proudly organised by  
Wickepin Community Resource Centre  
your local community hub



# Volunteers Needed...

*The Wickepin Seniors Christmas Lunch is held annually to show our appreciation to seniors. We are seeking volunteers to assist with various tasks, including set up, packing up, preparing and serving lunch, and providing entertainment.*

If you can help out please contact Wickepin  
CRC on 9888 1500 or email  
admin@wickepinrc.com.au  
Your support would be greatly appreciated!

Proudly organised by  
Wickepin Community Resource Centre  
your local community hub

## Shire Administration Office Christmas & New Year Opening Hours



<b>Wed 24 Dec 2025</b>	<b>CLOSED</b>
<b>Thu 25 Dec 2025</b>	<b>CLOSED FOR PUBLIC HOLIDAY</b>
<b>Fri 26 Dec 2025</b>	<b>CLOSED FOR PUBLIC HOLIDAY</b>
<b>Mon 29 Dec 2025</b>	<b>CLOSED</b>
<b>Tue 30 Dec 2025</b>	<b>CLOSED</b>
<b>Wed 31 Jan 2025</b>	<b>CLOSED</b>
<b>Thu 1 Jan 2025</b>	<b>CLOSED FOR PUBLIC HOLIDAY</b>
<b>Fri 2 Jan 2025</b>	<b>CLOSED</b>
<b>Mon 5 Jan 2026</b>	<b>8:30 AM - 4:30 PM</b>

**For urgent Shire matters, contact  
0429 207 855 or 0429 882 871**

*Staff and Councillors wish everyone a Merry Christmas and a  
safe and happy festive season.*





The Shire of Wickepin  
invites Senior Citizens to

# Christmas Lunch

Friday 5<sup>th</sup> December  
11.30am  
Wickepin Community Centre

*Christmas Roast ~ Gifts ~ Entertainment*

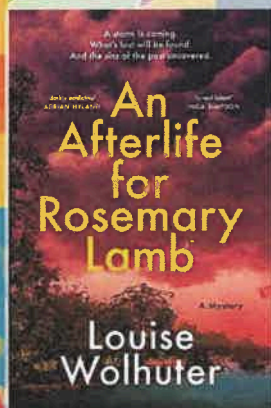
Please RSVP by contacting Wickepin CRC  
on 9888 1500 or using a sign-up sheet  
available at local businesses

Proudly organised by  
 Wickepin  
Community Resource Centre  
*Your local connection*



New books at the

# Wickepin Public Library



## AUSTRALIAN CRIME FICTION: An Afterlife for Rosemary Lamb - Louise Wolhuter

Maggie Beach is a quiet seaside town – full of small-town prejudices and small-town cliques. Meg, Rosemary and Lily are all outsiders. Meg and Lily because they came to Maggie Beach to escape their former lives, Rosemary because her upbringing was the subject of much local gossip and upturned noses. The three women come together as friends, partly because their homes are so close together on the outskirts of town – and partly because their neighbours treat them with such suspicion.

When Jessie Else, all of 9 years old, goes missing – it's easy to see why this small band of outcasts are first on the list of suspects – but what they didn't realise is that Jessie's disappearance is only the beginning of their troubles. Soon all those secrets they've been trying to hide are going to be uncovered – and nothing will ever be the same again.

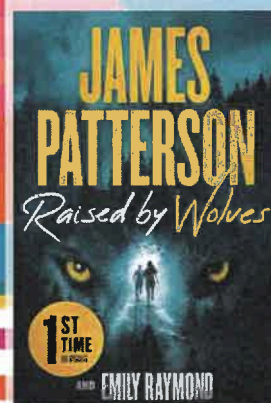


## HISTORICAL FICTION: We'll Meet Again - Cheryl Adnams

November 1941: Australian sisters Elizabeth and Maggie Cardwell have accompanied their father on his diplomatic assignment to Hawaii where bright blue skies, a radiant sun and the swaggering confidence of flirtatious American sailors make war feel like a distant threat. When the sisters meet the handsome Baker brothers on the sparkling white shores of Waikiki beach, Maggie falls hard and fast for Cody while Elizabeth discovers an easy friendship with his older brother, Tom, under the shared responsibility of chaperoning their wild younger siblings.

But mere days after the Cardwells board a ship back to Australia, Pearl Harbor is attacked and memories of sun-kissed afternoons and beach romance are fast eclipsed by fear and uncertainty.

With the war now very real to them all, the sisters embark on two very different paths that will take them to opposite ends of Australia, threaten their safety, and test their bonds of friendship and family. As the war continues to tear lives and loves apart, neither sister expects to cross paths with the Baker brothers again. But perhaps the pull of fate is even more powerful than the chaos of war ...



## YOUNG ADULT THRILLER: Raised by Wolves - James Patterson

Two teens appear out of nowhere, robbing a small-town grocery and attacking the police officers who come to investigate. Their clothes are torn and filthy, their hands and bare feet callused- and they have fangs. They're sister and brother, alone against the world. Where did they come from? Raised by wolves, they say.

Kai and Holo are taken in by the police chief and his wife, and begin adjusting to life in a small town, attending school and going on dates. But humans, they find, are the most vicious animals. And the mystery of their upbringing brings dark and powerful forces to Kokanee Creek, tearing the town apart and threatening the lives of everyone they love.

How will the wolves survive? How will Kai and Holo?

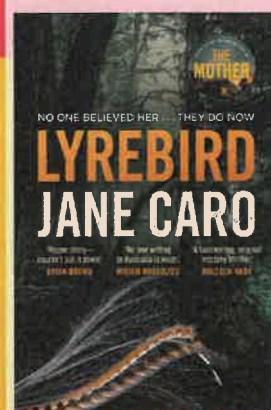
## LYNDA'S RECOMMENDATION: Lyrebird - Jane Caro

*This book is unputdownable, and the cause of many too-late nights for me!*

Ornithology student Jessica Weston was recording the birdlife in the remote Barrington Tops when she was terrified by the sound of a woman screaming for her life in Spanish. Realising the chilling sounds were being made by a male Lyrebird trying to attract a mate, Jessica took her video to the local police, absolutely convinced that the bird famed for its ability to mimic human sounds must be witness to a murder. Despite support from newly minted Detective Megan Blaxland, with no body and no missing persons reports, her evidence was ridiculed and dismissed.

Twenty years later, a body is found, just where Jessica had said it would be. Worse still, the body appears to have been buried for around two decades.

Horried they let the case go cold, Jessica, now an associate professor, and Megan, recently retired but brought back to head up the investigation, reunite and join forces. They are determined to find the killer, whatever it takes. What they don't realise is that they are not just putting their lives in danger, but also the lives of those close to them ...



@home 

## Chilli prawn spaghetti for two

### Ingredients (7)

200g dried spaghetti pasta  
2 tsp extra virgin olive oil  
2 garlic cloves, thinly sliced  
Pinch dried chilli flakes  
10 (325g) medium prawns, peeled (tails off), deveined  
3 medium tomatoes, deseeded, finely chopped  
1 tbsp chopped fresh continental parsley leaves



### Method

Cook pasta in a large saucepan of boiling, salted water following packet directions, until tender. Drain, reserving 1/4 cup cooking liquid.

Meanwhile, heat oil in a large frying pan over medium-high heat. Add garlic and chilli. Cook for 1 minute or until fragrant. Add prawns. Cook, stirring, for 2 to 3 minutes or until pink and cooked through. Add pasta, tomato and cooking liquid. Cook for 2 minutes or until heated through. Season with salt and pepper. Stir through parsley. Serve.

## Dairy-free avocado chocolate mousse

### Ingredients (7)

2 large avocados  
1/4 cup cocoa powder  
2 tsp vanilla extract  
3 tbsp maple syrup  
1/3 cup coconut cream  
150 g dark chocolate (70%), melted  
Extra grated vegan dark chocolate, to serve



### Method

Cut the avocados in half and remove the stone. Scoop the flesh into the large bowl of a food processor. Add the cocoa powder, vanilla, maple syrup and coconut cream. Process for 10 seconds. Scrape down the sides and process a further 10 seconds.

Add the cooled, melted chocolate. Process for 10-15 seconds or until creamy and smooth. Spoon into serving glasses or dishes. Serve with fresh fruit.



# FITNESS IS FUN

## Get Involved

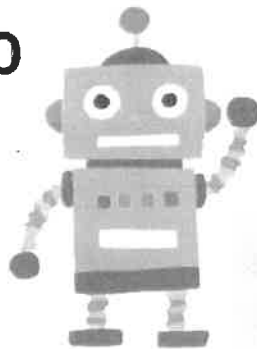
1. Star jumps x 20
2. Bear walk for 20 seconds
3. Frog Jumps x 20
4. Sit to Stand, Slowly! x10
5. Push Ups x 20

☐
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GO GET  
MUM DAD  
OR A SIBLING!  
For Fun Fitness



WHATS A ROBOTS  
FAVOURITE  
EXERCISE?  
CIRCUIT  
TRAINING



### Choc-Coconut Energy Balls

#### Ingredients:

- 1 cup rolled oats
- 2 tbsp cocoa powder
- ½ cup desiccated coconut
- 2 tbsp honey
- 2 tbsp yoghurt or peanut butter

#### Instructions:

Mix everything together, roll into balls, sprinkle with extra coconut, chill 20 minutes.

## HAPPY BIRTHDAY

Penny Martin



Alice Graf

Neah Stacey





# Christmas Workshops

## Christmas Decor

Thur 11<sup>th</sup> Dec, 10:30am

RSVP by 9<sup>th</sup> Dec

Make a gorgeous jar of light to compliment your Christmas decor! We've got all the materials covered, but if you have a specific jar you'd like to use, feel free to bring it along! Please note that spaces are limited to 10 for this workshop.



## Gift Wrapping

Thur 18<sup>th</sup> Dec, 10:30am

RSVP by 16<sup>th</sup> Dec

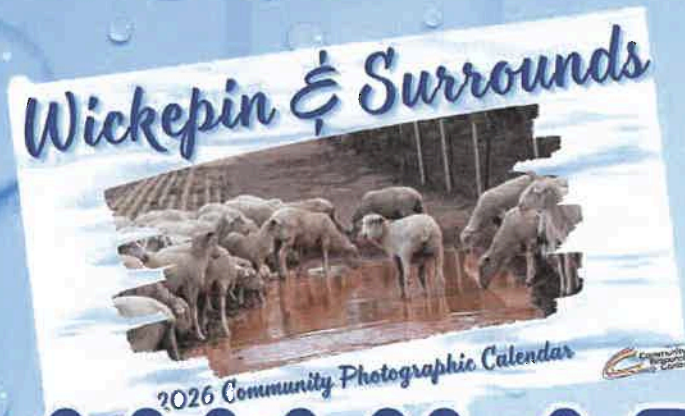
Get a jumpstart on your holiday prep, and join us for a fun morning of festive gift wrapping. We've got ribbon and a few paper options (feel free to bring your favourite roll!), so gather your gifts and we'll help you make them look absolutely amazing!

## Workshops to be held at the Wickepin CRC.

For more information, or to secure your place, call us on 9888 1500, or drop in for a chat!



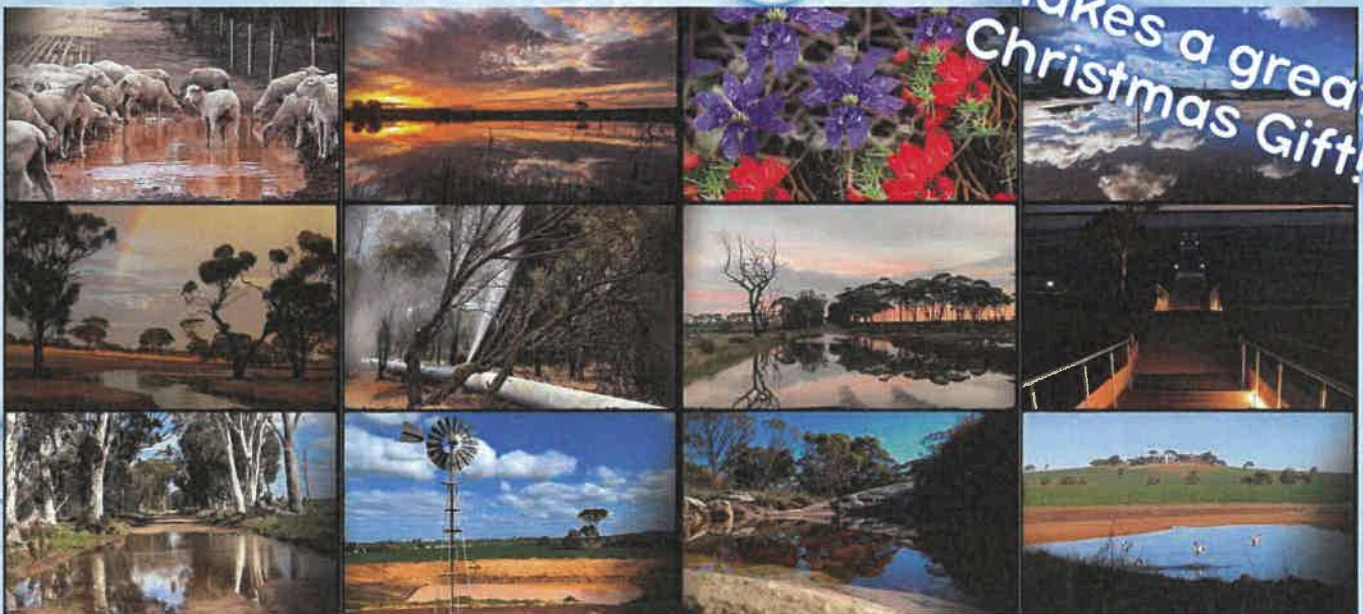
# Wickepin & Surrounds 2026 Photo Calendar



**\$15**

## AVAILABLE NOW AT THE CRC

*Makes a great  
Christmas Gift!*



Don't forget our Personalised Calendar Service  
For an additional \$10, we can make your calendar extra  
special by including the birthdays and anniversaries of your  
family and friends, and other significant dates. Certain  
conditions apply, so please reach out to us for further details.





# Knightline Computers

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9881 4834

**jaycar**  
Authorized Reseller

## Our Services Include:

- **Hardware Repairs:** Fixing or replacing components like hard drives, RAM, and power supplies.
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- **System Upgrades:** Enhancing performance with the latest hardware and software updates.
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## Why Choose Us

- **Experienced Technicians:** Our team has years of experience in diagnosing and fixing computer issues.
- **Fast Turnaround:** We aim to get your computer back to you as quickly as possible.
- **Affordable Rates:** High-quality service doesn't have to break the bank.
- **Customer Satisfaction:** We prioritize your needs and strive to exceed your expectations.

## Contact Us Today!



**acer**

**Canon**

**EPSON**

Open Monday to Friday 8am to 5pm  
Saturdays 8am to 12pm

# Move It Or Lose It. Get Moving!

**Move It Or Lose It. Get Moving!**  
**By: Dr. Peggy Malone** [drpeggymalone.com](http://drpeggymalone.com)



**"You MUST keep moving as you get older to keep moving as you get older"**  
**"Move it or lose it"**

These are things that I say to patients in my practice every day. Many people wonder why they are hurting and then they tell me that they sit at a desk for 8 or more hours per day and rarely get up and move. Either that or they spend hours on end sitting or lying still in the 'couch potato' position.

The human body is designed to move. It is a perfect motion machine that has been engineered perfectly to run and jump and hunt and gather and to work very physically from a young age just to survive. But wait a minute, we humans haven't really done that stuff regularly since before the industrial revolution. So, what does that mean for our health in a modern age?

We've become a sedentary society. It's easier not to move. Modern living does not provide enough motion and most importantly, enough of the proper motion to keep the body fully fit, functional and pain free.

We have adapted as an entire society to sit. We have adapted this way mostly because we are rewarded for sitting either at a desk, in a vehicle, in front of a television or at a computer.

Sitting still for long periods of time is not good for you.

The human body is incredibly efficient and adaptable. If you let muscles and joints stop moving, over time the overall body loses the ability to move and specifically, if you are not using a certain muscle because you are in a sustained sitting posture all day, your body will shut that muscle down. This can lead to neck pain, back pain, headaches, and repetitive strain injuries.

Inactivity also greatly contributes to the growing obesity epidemic that we are facing in North America and other parts of the world.

**Here are some sobering statistics on how lack of movement is affecting our health as a population:**

- The majority of North Americans face increased risk of chronic disease and premature death due to physically inactive lifestyles. (56% are inactive)
- More women than men are physically inactive. (59% vs 53%)
- Physical inactivity increases with age. (Older women: 68% vs Older men: 53%)
- This is very relevant for women as they age because more women die from Osteoporosis and its complications (such as hip fractures) than from all cancers combined. Increasing activity levels will decrease incidence of this terrible disease.
- Youth ages 12-19: 82% have not been active enough to meet international guidelines for optimal growth and development. Girls are less active than boys (64% vs 48%)

If you want to move well when you are older, you must keep your body moving well as you age. Life is motion. When we stop moving, we stop living, which is why staying active is the number one desire of people as they age. When you talk to healthy people over 80, they will almost unanimously say their secret is "keeping active." Motion is vital for health and aging well.

When people undergo surgery, they are now required to get up and move around as soon as possible (even though they don't want to). Studies show people heal much better when you get them moving. In addition to the obvious muscular and cardiovascular benefits of moving, motion and physical activity pump vital fluids within the body. Cells and tissues with little direct circulation receive nutrition and have their waste products removed by the physical compression and stretching that occurs with motion and exercise.

### **Active Living:**

Often people will avoid starting an exercise program because they find the idea extremely overwhelming. Obviously a regular exercise program has amazing benefits for lots of reasons but what I am proposing is much simpler than an 'exercise program'. As a human being who is designed to move, the first thing you can do to be healthier in terms of movement is to begin by incorporating little bits of physical activity and movement into your regular everyday life.

In fact, this is also relevant for people that **are** doing a regular exercise program. If you exercise vigorously for an hour or more every day but then you sit on your butt for the next 8-10 hours, you are almost equally susceptible to the same health risks as a sedentary person who sits for long periods of time. I know, it doesn't seem right some how....but it's true.

### **Some tips to add movement into your everyday life:**

- 30 minutes of physical activity most days of the week will be enough.....and here's the important part.....that doesn't have to be all in one session.
- Doing 3 or more 10 minute segments of activity a day will make a BIG difference in your health and your weight.
- Walk up or down the stairs instead of taking the elevator
- Park at the back of the parking lot at the mall or the grocery store
- While working at your computer, set an alarm for every 30 minutes to get up and wiggle and stretch and move for 2 minutes then get back to work
- Pace while you are on the phone....don't sit in your chair
- If possible have a desk that can move from seated to standing height so you can change it up
- Some people have a treadmill desk where they walk as they type at their computer or as they read
- Sit on an exercise ball while in front of your computer, it will keep your core musculature active and is much better than sitting still on a chair
- Get a pedometer and measure how many steps you take in a day. You should aim for 10 000 per day and 500 at a time in small bursts.

We all need to make a conscious effort to spend more time on our feet moving as we were designed.

Assess your daily routines and look for opportunities where you can be active.

**GET MOVING!!!**

In fact, right now as you are reading this....get up and move around and stretch for a few minutes. Your body will be healthier and happier for it 😊



# What is dehydration?

How much water should I drink?

The amount of water that you should drink varies greatly from person to person. It depends on:

- what you eat
- your age
- what the temperature is
- whether you have a medical condition
- how your metabolism works
- if you are exercising

## Where does my body get water from?

- We get about one fifth of the water we need from food, the rest comes from liquids that we drink. You can get water from any fluids — including tea and coffee, fruit juice, milk, soup and soft drinks.
- The amount of water you need can change from day to day depending on what you are doing. If it's a hot or humid day, you might also need more water.
- You should be careful how much fruit juice, cordial and soft drinks you drink. They can make you put on weight and damage your teeth.

How does my body get rid of water?

Your body gets rid of water throughout the day through:

- breathing
- sweating
- urinating (doing a wee)



How can I stay hydrated?

You can stay hydrated by:

- carrying a water bottle with you
- keeping chilled water in the fridge on hot days
- flavouring water with lemon, strawberries or mint if you find it hard to drink plain tap water
- having water on the table when you're eating

## Key facts

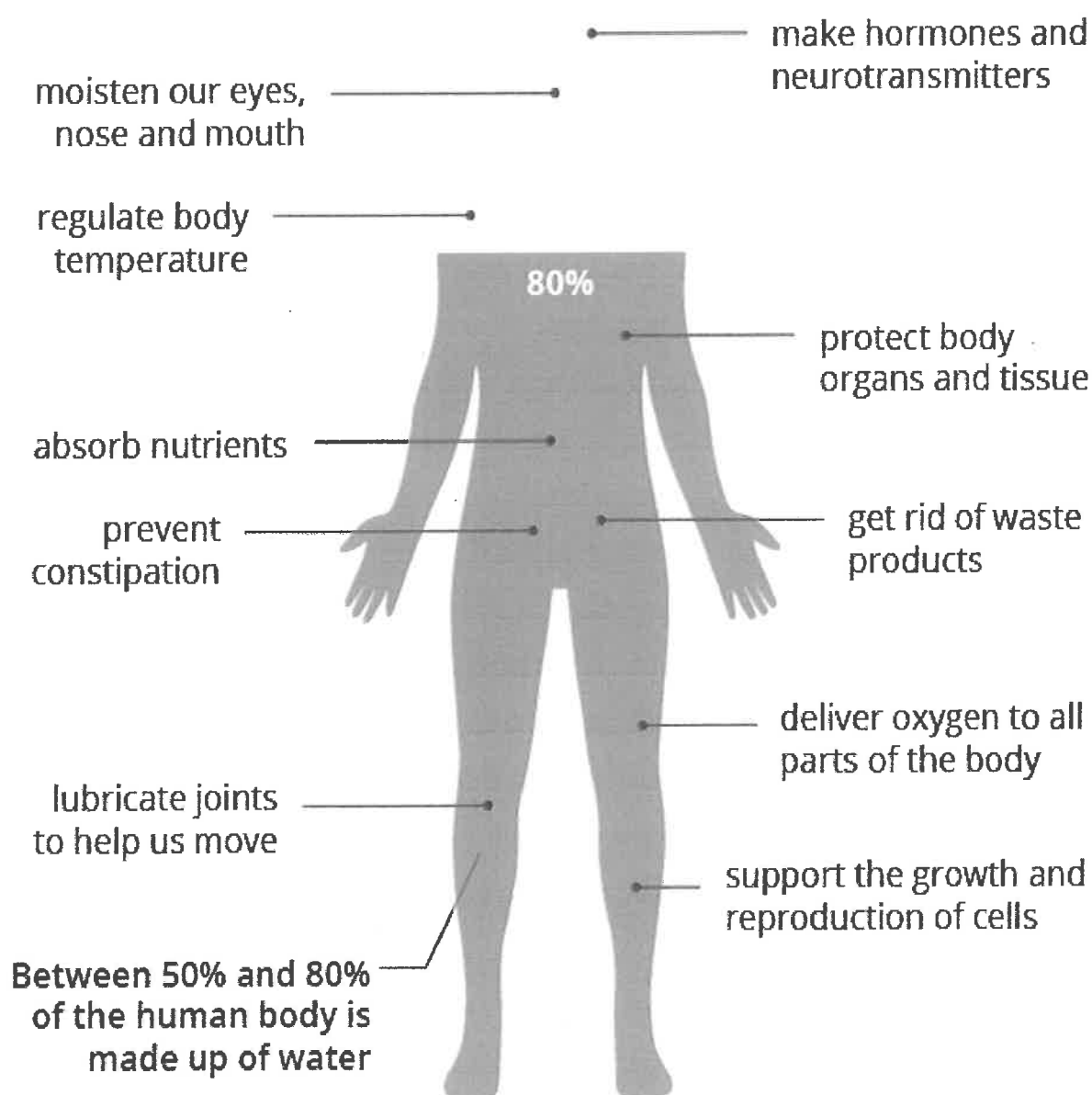
Water is the best fluid to drink for good health.

Your body needs water to survive and work properly.

In Australia, tap water is the best choice to stay hydrated.



Drinking plenty of water every day is important for good health.  
Our body relies on it for many of its functions. Water helps to:



We get about one fifth of the water we need from food and the rest from drinking fluids.

Men need about 10 cups\* of fluids every day, women need about 8 cups and kids need 4-8 cups depending on their sex and age.

It's a good idea to choose water over other drinks that contain added sugars or alcohol.

\*In Australia, 1 cup is equivalent to 250ml.

**Sources:**

Eat For Health - What is a serve?  
Nutrient References Value - Water  
Mayo Clinic - Nutrition and health eating

**healthdirect**



**Knightline Computers**  
109 Federal Street Narrogin  
9881 4834

**10% off all jaycar products over \$50 purchased**

**Our Services Include:**

**jaycar**  
Authorised Reseller

**1. Hardware Repair**

- **Screen or Display Issues:** Cracked screens or malfunctioning displays (for laptops or desktops).
- **Hard Drive/SSD Replacement:** If your computer is running slowly or experiencing frequent crashes, the hard drive might be failing.
- **RAM Upgrade or Repair:** If your system is lagging, upgrading or replacing the RAM might help.
- **Motherboard Repair or Replacement:** Issues with the motherboard could lead to your computer not turning on or having connectivity issues.
- **Power Supply Issues:** Problems with your computer's power supply can prevent it from powering on.
- **Battery Replacement:** If you're using a laptop with a battery that no longer holds a charge, a replacement might be needed.

**2. Software Services**

- **Virus and Malware Removal:** Cleaning up your system from viruses, malware, or spyware that could be causing performance issues.
- **Operating System Reinstallation:** Reinstalling Windows, macOS, or Linux to resolve system errors or performance issues.
- **Software Updates:** Ensuring your operating system and installed software are up to date for security and performance.
- **Data Recovery:** Retrieving lost or corrupted files from damaged drives.
- **System Optimization:** Cleaning up unnecessary files, optimizing startup processes, and ensuring smooth operation.

Choosing the right service for computer repair is crucial, and there are several reasons why you might consider our services. Here's why you should choose us for your computer repair needs:

**1. Expert Technicians**

Our team consists of experienced technicians who have the skills to handle any computer issue. Whether it's hardware failure, software glitches, or virus removal, we know how to fix it efficiently.

**2. Fast and Reliable Service**

We understand how important your computer is for work and personal tasks. That's why we offer quick turnaround times without compromising the quality of service. Most repairs can be completed within 24-48 hours.

**Open Monday to Friday 8am to 5pm**  
**Saturdays 8am to 12pm**



# MOVIE AFTERNOON

*Join us for popcorn and ice cream at the CRC on  
Wednesday, 17 December at 2:00pm!*

*There's no charge for the movie, but a small cash  
donation towards the popcorn and ice cream would be  
greatly appreciated. RSVP for numbers please.*

*When booking your spot, please let us know which  
movie you'd prefer from the list below:*

---

## SAVING GRACE

*Starring Brenda Blethyn (Vera), Martin Clunes, Leslie Phillips*

**Genre:** British comedy

A small-town English widow, facing financial troubles after her husband's suicide, turns to agriculture of a rather *illegal* kind.

---

## POMS

*Starring Diane Keaton and Jackie Weaver*

**Genre:** American comedy

A heartwarming comedy about a group of women who start a cheerleading squad at their retirement community — proving you're never too old to *bring it!*

---

## FINDING YOUR FEET

*Starring Imelda Staunton, Celia Imrie, Joanna Lumley*

**Genre:** British comedy/drama

On the eve of retirement, a snobbish, middle-class woman discovers her husband's affair with her best friend and is forced to move in with her free-spirited sister on a London council estate — leading to unexpected adventures and second chances.



# Central Agcare COUNSELLING

**Free** confidential counselling services are available to all. We offer counselling to all age groups from 5 years of age.

Face to face counselling or by phone servicing the Corrigin, Bruce Rock, Narembeen, Kulin, Kondinin, Hyden, Quairading, Brookton, Pingelly, Cuballing & Wickepin areas.

Art Therapy is available with Joyce Contos in Narrogin by appointment.

We are qualified Family Counsellors who can help individuals, couples and families negotiate their way through distressing experiences and bring understanding to them such as:

Anxiety

Depression

Life changes (physical & mental)

Abuse (past and present)

Loss and grief and

Relationship issues (home & work)

We are here to help.

**Contact our Counsellors:**

**Marie Meehan: 0456 294 765**

**Anne Hague: 0427 133 711**

**Joyce Contos: 0428 891 244**

Email: [ceagcare@bigpond.com](mailto:ceagcare@bigpond.com)



Central Agcare  
COUNSELLING

20 Kirkwood Street, CORRIGIN  
(PO Box 6, CORRIGIN WA 6375)





The team at Facey Group warmly invite all our members, valued sponsors & their families  
to join us for an evening of festive cheer at our

# Facey Group

## 2025 Christmas Party

### Wednesday, 17th December 2025

### Wickepin Community Centre

**KIDS  
ACTIVITIES**

**TASTY  
FOOD**

**COLD  
DRINKS**

**LIVE  
MUSIC**

**5pm  
till  
late**

Proudly sponsored by



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RSVP



# WE ARE HIRING

## COMMUNICATIONS SUPPORT OFFICER



APPLY  
NOW!

### FLEXIBLE CASUAL/PART-TIME POSITION

- ✓ SUPPORT SOCIAL MEDIA & DIGITAL CONTENT CREATION
- ✓ ASSIST IN SHARING LOCAL KNOWLEDGE & RESEARCH RESULTS TO OUR MEMBERS
- ✓ BE PART OF A POSITIVE VOICE FOR AUSTRALIAN AGRICULTURE
- ✓ HANDS ON TRAINING & MENTORING



Facey Group seeks an enthusiastic **Communications Support Officer** to join our small, friendly team supporting local growers and agricultural innovation across the Western Australian Wheatbelt.

Reporting to the Communications and Engagement Coordinator, you'll help deliver social media content and support communications activities that connect our members, partners, and community.

This flexible role would suit a student, early-career professional or a mature-age applicant returning to the workforce with an interest in digital media, agriculture, communications, or marketing. You'll gain hands-on experience in digital storytelling, community engagement, and event delivery — with mentoring from experienced staff.

We're looking for someone who:

- Enjoys writing, photography, and digital content creation.
- Is organised, adaptable, and happy to help wherever needed.
- Is keen to learn and contribute to a community-driven organisation.

**Hours:** 8–12 hours per week, flexible.

**Location:** Wickiepin, with the option to work from home part of the week.

**Remuneration:** Based on experience and aligned with Fair Work standards.

We'd love to hear from you if you'd like to help share the stories of local farmers and research that makes a difference.

### To apply:

Please send your CV and a short cover letter (max 1 page) explaining why you're interested in this role to Ms Tina Astbury via email [eo@faceygroup.org.au](mailto:eo@faceygroup.org.au) by

**Friday, 19th December 2025.**



# GRDC Spray Application Workshop



## Facey Group

invites all growers and spray applicators to this open workshop

### Setting-up Sprayers, Calibration + Demonstrations

LOCATION	Wickepin Community Centre + Paddock Demo
DATE	Thursday, 12 <sup>th</sup> February 2026
TIME	9:30am - 5pm
NOCOST	Lunch provided   Sundowner to conclude Workshop
PRESENTER	Bill Campbell, Application Specialist
TOPIC	Sprayer equipment set-up, calibration and best practice application for efficiency and efficacy

Growers are aware of the importance of their spray equipment for delivering correct chemical application and minimising drift. This workshop will address knowledge gaps around appropriate sprayer setup and calibration requirements for the different spraying systems so they can effectively and efficiently apply chemicals. Includes hands on, in paddock practical sprayer demonstrations.

RSVP by Thursday 13th March

To <https://events.humanitix.com/grdc-spray-application-workshop> or by the QR code below:





# GRDC | Facey Group WA Supply Chain Insights Tour

*Join us for a Members Exclusive insider look at the WA grains supply chain!*



## DAY ONE

19th February 2026

*Tour ...*



**Rabobank**

- ✦ Tolga Farm - Kulin
- ✦ South West Liquids
- ✦ Rabo Research
- ✦ Demeter Grains
- ✦ Gage Road Brewery

## DAY TWO

20th February 2026

*Tour ...*

- ✦ Joe White Malting Plant
- ✦ Quaker Oats
- ✦ CBH Australian Grains Centre
- ✦ CBH Metro Grains Centre



SCAN THE  
QR CODE  
TO REGISTER YOUR  
INTEREST



*Approx cost - \$175 per head  
inc. all food, accommodation  
& transport*





Across Western Australia, farming, regional and rural communities make up a significant proportion of patients treated by the Burns Service of WA. In a state as vast as ours, access to world-class care is not just important—it's essential.

Through the **Horizon Campaign**, we are building a future where every person who suffers a burn injury—no matter where they live—is given the best possible chance to recover, rebuild, and return to the life they love.

**The Farming Collective** is your opportunity to be part of this change.

By donating a portion of your harvest to the Fiona Wood Foundation's grower account, you will directly support our **Research Innovation Fund**—a lasting legacy that will power breakthroughs in treatment, prevention, and recovery.

**Your harvest donation will help turn pioneering research into real-world solutions, so that more patients can return home, get back on the tractor, and continue to care for their families, their land, and their communities.**

Together, we can make sure no one is defined by their burn injury—and that the best care in the world is available right here in WA, for generations to come.

For more information – please contact Diane Lim, [diane@fionawoodfoundation.org.au](mailto:diane@fionawoodfoundation.org.au) or phone 6285 5647.



**Fiona Wood Foundation**

#### JOIN THE FARMING COLLECTIVE

Donate from your harvest. Help us build a new horizon.

**The Farming Collective is the power of WA's farming community, united by a shared purpose.**

Just as every grain helps bring in a harvest, every tonne you give grows into something greater.

#### Donate 10 tonne parcels from the 2025/2026 Harvest

Your donation joins with others across WA, building a collective yield that fuels the Research Innovation Fund.

Together, we're cultivating a future where every tonne makes a difference.

#### How to pledge from your 2025/2026 harvest

1. Log in to your Loadnet account
2. Go to the 'nomination' tab
3. Click on the 'Transfer' tab
4. Select 'Commodity'
5. Add the FWF account number: **40580748**
6. Select the number of tonnes from your load to donate to FWF
7. Or Contact Ten Tigers and they will guide you through the process (08 9964 9905)

Also consider nominating the Fiona Wood Foundation for the overload scheme.

Please let us know your intentions so we can acknowledge your support.



**Download your Harvest Donation Form** at <https://fwfhorizon.org.au> or please call Ten Tigers on 9964 9905.

# HARVEST DONATION FORM

HORIZON  
A NEW ERA OF BURN RESEARCH

## TURN YOUR HARVEST INTO HOPE

By donating a portion of your harvest to the Fiona Wood Foundation's grower account, you will directly support our Research Innovation Fund—a lasting legacy that will power breakthroughs in burn treatment, prevention, and recovery.

### Donor Details

I/We are donating as an ☐ Individual ☐ Organisation

Title First Name/s Surname/s

Trading Name Growers ID  
(For Tax Deduction Purposes)

Address

Suburb Postcode

Phone Mobile Email

### Donation Details

I/We would like to donate (in multiples of 10 tonnes)

☐ Barley tonnes ☐ Wheat tonnes ☐ Other tonnes  
Please specify grain/crop

for a duration of ☐ 1 year ☐ 2 years ☐ 3 years

for a total gift of tonnes of Expected delivery date  /  /   
tonnes of Expected delivery date  /  /

#### IMPORTANT TO CONSIDER:

- Gift (transfer of ownership) occurs before the grain or crop commodity is sold.
  - The donor shall not sell the grain or crop commodity or otherwise provide instructions of the sale of the grain/crop.
- I/We understand that any gift intention is not binding and may be altered by me/us should circumstances necessitate.

☒ I/We give permission to Fiona Wood Foundation to list my/our names as supporters of the Horizon Campaign.

By donating your harvest, it will be tallied as part of **The Farming Collective**.

Signature Date  /  /

Thank you. Your generous gift will ensure that the Research Innovation Fund can allow our researchers to focus on what truly matters, pushing the boundaries of science, accelerating discoveries and delivering faster impact to those who need it most.

**Together, we can move towards this new horizon: where patients return to life after a burn injury, healed inside and out, and thrive.**



Fiona Wood  
Foundation

THE FIONA WOOD FOUNDATION INC. is endorsed as a Deductible Gift Recipient (DGR) | ABN: 65993189366 | [www.fwfhorizon.org.au](http://www.fwfhorizon.org.au)  
For any questions relating to your donation please contact Diane Lim on 0423 066 904 or [diane@fionawoodfoundation.org.au](mailto:diane@fionawoodfoundation.org.au)  
Ten Tigers is an independent grain marketer acting on behalf of the Fiona Wood Foundation to sell the donated grain/crop.

## Business, Trade & Service Directory



Electrical, Air Conditioning, CCTV & Solar Systems

### **Servicing Areas:**

- Boddington • Narrogin
- Darkan • Arthur River
- Wandering • Pingelly
- Williams • Cuballing
- Wagin • and surrounding areas

Contact Volt Air:



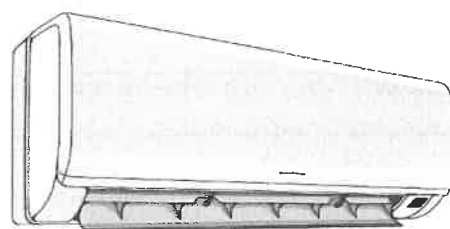
0438 903 621



admin@volt-air.com.au

**Swartsie**  
**ELECTRICAL**

EC5887 - AU51931



Are you in need of a Sparky?

With over 30 years of experience in the electrical industry, contact Paul for your electrical works (split system installs, general electrical works, etc.)

### CONTACT

Paul Swarts (Local to Wickepin)

0488 624 644

swartsie@live.com





## Local Service

Summit Fertilizers Area Managers live and work in your local communities, and understand what matters most for your farm to succeed, backed with over 35 years of agricultural knowledge and recommendations customised for your needs.

For more information on how Summit can partner with you for growing success, please contact your Local Area Manager.



GERALDTON  
Murray Simon  
0429 947 919



COOROW  
Juliet Mc Donald  
0429 945 332



MOORA  
Alana Alexander  
0417 490 047



WONGAN HILLS  
Sartha Marais  
0429 579 541



KELLERBERRIN  
Tracey Hobbs  
0429 476 007



MERREIDUN  
Kobus Marais  
0427 766 508



NORTHAM  
David Armstrong  
0447 109 545



WILLIAMS  
Mark Stephens  
0427 788 521



CORRIGIN  
Steve Cooke  
0429 934 243



NARROGIN  
David Hall  
0477 923 684



LAKE GRACE  
Brett Coxon  
0427 766 508



ESPERANCE (W)  
Matt Ryan  
0408 092 355



ESPERANCE (E)  
Nick Donkin  
0428 715 045



BUNBURY  
Ralph Papalis  
0427 766 535



KOONHUP  
Chloe Turner  
0447 469 245



ALBANY (E)  
Andrew Wallace  
0427 092 920



ALBANY (W)  
Mark Leckey  
0498 223 421

# ANGWIN PLUMBING AND GAS

Do you need a plumber gas fitter?

Then call Rhys Angwin we are a friendly plumbing business operating throughout the Upper Great Southern & surrounding areas. We specialise in all types of plumbing and gas work ranging from:

- 24/7 emergency care
- Leaking taps & toilets
- Burst pipes
- Blocked drains and pipes
- New hot water unit installations
- Ovens, hotplates, dishwashers and fridges
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And much more!!!

Call Rhys with whatever plumbing or gas problem you have.

Pensioner discounts!

Call: **0400-165-265**

**PL: 84998GL: 014986**

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**RYANDUFFY**

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- ◆ Bobcat
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- ◆ Post Hole Digger
- ◆ Tip Truck

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- House Pads
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- Trench for Utility Connections
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- Yellow Sand
- Gravel
- Bluemetal
- Cracker Dust



Servicing the  
District for  
24 years

**Call Rob on 0428 836035**

Or email [bronwyndew@westnet.com.au](mailto:bronwyndew@westnet.com.au)

**FOR ALL YOUR PEST CONTROL NEEDS**

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**McPest**  
 **PEST CONTROL**

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**All jobs interior and exterior  
Considered at competitive prices by  
A local qualified technician based in  
Kulin**

***Specialising in termite inspections,  
Termite treatments/barriers and  
Reports.***

# PROFESSIONAL OVEN AND COOKTOP CLEANING

**CALL CHAD ON  
0436 345 841**

Requires minimum of two (2) customers per day.  
Scheduling for first week in February, however, will  
consider before Christmas if available.

## AVAILABLE SERVICES

### OVEN CLEANING

- \$230.00

### COOKTOP CLEANING

- 4 BURNER \$80.00
- 5 BURNER \$95.00
- + \$15.00 FOR EACH  
EXTRA BURNER

### RANGEHOOD

- 60CM \$80.00
- 90CM \$95.00

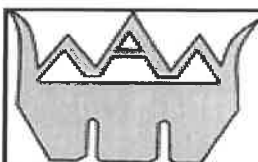
### REPLACEMENT GLOBES

- Replace oven globes  
\$10.00 each

### BBQ

- Will quote upon request

**BOOKINGS ARE  
ESSENTIAL**



**WAA WOOLS**

LOCATED @ 49 GRAHAM RD, NARROGIN

### WE SPECIALISE IN :

### **ODDMENT SERVICES**

**AUCTION SALES AND ADVICE**

**CALL US TO ARRANGE A TIME  
THAT SUITS YOU**

**KYLE GUMPRICH - 0472 639 345**

## MELCHIORRE PLUMBING & GAS

Brad Melchiorre

0424 657 097

[admin@melchiorreplumbing.com.au](mailto:admin@melchiorreplumbing.com.au)



### **FOR ALL YOUR PLUMBING NEEDS**

Commercial \* Industrial \* Residential \* Maintenance

## CONTRACT FENCING YEALERING

RURAL FENCING  
SPECIALIST

ALL ENQUIRES  
WELCOME

### CALL GREG

☎ 0457735702

✉ [gpockran@gmail.com](mailto:gpockran@gmail.com)

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WOOL MERCHANTS

-Wool sold Daily to local and overseas buyers

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Pressing prompt payment

- Forward options available:

-Fleece Only, Fleece Pieces Bellies, Minimum Prep

Liam Basire 0448 741 969

Andrew Basire 0417 950 914



# Wickepin Mechanical

**For car servicing and repairs**

Mobile Mechanic, I can come to you!

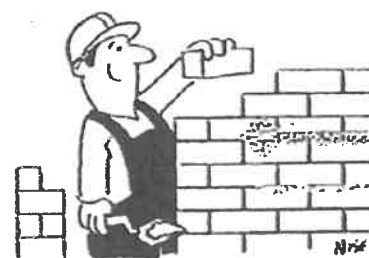
Give me a call on

☎ 048 7258 135



## G.S & B Madej

- Concreting
  - Bricklaying
    - Brick paving
    - Liquid Limestone / concrete



Greg: Mob: 0427 812 006

Email: [gsbmadej@westnet.com.au](mailto:gsbmadej@westnet.com.au)





## Ewen Rural Supplies

38 Wagon Rd  
Wickepin  
Ph 9888 1002

[ewenrural@ewenruralsupplies.com](mailto:ewenrural@ewenruralsupplies.com)

### Christmas and New Year Trading Hours 2025 -2026

Monday 22 <sup>nd</sup> December 2025	8am – 5pm
Tuesday 23 <sup>rd</sup> December 2025	8am – 5pm
Wednesday 24 <sup>th</sup> December 2025	8am – 5pm
Thursday 25 <sup>th</sup> December 2025	CHRISTMAS DAY CLOSED
Friday 26 <sup>th</sup> December 2025	BOXING DAY CLOSED
Saturday 27 <sup>th</sup> December 2025	8.30am – 12 noon
Sunday 28 <sup>th</sup> December 2025	CLOSED
Monday 29 <sup>th</sup> December 2025	8am – 5pm
Tuesday 30 <sup>th</sup> December 2025	8am – 5pm
Wednesday 31 <sup>st</sup> December 2025	8am – 5pm
Thursday 1 <sup>st</sup> January 2026	NEW YEARS DAY CLOSED
Friday 2 <sup>nd</sup> January 2026	8am – 5pm
Saturday 3 <sup>rd</sup> January 2026	8.30am – 12 noon

Please contact us for an order form for fresh  
produce.



We wish all our wonderful customers and their loved ones a  
safe and enjoyable festive season.

## WATERSHED NEWS HISTORY

There doesn't seem to be any recorded  
History of how the Watershed News  
evolved.

Is anyone interested in the History of the  
Watershed News and able to contribute  
any information.

- 1 Why it began?
- 2 When it started?
- 3 How it was started
- 4 Where it was first typed and  
printed?
- 5 Who was first involved?
- 6 Was it weekly, fortnightly, monthly?
- 7 Any further information?

Any input is essential to have a recording  
done of the progress of the current  
fortnightly publication. Please email  
[wickepinwatershed@gmail.com](mailto:wickepinwatershed@gmail.com) any  
memories or names of people that could  
possibly be of assistance. Every input is  
important.



## RABBIT PROOF RAM SHEARING

NO RAM TOO BIG! NO JOB TOO SMALL!  
QUALITY GUARANTEED!

### STUD AND COMMERCIAL RAM SHEARING

ALPACA SHEARING  
PET SHEARING  
GOAT SHEARING  
SMALL FLOCK SHEARING  
LAMB SHEARING  
CRUTCHING

FREE LICE AND D-WORMIER FOR ALL PET SHEARING

CONTACT MITCH  
0461 395 003

## “Games and Afternoon Tea”

Thursday the 27<sup>th</sup> September

1pm

At the Yealering CWA

Come for a catch up or a game of  
Rummy O, Mahjong, Scrabble, Chess,  
or Cards. If games aren't your thing,  
bring a hand craft project (knitting,  
crochet etc) that you are working on,  
or just come along from 1pm or any  
time after for a catch up.

Hope to see you there!



## SPORTS NOTES



# *Come & Try* **Pickleball**

Delivered by: TA Tennis Coach & Qualified Pickleball Deliverer Megan Henry

Pickleball Development and Fun

• Movement • Improve Your Skills • Connect with Friends

ALL WELCOME | SUITABLE FOR ALL AGES & ABILITIES



*Come & Try*

**Pickleball**



### **WICKEPIN TENNIS CLUB**

**THURSDAY: 12th, 19th, 26th FEB 2026**

**6:00pm - 7:30pm | ALL EQUIPMENT PROVIDED**

**COST: \$20 per session | BSB: 066 522 ACC: 100 40207**

Grab a friend & Register directly with: ZOE MULLAN 0448 001 958

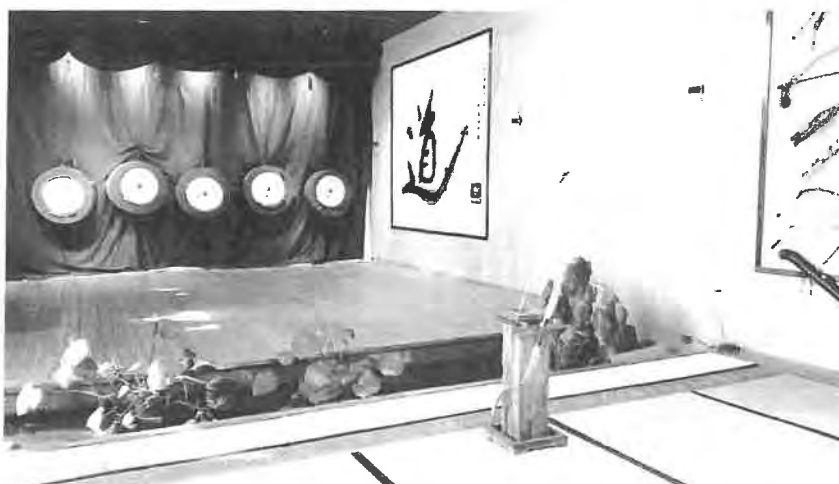
Delivering Tennis & Pickleball with • Passion • Fun • Inclusion

<https://megan-henry-tennis-and-golf.square.site/>



## **BANKSIA BOWMAN ARCHERY**

We are at that time of the year where we switch from our winter schedule to our summer schedule. Saturday Nov. 22 will be the last afternoon shoot for the year. There will be no Saturday shoot at Wickepin on Nov. 29th as we are doing a Sunday morning shoot at Popanyinning Oval, Nov. 30. We will start our Saturday morning shoots at 9.00am at Wickepin on Dec. 6, then Dec. 13, which is our Christmas shoot, and Dec. 20. We then take a break over Christmas and the New Year and start the 2026 year Jan. 17, Saturday morning, at 9.00am. Hope to see you all at the shoots.





# LAKE YEALERING BOWLING CLUB

**Saturday 15<sup>th</sup> November 2025**

(B) NARROGIN v YEALERING at Narrogin.

YEALERING had an impressive win. Well done, congratulations to all teams.

**Saturday 22<sup>nd</sup> November 2025**

BROOKTON v YEALERING at Brookton. Unfortunately Yealering Lost

**Saturday 29<sup>th</sup> November 2025**

YEALERING have a BYE

**Saturday 6<sup>th</sup> December 2025**

YEALERING v PINGELLY

Yealering looking forward to a Home Game.

Haven't had a Home Game since 18<sup>th</sup> October 2025

**Sunday 21<sup>st</sup> December 2025**

YEALERING COMMUNITY XMAS TREE CELEBRATION



## Physical Health Benefits of Lawn Bowling

### **Low-Impact Exercise:**

Lawn bowling is a lowimpact sport that involves walking, bending, and controlled upper body movements. This makesit suitable for individuals of all ages and fitness levels, particularly older adults.

### **Cardiovascular Fitness:**

Regular participation in lawn bowling can improve cardiovascular health by increasing heart rate and blood circulation. The gentle exercise helps maintain healthy blood vessels and reduces the risk of cardiovascular diseases.

### **Muscle Strength and Flexibility:**

The sport engages various muscle groups, particularly in the arms, back, and legs. The repetitivem ovements involved in delivering the bowls contribute to muscle tone and flexibility, reducing the ri sk of falls and injuries.

### **Balance and Coordination:**

The precision required in lawn bowling enhances balance and coordination, which is especially ben eficial for older players looking to maintain their physical capabilities.

## Mental Health Benefits of Lawn Bowling

### **Cognitive Stimulation:**

The strategic nature of lawn bowling requires players to plan their shots and anticipate opponents' moves, stimulating cognitive function and improving concentration and problem-solving skills.

### **Stress Reduction:**

Engaging in lawn bowling can significantly reduce stress and anxiety levels. The combination of physical activity, focus, and social interaction helps players relax and clear their minds.

### **Social Interaction:**

Lawn bowling fosters a sense of community and camaraderie among players. Regular social interaction is linked to reduced stress levels and a lower risk of depression, making it an excellent activity for mental well-being.

## Conclusion

Lawn bowling is not just a leisurely pastime; it is a sport that promotes both physical and mentalhe alth. By participating in lawn bowling, individuals can enjoy a fun and engaging way to stay active , improve their fitness, and connect with others, all while reaping significant health benefits.Whether you are a seasoned player or a beginner, lawn bowling can contribute positively to your overall well-being.



## UPCOMING EVENTS

25.11.25—Ladies League Championship Triples –Wickepin

30.11.25—Championship Pairs - Men

8.12.25 –Busy Bee at the clubhouse

9th and 10.12.25 –Merino Fours

14.12.25 – Mens League Champ Triples & Pairs

### Friday Scroungers-4.30pm

Great to see a few people enjoying Friday night roll up!

Keen to try bowls socially but want a bit more club info or encouragement—Greg is your man—get in touch 0427 881057

BAR OPEN



Eleven bowlers played for the Captains trophy with Graham O'Brien, Greg White and Beryl Elphick taking the honours for the day —hot on their tails were runners-up Robyn Mullan, Aaron Bransby and Chris Moore. Congrats bowlers... some great bowls and fabulous day !

Presidents Power Play singles is fast, punchy and a bit ruthless. Ten bowlers played with tactical power ends where you take risks, double your score, nominate a "power-play", attack the jack or try big shots—either way not just your quiet roll-up fun. This Sundays Power Player was Robyn Mullan with Chris Moore close behind.

#### PENNANT RESULTS:

Tuesday 11.11.25 Wickepin 42 - Brookton 33 - (4-0)  
 Saturday 15.11.25 Narrogin 68 - Wickepin 33 (6-0)  
 Tuesday 18.11.25 Pingelly 36 - Wickepin 37 (1-3)  
 Saturday 22.11.25 Brookton 65- Wickepin 52 (5.5-.5)

As of Tuesday 18th, the Tuesday pennant ladder shows Wickepin sitting nicely on top with 11 points, Brookton and Williams each chasing hard on 8 points, and Pingelly on 5.

No pressure... but keep the good bowls rolling Wicky—the view's better from up here!

#### TUESDAY PENNANT FIXTURE

02.12.25 WILLIAMS Postponed  
 20.01.26 PINGELLY Wickepin v Brookton

#### SATURDAY PENNANT FIXTURE & KITCHEN ROSTER

29.11.25 WICKEPIN V Williams B B. Elphick  
 13.12.25 WICKEPIN V Pingelly R. O'Brien

#### LEAGUE CHAMPIONSHIP Triples at Wickepin 25th November 2025

Good bowling to Judy Lang, Beryl Elphick, Marj White, Robyn Mullan, Leanne Smith and Chris Pethybridge bowling on Tuesday in this event.

#### PENNANT TEAMS — GOOD LUCK AND GOOD BOWLING!

Saturday 29.11.25 :  
Round 7 at Wickepin

Greg White, Robyn Mullan, Peter Mullan, Robert Bennier  
 Peter Bransby, Aaron Bransby, Robyn O'Brien, Dennis Bransby.  
 Graham O'Brien, Chris Moore, Warren Thompson, Lloyd Arundel

Tuesday 02.12.25 :

Round 5 at Williams - This Pennant match will be postponed

THANKS TO EVERYONE WHO TURNS UP, PITCHES IN, KEEPS THE SPIRIT STRONG, FOOD TASTY & LAUGHTER LOUD  
 BECAUSE OF YOU, THE DOORS STAY OPEN, THE DRINKS STAY COLD, THE BOWLS KEEP ROLLING.

## **Wickein/Harrismith Cricket Club**

### **Cricket November 8/9<sup>th</sup> 2025**

Well, we finally made a decent amount of runs, 260, and took a reasonable number of wickets, 7. Unfortunately we played 2 games over the weekend to get there.

Game 1. A home game in Yealering in front of possibly the biggest crowd any of us have ever played a game of cricket. Thanks for the support, Yealering, and many others who drove out to watch us play and possibly go to the pub afterwards. Our 2 biggest goals before each game is to get 11 players and win the toss and bat 1<sup>st</sup>, and we did both. Moral victory to us. Usual openers Ty (5) and WG Kim Bayley (8) got us off to our usual start in seeing off the new ball. Unfortunately, no one has told these 2 the new ball lasts more than 4 overs. Craig 'shot gun' Jespersen opened the umpiring and after 2 LBW decisions went against us Craig signalled for a replacement as he didn't want to break the Yealering record of giving 3 LBW decisions in a season and he was about to do it in one game. A lot of single figures filled in the score sheet with Dane Angwin breaking that up with a 10 ball duck. Inzi 1/4maine and Silver Caen Taylor crawled their way to 10 and 20 respectively. New recruit Ilija Stajic hit his 1<sup>st</sup> 2 balls for the club to the boundary and made double figures. Crazy Jespersen made 16, surprisingly only 15 of these runs achieved behind backward point. Sheriff Spencer made 8, Jimmy Miller 17\* and Cooper Bennier made an energetic duck off 4 balls. All out for 123 in the 38<sup>th</sup> over. Including 4 LBW self umpiring decisions, equalling a Yealering home team record that was set 30 years ago when a young Graeme Manton was keen to go to the pub. How things have changed.

The old Yealering canteen hosted the arvo tea with Ricky Dougall commenting that it was a nice spread, but it would be nice to see some home made cakes and biscuits on the table or at least make the effort to take the wrapper off, repackage it, and pass it off as your own.

We headed into the field keen to take early wickets. We didn't. Inzi (0/9) kept it tight but couldn't break thru and neither could skipper Dizzy Pockran (0/28) even with the encouragement from the huge crowd the Yealering Champion (as was the call) went wicketless. Silver Taylor (2/26) and Red Bennier (0/33) both bowled well in tandem, but Cooper was a bit over energetic with repeated use of the beam ball, costing us runs and lots of extras. Sheriff Spencer (1/17) brought himself on and took a wicket. Ilija took a wicket 1<sup>st</sup> ball, (1/9). Only a few blemishes in the field with Dane running too fast from the boundary with it bouncing off his chest, and then Sheriff Spencer had one bounce off his head. As you can imagine we showed lots of compassion. They passed our score in the 31<sup>st</sup> over and we headed to the pub for some refreshments and a debrief which lasted several hours.

### **Game 2.**

We travelled to Lake Grace with 11 players and won the toss. Back-to-back moral victories. Both Cooper and Sheriff didn't make it to Lake Grace, and I don't think anyone should read anything else in to that. Illy opened with Ty as Kim, Inzi and Caen were late, and he made a solid 25. Ty 7, Brock a windy 12, Kim and Mitch both made ducks as we went from 2/49 to 6/49. Caen 24, Inzi 33, Jimmy 8, and Dane a quick fire 12\*. Booza, suffering some PTSD and returning to the pitch where he was sconed without a helmet last time we played here managed to get 1 not out. This time Booza thought it wise to put the helmet on before he got hit not after. No obvious damage was reported. 9 down for 137 off the full 45 overs.

Arvo tea was a Ricky Dougall banquet dream and he wasn't there.

We had Docker Jordan Clark dropped at 1<sup>st</sup> slip by Inzi in what can only be described as an absolute sitter. We thought Inzi was an Eagles supporter but now we aren't sure. We only took one wicket..... but what a wicket. Henry Blechy from Pingelly was filling in and extracted the edge from Clark for it to go to 2<sup>nd</sup> slip but unfortunately our slips had long been removed as they were deemed unnecessary. Wicket keeper Ty launched himself to take catch of the year. Please see in the comments of our FB page the video of this amazing feat. Less amazing was the fact this was our only wicket, and they passed our score in the 20<sup>th</sup> over.



such a short run up and had already bowled it. Dylan Miller bowled 4 overs 0/14 to be the pick of the bowlers. Despite the lack of success it was an enjoyable weekend of cricket and there is certainly a good culture growing around the club. (seriously do yourself a favour, go on to the Wickepin/Harrismith CC Facebook page and check out our only wicket from the Lake Grace game). Got a few weeks off until our next senior game on the 29<sup>th</sup> November at Wicky Oval. Our juniors play this weekend Sunday 16<sup>th</sup> at Wicky Oval at 9.30am.

### **Junior Cricket V Kulin Sunday 16<sup>th</sup> November**

In our second game we batted 1<sup>st</sup> making 5 out for 53 from our 30 overs. Fletch Miller top scoring on 9\* and Linc Wilson and Hudson Ballard both making 3\*. Everyone else managed 1 or slightly less but at least there were no 1<sup>st</sup> ball ducks this week. Batsmen have to retire after they face 20 balls, so we have quite a few not outs\*.

Our bowling, much like our batting, was much improved. Maysen Smith took a wicket by bowling someone out and Nate Lansdell got a wicket with Heath Taylor taking a good catch whilst wicket keeping. Kulin past our score by making 120 runs.

Thanks to everyone who turned up to watch, there was quite a crowd. No training on Thursday the 20<sup>th</sup> November. Our next game will be at Dumbleyung Oval on Sunday 30<sup>th</sup> November.



#### **POOR PADDY**

The pub had not been open long when Paddy struggled in. The tears flowed freely from his eyes and dribbled down his chin.

The publican was most concerned at Pat's distressing state. "Come in and sit and talk awhile not what's the matter mate?"

Through the tears and sobs Pat blurted out "Me Ma in Ireland's passed away, me sister phoned this morning and the funerals today."

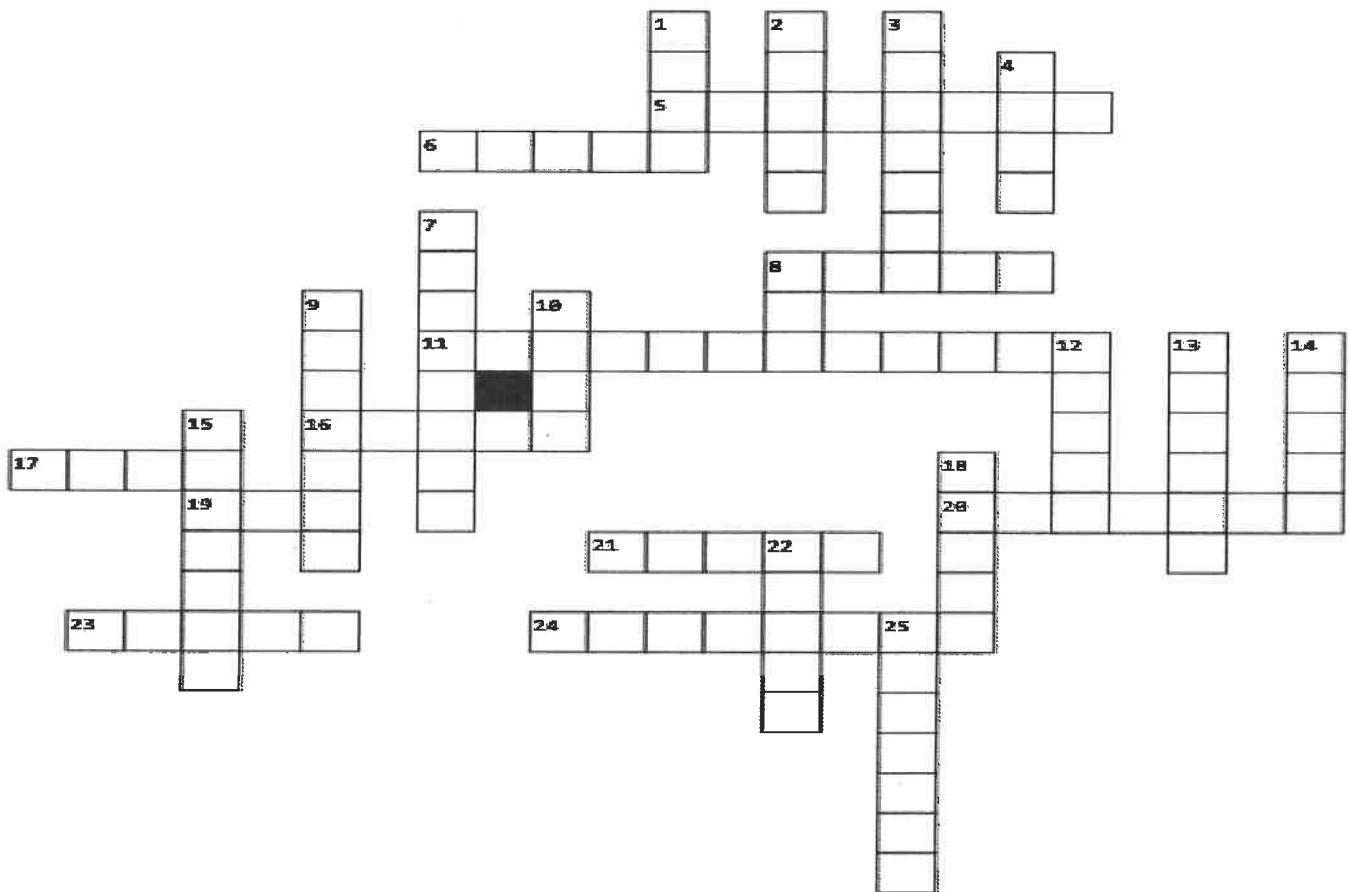
"Ah come now Pat just sit with me and have this tot of rum, just think of all the good times that you had with your dear Mum."

The rum and kind words settled Pat and slightly worst for wear he staggered home to get some rest, his grief alone to bear.

But morning saw Pat back again and looking grim no doubt. "Ah come on Pat," the barman said "We had this sorted out."

"I was OK," Patrick replied, "Sure things were going swell. But me brother called me up last night and his Ma's died as well."

# SPORT



## Across

- 5.** a person or team that wins a competition  
**6.** a circular course around which runners, cars, etc. race which often has especially prepared surface.  
**8.** the last match in a competition  
**11.** a room, where people change their clothes when they play sports, go swimming, etc.  
**16.** something that is given to someone who is successful in a competition, race, etc.  
**17.** to get the most points, votes, etc. in a game, race, or competition.

## Down

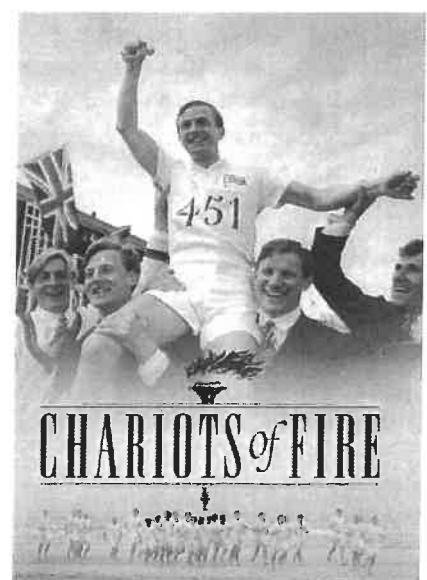
- 1.** to hit something with your foot/movement of your foot or leg, usually to hit something with your foot.  
**2.** to prepare for competitions or tell someone how to prepare for it, especially by exercising.  
**3.** a person who leads a team  
**4.** not to win a game, argument, war, etc.  
**7.** when you do a particular things, often regular, on order to improve your skills at it.  
**8.** someone who is very keen on a team or sportsperson  
**9.** to take part in competition or sports event.

## Recommendation

### Chariots of Fire

In the class-obsessed and religiously divided United Kingdom of the early 1920s, two determined young runners train for the 1924 Paris Olympics. Eric Liddell (Ian Charleson), a devout Christian born to Scottish missionaries in China, sees running as part of his worship of God's glory and refuses to train or compete on the Sabbath. Harold Abrahams (Ben Cross) overcomes anti-Semitism and class bias but neglects his beloved sweetheart Sybil (Alice Krige) in his single-minded quest.

*Chariots of Fire* won four Academy Awards: Best Picture, Best Original Screenplay (Colin Welland), Best Original Score (Vangelis), and Best Costume Design (Milena Canonero). The film also received the Golden Globe for Best Foreign Film and Ian Holm won Best Supporting Actor at the Cannes Film Festival.



↑  
**IGNITE  
WICKY**  
PRESENTS

# WICKEPIN FESTIVAL

**21-02-26**

**From 11am at Wickepin Oval**

**ALL AGES EVENT**

*Live Music*

*Market Stalls*

*Free Kids  
Entertainment*

*Food Trucks*

*Birds of Prey and  
Critters Up Close*

*Caricaturist*

*Games*

*Blade Shearing  
Display*

*Arthur Russell Art  
Display*

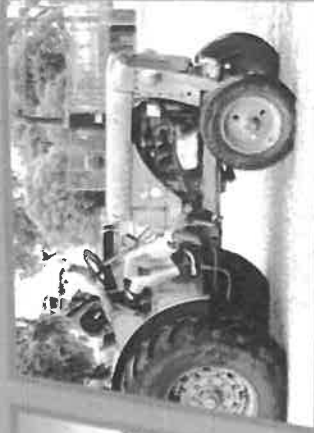
*My Favourite  
Wheels Display*

*Tractor Tug*

*Kids' Art Display*

*Sheaf*

*And*



Find us on Facebook





TERM 4 17 NOVEMBER, 2025

School Office: 9888 2300

School Email: [Wickein.PS@education.wa.edu.au](mailto:Wickein.PS@education.wa.edu.au)

WICKEPIN PRIMARY SCHOOL

# NEWSLETTER

Working together to learn, grow and succeed



## From the Principal

*Kaya parents, carers, and community members,*

### A Big Thank You to Our Wonderful Community!

What a busy and exciting fortnight we have had at Wickein Primary School! Here are some highlights and important updates:

#### Swimming Lessons

Our swimming lessons have begun, and it has been fantastic to see all students enjoying themselves in the water. There have been lots of smiles—and a few tired faces—by the end of the day! A huge thank you to families for labelling items each day; this really helps our staff at the pool. We also extend our gratitude to Maree Dougall, Darryl Gaul, Jess Joldescu, and Jo Priest for driving the Shire bus to and from the school and pool. A special thank you to the Shire of Wickein for generously donating the bus free of charge, your support makes a big difference!

#### Year 6 Transition Visit

Our Year 6 students recently visited Narrogin Senior High School as part of their transition to secondary education in 2026. Thank you to Mrs Hull for driving and accompanying the students. They returned full of smiles and excitement after a great experience!

#### Health Curriculum Support

We are grateful for our continued partnership with Community Health Services, who provided Nurse Tracey and Nurse Bob to work with our senior students. Their session sparked fascinating conversations about toothbrushing and mouthwashes!



# WHAT'S ON IN THE WICKEPIN SHIRE



## MONDAY

Fit Pursuit 5.45 – 6.30am, Wickepin Community Centre

## TUESDAY

She Shed He Shed 9am – 12pm, Old Recycling Shed, Richter Street

Pathology Service – By Appointment Only,

Wickepin Health Centre, Phone 9888 2222

Yoga 6 – 7.30pm, Harrismith Hall. All welcome.

During School terms. Tara: 0427 333 171

## WEDNESDAY

Social Arts & Crafts 9.30, Joyner Street

Chair Aerobics 9.00 – 10.00am, Wickepin Health Centre

Indoor Bowls 1pm, Wickepin Community Centre.

Wickepin Sports Club opens 5pm for Happy Hour 6-7pm

## THURSDAY

Fit Pursuit 5.45 – 6.30am, Wickepin Community Centre

Badminton 6pm, Wickepin Community Centre

## FRIDAY

Wickepin Playgroup 9 – 11am, during school term. Ages 0 – 5,

Playgroup Building Campbell St

Wickepin Sports Club opens 5pm for Happy Hour 6-7pm

## SATURDAY

Banksia Bowmen Archery – Summer Shoot Time Saturday

9-12 noon, Wickepin Community Centre

## SUNDAY

Anglican Church,

8am every 1st and 3rd Sunday. All welcome



# COMMUNITY CALENDAR 2025/2026

## NOVEMBER

Thu 27<sup>th</sup>

Games & Afternoon Tea Yealering CWA @ 1pm

## DECEMBER

Fri 5<sup>th</sup>

Senior Citizens Lunch @ 11.30am Community Centre

Mon 8<sup>th</sup>

**Watershed News final edition for 2025**

Mon 8<sup>th</sup>

Recycle and Bin Day

Thu 11<sup>th</sup>

CRC Committee Meeting 5.30pm

Thu 11<sup>th</sup>

CRC Christmas Décor workshop @ 10.30am

Fri 12<sup>th</sup>

Communi Tea 1.30pm Wickepin CRC

Wed 17<sup>th</sup>

Facey Group 2025 Xmas Party @ Community Centre 5pm

Wed 17<sup>th</sup>

Movie afternoon Wickepin CRC 2pm

Thu 18<sup>th</sup>

Term 4 Ends

Thu 18<sup>th</sup>

CRC Gift Wrapping workshop @ 10.30am

Sun 21<sup>st</sup>

Lake Yealering Community Christmas Tree @ 5.30pm

Sun 21<sup>st</sup>

Wickepin Playgroup Christmas Tree @ 4.30pm

Mon 22<sup>nd</sup>

Recycle and Bin Day

## JANUARY 2026

Mon 5<sup>th</sup>

Recycle and Bin Day

Mon 5<sup>th</sup>

Watershed AGM @ 10am

Mon 19<sup>th</sup>

Recycle and Bin Day

## FEBRUARY 2026

Mon 2<sup>nd</sup>

**Watershed News 1st Edition for 2026**

Mon 2<sup>nd</sup>

Recycle and Bin Day

Sun 8<sup>th</sup>

Restricted Burning Season starts

Thu 12<sup>th</sup>

Facey Group GRDC Spray Application Workshop @ 9.30am

Mon 16<sup>th</sup>

**Watershed News**

Mon 16<sup>th</sup>

Recycle and Bin Day

Thu 19<sup>th</sup>

Facey Group GRDC WA Supply Chain Insights Tour Day 1

Fri 20<sup>th</sup>

Facey Group GRDC WA Supply Chain Insights Tour Day 2

