

# WATERSHED NEWS

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

3<sup>rd</sup> March 2026

## Wickepin Health Centre



As part of the Wheatbelt Health Region, the Wickepin Health Service is continually working with the community to improve primary care provided to the local and visiting population.

The Health Centre is staffed by a Registered Nurse  
with the following opening hours:

Monday, Wednesday & Friday 8.30am - 2pm.

Pathwest Pathology Service: Tuesdays 8:30am - 9:00am by appointment

# 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:** [wickeinwatershed@gmail.com](mailto:wickeinwatershed@gmail.com)

## IMPORTANT INFORMATION

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- All advertising for the Watershed News needs to be sent to the following email address – [wickeinwatershed@gmail.com](mailto:wickeinwatershed@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 and half 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 2026 PUBLICATION DATES

Monday 16 <sup>th</sup> March	Monday 25 <sup>th</sup> May	Monday 3 <sup>rd</sup> August	Monday 12 <sup>th</sup> October
Monday 30 <sup>th</sup> March	Monday 8 <sup>th</sup> June	Monday 17 <sup>th</sup> August	Monday 26 <sup>th</sup> October
Monday 13 <sup>th</sup> April	Monday 22 <sup>nd</sup> June	Monday 31 <sup>st</sup> August	Monday 9 <sup>th</sup> November
Tuesday 28 <sup>th</sup> April	Monday 6 <sup>th</sup> July	Monday 14 <sup>th</sup> September	Monday 23 <sup>rd</sup> November
Monday 11 <sup>th</sup> May	Monday 20 <sup>th</sup> July	Tuesday 29 <sup>th</sup> September	Monday 7 <sup>th</sup> December

## 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 [wickeinwatershed@gmail.com](mailto:wickeinwatershed@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**



## CEO Comments

What a great festival we had on the weekend!

Congratulations to the Ignite Wicky Group for running a successful event for all to enjoy.

Thanks also to our CEDO, Melinda Smith, who organised the Astro Tourism event with some amazing sights, including Jupiter, the Orion Nebula and several other star clusters.



Our Council Members discussing lot development with Hon. Steve Martin MLC

### Council Meeting – February 2026

The following items were discussed at the February Ordinary Meeting of Council:

1. The monthly payments for December and January were presented.
2. The monthly financial statements for December and January were presented.
3. Minutes from the Annual Electors Meeting held 4<sup>th</sup> February 2026 were presented.
4. Council approved a 'Licence to Occupy' for the Shire to lease the PTA area in Wickepin.
5. An item for a building at the Wickepin Community Shed was laid on the table for more information concerning the purchase of a small building.
6. A camping request for Curlew Way was rejected by Council.
7. Council approved a 'Road Use Agreement' with Synergy for the transporting of the Wind Towers for the King Rocks Wind Farm to be brought through our Shire.

8. The Shire of Wickepin Local Planning Strategy was approved by Council.

Minutes are available on the Shire of Wickepin website if you would like further information on the items discussed.

### Requests for Assistance from the Shire

We have recently noted that requests for assistance are being made direct to staff members rather than going through the Administration.

While staff are willing to assist where possible, it is important that these requests be direct to:  
 CEO - David Burton 0429 207 855 or  
 Manager of Works - Grant Cross 0429 882 871.  
 The tasks can then be allocated to the relevant staff in an organised manner, reducing the need for staff to prioritise between work requests and their own duties.

### Ordinary Meeting Of Council

The next Ordinary Meeting of Council will be held on Wednesday 18 March 2026, Council Chambers, 77 Wogolin Road, Wickepin.

Council welcome community participation during public question time. Members of the public are able to ask questions relating to the business of the Council.

### Rates Payments Reminder

Are your rates instalments up to date?

The next instalment is due 3rd April 2026.

Please make payment by the due dates to avoid any late fees. If you have any questions or would like to pay your rates over the phone, please contact the Shire Office on 9888 1005.

### Further Information

For further information on what is happening in the Shire or information from the Council Meetings, please check the Shire website at [www.wickepin.wa.gov.au](http://www.wickepin.wa.gov.au).



## CUSTOMER SERVICE OFFICER

Full Time or Traineeship

Level 3 - Level 4

**Shire of Wickepin LGIA 2020 Industrial Agreement  
Depending on Qualifications and Experience**

An opportunity exists for an enthusiastic, self-motivated person to fill the position of Customer Service Officer at the Shire of Wickepin on a permanent basis or traineeship. You will provide effective and professional reception service for staff, visitors and callers to the Shire and efficient administrative support relating to records management and facilities.

The Shire of Wickepin is an equal opportunity employer who actively promotes training and development.

For information on how to apply, please contact the Shire Office on 9888 1005 or email [dceo@wickepin.wa.gov.au](mailto:dceo@wickepin.wa.gov.au). Details are also available on the Shire of Wickepin website [www.wickepin.wa.gov.au](http://www.wickepin.wa.gov.au).

Closing date: Friday 20 March 2026. Applications for this position can be emailed to [dceo@wickepin.wa.gov.au](mailto:dceo@wickepin.wa.gov.au) or posted to the below address. Applications are open until a suitable pool of candidates is received. This means the vacancy may close without notice. If you are interested in this position, we highly recommend you apply as soon as possible.

David Burton  
Chief Executive Officer  
Shire of Wickepin  
PO Box 19  
WICKEPIN WA 6370

Details available at  
[www.wickepin.wa.gov.au](http://www.wickepin.wa.gov.au)

Shire of  
*Wickepin*



## EXECUTIVE SUPPORT OFFICER

Full Time

Level 4 - Level 6

**Shire of Wickepin LGIA 2020 Industrial Agreement  
Depending on Qualifications and Experience**

An opportunity exists for an enthusiastic, self-motivated person to fill the position of Customer Service Officer at the Shire of Wickepin. The Executive Support Officer is an integral and central position in supporting the Executive staff to facilitate the delivery of the Shire's achievements. The position works closely with the Shire's Executive staff and Council, leads the coordination of information, provides consistency with procedures and processes, and provides administrative support functions across the organisation.

The Shire of Wickepin is an equal opportunity employer who actively promotes training and development.

For information on how to apply, please contact the Shire Office on 9888 1005 or email [dceo@wickepin.wa.gov.au](mailto:dceo@wickepin.wa.gov.au). Details are also available on the Shire of Wickepin website [www.wickepin.wa.gov.au](http://www.wickepin.wa.gov.au).

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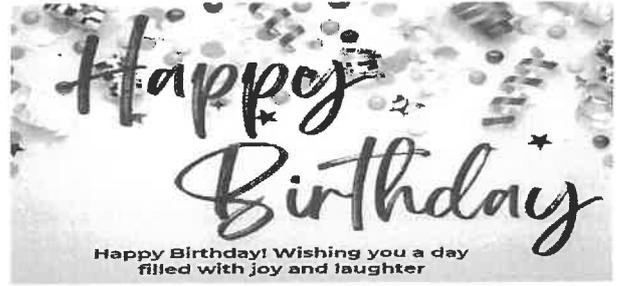
Shire of  
*Wickepin*



# COMMUNITY NOTES

## March Birthday Wishes to:

- 3<sup>rd</sup> Stacey Ewen, Rodney McColl
- 4<sup>th</sup> Zari Duckworth
- 6<sup>th</sup> Shane Cook, Judy Lang, John McDougall
- 7<sup>th</sup> Marlo Cowcher, Georgia Ellis
- 9<sup>th</sup> Jordan Dowell
- 10<sup>th</sup> Zoe Nicholls
- 12<sup>th</sup> Renee Bransby, Asher Brown, Jakobie Bayley
- 13<sup>th</sup> Danielle Riley



## **Total Lunar Eclipse, 3rd March**

It's total lunar eclipse time! On Tuesday evening, 3rd March, look to the east to see the Moon turn a beautiful red/coppery colour. Earth's shadow is cast across the Moon and totality lasts an hour!

The lunar eclipse starts at 4.44pm, which is before moon rise for WA observers. At moon rise, observers will see the partial lunar eclipse underway. The total lunar eclipse starts at 7.04pm and lasts until 8.02pm. Enjoy!

## **60<sup>th</sup> Anniversary**

Enid and Jim Rose celebrated their 60th wedding anniversary on the 19th of February 2026.

They received certificates from the governor general, prime minister and King Charles.

They celebrated with their 2 daughters Helen and Janet and a few close friends.

A few people bumped into them at the Wickepin Festival on Saturday, where they mingled with attendees.

## **Wedding Congratulations**

Congratulations to Mark Bunter who married Jen Stone in Wagin on Saturday 21<sup>st</sup> February.

## **Past Residents Visit**

It was great to see Caroline and Craig Bain back in town for the Festival, they made the trip from Bunbury in the hope of catching up with people they went to school with, which they certainly did. Their parent were the Mulesing Contractor in Wickepin for many years and lived in Richter Street.

## **Thanks**

I would like to sincerely thank everyone for your cards, messages, flowers and kind words following Garry's death. Your support, offers of help and acts of kindness throughout his illness has been a great comfort to me.

I would like to thank Warren for helping Garry with the mail run during his illness and with Barbara's assistance, helping me by continuing to do it.

I would also like to thank Beryle, Tracey and Danielle for keeping the Post Office running smoothly, I am truly grateful. And for everyone's patience and understanding during this difficult time, thank you. Beth.

## **Deepest Sympathy**

Condolences to family and friends on the passing of Mike Vaughan on Sunday , 1<sup>st</sup> March 2026

Special thanks to the Pathology service at the Wickepin Health Service on Tuesday mornings. It is so much easier than travelling to Narrogin, especially if fasting. A genuinely fantastic service for a small Country Town. Well done all involved.

## Celebrating the Life of Garry William Thompson

Good morning, and thank you for being here to celebrate Dad's life.

For those who may not know me, I'm Sarah – Dad's eldest child and his favourite daughter.

OK..... I am his only daughter.

Dad and I were a lot alike. We both had delightful curls, a wicked sense of humour, a certain lack of tact, and an excellent memory. But this is about Dad.

Garry William Thompson was born in 1949 in Narrandera, New South Wales, to Cecil and Rose Thompson.

He was the youngest son in what can only be described as a very large family. He already had nine older siblings – Les, Pat, Don, John, Kevin, Yvonne, Keith, Lynette, and Warren – and six years later his younger sister Keva arrived, officially ending his reign as the baby of the family.

Dad's mother wanted to name him David, but Poppy was going to have none of those "Dad and Dave" shenanigans. He promptly went to the registry office and named him Garry William instead.

When Dad was two years old, the family packed up their life, piled into the Wolseley and the new Fordson Thames truck, and moved across the country from New South Wales to Pingelly, Western Australia. There is a photo of them at the South Australian border in January 1952 – a whole family heading west.

On the trip across the country Dad kept asking, "When are we going home?" But when they arrived, his father lifted his tricycle off the truck, and Dad was happy. He was home. The farm just out of town became his home for the next fifty years.

Dad liked to tell the story that not long after arriving, he was riding his tricycle around the house when he encountered what he described as a giant snake. It turned out to be a bobtail – but that was Dad, storyteller, historian, and holder of all knowledge. He had an exceptional memory and almost always knew the answer to who, when and what.

Family meant everything to Dad. He was especially close to his brother Warren and his sister Keva. As a child he spoke late – he had no need to. Warren understood him, and if words were required, Warren provided them. When Warren started school, Dad reportedly sat by the stove waiting for him to come home.

Right up to the end, you would often find Keva sitting next to Dad, their heads together, reminiscing.

It was Keva who introduced Dad to Mum when they trained as nurses together. Dad liked to joke that at the ripe old age of 23 he had been "left on the shelf". He had a wedding to attend and no date, so he asked his little sister to set him up. Keva warned Mum that Dad never let anyone drive his precious V8 Holden. On that first date, he asked her to help him drive, and she must have passed the test because they were essentially inseparable from that point on.

They married in 1976 and, apart from the occasional trip, barely spent a day apart in nearly fifty years.

Their first home was a caravan parked next to Dad's parent's house on the farm. Then they bought a house and placed it next to Dad's parent's house – just a little further away than the caravan. Dad never really moved away from home, he simply expanded it to include Mum. The house was finished just in time for my arrival.

Despite gaining a wife and children, Dad continued having morning tea every day with his Mum – and with his Dad while he was alive. He told them everything that was going on.

Dad went shearing with his brothers Keith and Warren, and together purchased the family farm. They expanded the original 1580 acres, buying Hernamen's farm of 830 acres in 1972 and Ulbrich's farm of 2440 acres west of Pingelly in 1973. The three brothers farmed in partnership until 1979, when Dad took over the original farm east of town, Warren took the west Pingelly property, and Keith moved to Boyup Brook.

Even after the partnership ended, Dad and Warren continued to work closely together.

If you needed help, Dad turned up. He was never too busy.

Dad tried his hand at many sports and played in several basketball and football premierships. He used to say the best game of football his boots ever played was the day Percy Winmar found himself without a pair, so Dad loaned him his, sat the game out and those boots played an excellent game of footy.

He loved his golf and was very good at it, even scoring a hole-in-one on the Pingelly course. He particularly enjoyed the "Woolies" trips to Perth with the woolbrokers, playing on courses around the city, enjoying the grass greens, and usually returning home with a trophy – and a cheeky story.

Dad was cheeky. He loved to stir. As a devoted Fremantle Dockers supporter, he was therefore subjected to my deliberate decision – despite having absolutely no interest in sport – to barrack for the Eagles. Whenever he visited, I served him coffee in an Eagles mug purchased specifically for that purpose. He never complained. He simply drank it.

That cheekiness has been passed down very clearly to his children and grandchildren, and I suspect he was quietly proud of that.

In the early 2000s, Dad and Mum sold the Pingelly farm and moved north to Eneabba with their two sons, Rohan and Andrew, who both worked alongside Dad on the farm for a while. After selling the Eneabba property, Dad and Mum completed a trip around Australia – something Dad thoroughly enjoyed and about which he returned with many stories.

On their return, they bought the Post Office in Wickepin – the town where they were married – and were a part of the community until now.

Dad loved people. You would often find him sitting in the street in Wickepin having a chat. He listened carefully and rarely interrupted. Sometimes it seemed like he didn't care because he would come to visit and tell you about his latest bowls game and what everyone else was doing and wasn't asking questions about you. In reality, he was taking everything in – and later telling everyone else what you were up to.

He had seven grandchildren. Mackenzie, William, Lucas, Matthew, Asher, Jasmine and Cadence. Throughout his life, he had a natural way with children. Kids would walk in to the Post Office asking, "Where's Garry?" He loved babies and he loved animals. In his final days, when asked about his favourite visitors, he listed them clearly: Bruce, Chloe and Roxy – his grandpets.

Dad was steady

Safe

Loyal

Loving

He showed up

He lived a good life, surrounded by strong women – his Mum, my Mum, his sister Keva, his favourite daughter, and his favourite daughter-in-law Jodi. We will miss you Dad.



REMEMBERING  
WITH YOU

*We are so sorry for your loss.*

# CATALPA

**1<sup>st</sup> April 2026, Wickepin Town Hall, 7.30pm**

THEATRE 180 in collaboration with WA Museum tells the incredible true story of the greatest prison break in Australian history: the escape of six Irish Fenians from the fortress of Fremantle Prison in 1876 on board the American whaleship CATALPA.

Known as a living tomb, Fremantle Prison was a place of hellish imprisonment and far from the green fields of Ireland and the land of birth for these freedom fighters seeking independence from centuries of crippling British rule.

Two years in the planning, involving espionage, secret letters, undercover operatives who travelled from Boston to Western Australia to enact the plan, a love affair, a rescue ship masquerading as a whaleboat, a desperate boat chase and the threat of war against the might of America - this story has all the hallmarks of a major Hollywood movie and all the heart of an Irish ballad.

With its sprawling storyline, cast of thousands and epic landscapes from the high seas to 19<sup>th</sup> century Western Australia, **CATALPA: Flight to Freedom** is the latest in THEATRE 180's successful and immersive CinePlay genre.

The daring and audacious CATALPA rescue is a dramatic and gripping tale of hope and adventure not to be missed!

## CLASSIFIEDS



### FOR SALE

Easy cook appliance \$40.00 O.N.O

Phone Ruth 0419 562 067



A yearly global campaign observed on **March 3** that is led by the World Health Organization.

This day intends to promote awareness and educate people about hearing loss and advocate for improved ear and hearing care.

The campaign encourages communities, individuals, and healthcare providers to take necessary steps in preventing hearing loss and ensuring access to necessary care.

### How to Take Care of Ear Health

Taking care of your ear health is essential for both hearing and balance.

To maintain healthy ears:

- Protect your ears from loud noises by using ear protection in noisy environments.
- Keep ears clean by gently wiping the outer ear with a cloth, avoiding inserting objects like cotton swabs into the ear canal.
- Avoid prolonged exposure to water in the ears, which can lead to infections, and dry your ears after swimming or showering.
- Manage ear infections promptly and seek medical attention if you experience symptoms like pain, hearing loss, or dizziness.
- Get regular hearing checkups, especially if you notice changes in hearing or balance, and consult an ENT specialist for any concerns.



## WELCOME TO THE WICKEPIN HEALTH SERVICE

The Wickepin Health Service is a Community Nursing focussed Health Service.

We have no Resident Doctor or Pharmacy in Wickepin. Our closest Doctors, Hospital and Pharmacies are in Narrogin.

Our Centre is open **Monday, Wednesday and Friday: 8.30am - 2.30pm** (closed Public Holidays).

As we are a Community Nursing Service, it is essential to phone ahead for an appointment as we are sometimes out of the centre providing community-based services.

**After Hours - you can obtain health advice from:**

- Health Direct: 1800 022 222
- Narrogin Regional Hospital: 9881 0333
- If requiring an Ambulance: 000



**Services provided by the Wickepin Health Service include:**

- Outpatient Nursing Services ie wound care, chronic disease management
- Extended Care Nursing Services
- Health Promotion programmes
- Seasonal Flu vaccination clinics
- Aged Care – Commonwealth Home Support Program (CHSP)
- Telehealth facilities are available for outpatient appointments with Perth public hospital specialists, instead of travelling to Perth
- Child Health clinics - **by appointment.**
- Immunisations – **Monday by appointment**
- PathWest Pathology Service- **Tuesday 8:30 – 9am by appointment**

### **CHSP**

Wickepin CHSP provides support for older and frail community members.

Our services include

- Domestic Assistance
- Home Maintenance
- Transport (to Narrogin)
- Centre-based social group
- Fortnightly shopping bus to Narrogin
- Chair aerobics- **Wednesday 9am**

# HEALTH CHECKS FOR ALL AGES

Understanding which health checks are appropriate for you, depending on your age group, is key to staying ahead of any issues.

## **BABIES AND CHILDREN (0–12 YEARS)**

The early years are crucial for a child's development and health. Regular check-ups help monitor growth, development, and ensure that children receive necessary vaccinations to protect them from preventable diseases.

### **BIRTH TO 4 YEARS**

**Developmental Milestones:** It's essential to track cognitive, motor, speech, and social development during the early years.

**Immunisations:** Make sure your child is up-to-date with vaccinations as per the National Immunisation Program Schedule, which protects against illnesses such as measles, whooping cough, and hepatitis B.

**Hearing Screening:** Newborns should undergo hearing screening to detect any potential hearing issues early on.

**Vision Checks:** Early screening can detect vision issues like lazy eye or congenital cataracts, enabling prompt intervention if needed.

### **AGES 5 TO 12**

**Growth and Weight Monitoring:** Annual paediatric check-ups help track healthy growth, weight, and development.

**Behavioural Assessments:** Identifying learning difficulties, behavioural issues, or developmental delays such as ADHD is crucial for timely intervention.

### **TEENAGERS (13–18 YEARS)**

Adolescence is a time of rapid physical, emotional, and social change. Regular health checks can help address emerging health concerns and ensure that teenagers stay on the right path as they transition into adulthood.

**Mental Health Assessments:** Adolescents are especially vulnerable to mental health issues like anxiety, depression, and stress. Regular mental health check-ins with a GP are crucial during this stage.

**Sexual Health and STI Testing:** If sexually active, teens should be tested for sexually transmitted infections (STIs) and given advice on contraception.

**Routine Immunisations:** Teenagers should receive vaccines like the HPV vaccine and any necessary catch-up immunisations.

**Skin Checks:** In sun-exposed areas such as Western Australia regular skin checks are essential to detect early signs of skin cancer.

Regular health checks are a vital aspect of **maintaining good health and preventing potential medical issues.**



## YOUNG ADULTS (19–39 YEARS)

In young adulthood, maintaining a healthy lifestyle is crucial to prevent chronic diseases later in life. Regular health checks help detect early risk factors and establish a baseline for overall health.

**Blood Pressure Checks:** Blood pressure should be monitored every 1-2 years to detect early signs of hypertension, which can lead to heart disease and stroke.

**Cholesterol Screening:** A cholesterol test every 5 years starting at age 20, or sooner if at higher risk of heart disease, is important.

**Cervical Screening Test (CST):** Women should begin regular CST every 5 years from age 25 to screen for human papillomavirus (HPV) and prevent cervical cancer.

**Sexual and Reproductive Health:** Regular sexual health check-ups and STI screenings are important, alongside contraception and fertility advice.

**Mental Health Support:** Keeping an eye on mental health during this stage can prevent issues such as anxiety and depression from escalating.

**Skin Cancer Checks:** Regular skin checks are highly recommended due to Australia's high rates of skin cancer.

## MIDDLE AGE (40–64 YEARS)

As we move into middle age, the risk of chronic health conditions increases. Regular screenings for heart disease, diabetes, cancer, and other conditions are essential during this stage of life.

**Heart Health Check:** From age 45 (or 30 for Aboriginal and Torres Strait Islander peoples), a heart health assessment is vital to check for blood pressure, cholesterol levels, and diabetes risk.

**Diabetes Screening:** Type 2 diabetes risk can be assessed every 3 years from age 40 using the AUSDRISK tool and subsequent blood glucose tests if necessary.

**Bowel Cancer Screening:** Starting at age 50, people receive free bowel cancer screening kits every two years. If you have concerns, you can request a test from age 45.

**Prostate Health (Men):** Men should discuss the benefits and risks of PSA testing for prostate cancer with their GP starting at age 50 (or earlier if at higher risk).

**Eye Health:** Regular eye exams every 2 years can help detect age-related issues like glaucoma and macular degeneration.

## OLDER ADULTS (65+ YEARS)

As we age, maintaining overall health and independence becomes increasingly important. Regular health checks for older adults help detect conditions such as osteoporosis, vision impairment, and cognitive decline, as well as ensuring that vaccinations are up-to-date.

**Bone Density Test:** For postmenopausal women and men over 70, bone density tests are important to assess osteoporosis risk.

**Hearing and Vision Checks:** Annual tests for hearing loss, cataracts, and macular degeneration can help manage common age-related conditions.

**Cognitive Screening:** Regular check-ups to monitor cognitive function can help detect early signs of dementia.

**Vaccinations:** Adults aged 65 and over should receive annual flu shots, the shingles vaccine (starting at age 70), and the pneumococcal vaccine.

**Continence Assessment:** As you age, managing bladder and bowel control issues is essential to maintain quality of life.

**Falls Risk Assessment:** Regular falls risk assessments can help prevent injuries and maintain mobility and independence.



# JESSICA'S HEALING JOURNEY

(Taken off Facebook 24<sup>th</sup> February 2026)

There is so much pressure to be positive after a cancer diagnosis.

And when you are not, when you feel heavy, emotional, scared, or detached, it can feel like you are doing something wrong.

You are not.

Cancer does not arrive as a single emotion. It arrives layered, tangled, and often contradictory. Even when there is good news, even when treatment is working, even when doctors are hopeful, your body and mind are still processing trauma. Relief and grief can exist in the same breath. Gratitude and anger sit side by side. Hope does not cancel fear. Some days you may feel steady. Other days you may feel overwhelmed, tearful, or distant from everything. And some days you may feel all of that at once. Joy tangled with terror. Thankfulness wrapped in sadness. A sense of survival layered over a quiet grief for what was lost. None of that is wrong.

Positivity is often treated like a goalpost, as if a better attitude could make cancer behave differently. But emotions are not treatment plans and feelings are not predictors of outcomes. You do not owe anyone a constant smile to prove you are trying or to make them feel more comfortable.

If you are struggling to feel positive, that does not mean you are giving up.

It means you are feeling the weight of something real.

You are allowed to be scared.

You are allowed to be tired.

You are allowed to grieve the version of life you had before.

You are not failing at survivorship because you are not okay every day.

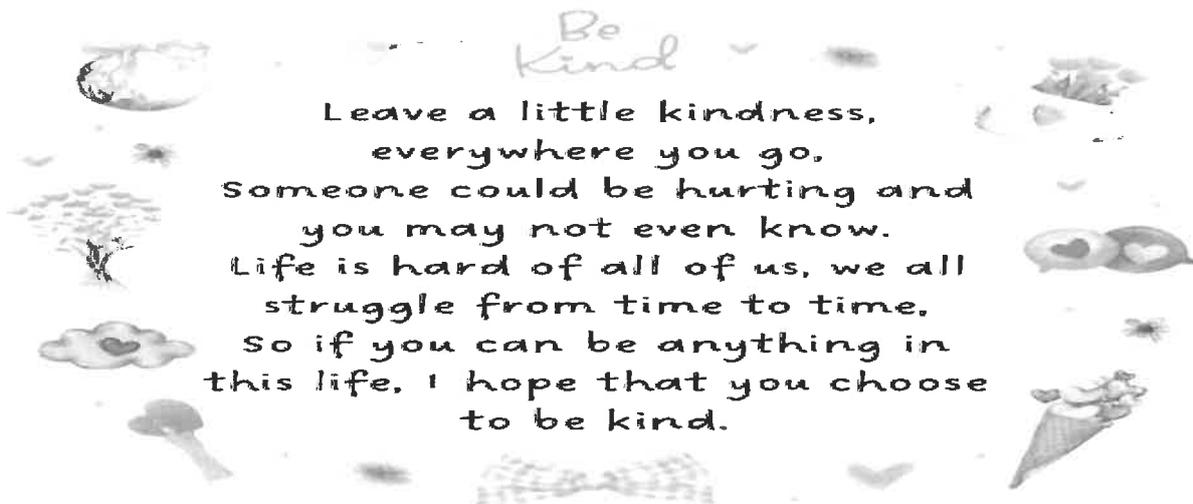
Survivorship is not measured by optimism. It is measured by presence. By endurance. By the quiet act of continuing, even when positivity is not accessible.

You are not required to be a fighter, a warrior, or an inspiration.

You are allowed to simply be a person living through cancer.

And that is enough.

(Written by someone going through cancer, but her explanation can maybe help carers and friends to understand how the cancer patient is feeling and be able to assist in a caring way.)



# WORLD HEARING DAY!

"Did you know? Some people use their hands instead of their ears to talk! That's called Auslan!"

CAN YOU WORK OUT WHAT MY NAME IS?

HELLO WICKEPIN!

SCAN ME!



*Happy*  
**BIRTHDAY**  
**BAILEY MARTIN**  
9th March



## Chickpea and Salmon Salad with Pepitas

### Ingredients (8)

125g canned chickpeas, rinsed, drained  
95g can pink salmon in springwater, drained, flaked  
100g grape tomatoes, halved  
40g sugar snap peas, trimmed, sliced  
40g baby rocket  
3 tsp fresh lemon juice  
1 tsp extra virgin olive oil  
2 tsp pepitas, to serve



### Method

Combine the chickpeas, salmon, tomato, sugar snap peas and rocket in a large bowl. Add the lemon juice and olive oil and toss to combine. Serve sprinkled with pepitas. Optional, add 130g. (1 Cup) cooked Quinoa

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## Healthy Raisin Toast with Fruity Ricotta

### Ingredients (8)

4 slices raisin toast or fruit bread  
1/2 cup reduced-fat ricotta cheese  
2 tsp honey or strawberry jam, optional  
1/2 tsp ground cinnamon  
1 banana, sliced  
125 g strawberries, hulled and sliced



### Method

Toast the slices of fruit bread.  
Mix ricotta with honey or jam in a small bowl.  
Spread toast with ricotta mixture and sprinkle with cinnamon.  
Layer banana and strawberries on top of toast and serve.

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# Wickepin CRC

## Membership Perks



	Business \$60p.a.	Community Groups & Sports Clubs \$40p.a.	Family 2 adults & children \$60p.a.	Single \$40p.a. Concession \$30p.a.
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**Computer Access**  
Unlimited free computer use



**Internet Access**  
1 hour free per month  
(value - \$72)



**Admin/Secretarial Service**  
1 hour free per year  
(value - \$34)



**Discounted Services**  
(Printing, photocopying,  
laminating, room hire, etc)



**Market Days**  
Half price Stall Holder fees



**Advertising**  
Discounted ads in Wickepin  
CRC publications  
(eg Community Phonebook)



**School Holiday Program**  
Half price children's  
holiday activities



# FEBRUARY FUN AT WICKY CRC



## Communi-TEA

Our first Communi-TEA of the year was a success, with some lovely new faces joining our regulars. The weather was glorious, so we made the most of it and gathered out on the verandah, soaking up the sunshine while enjoying delicious homemade treats and good company. As always, it was a relaxed, welcoming afternoon filled with conversation, laughs and catching up over a cuppa. If you haven't come along before, take this as your sign — there's always room at our table!



## Ukulele Club

February saw the start of our fabulous initiative, Ukulele Club! Made possible through a grant secured by the CRC, and the musical prowess of Emma from Scale Up Music, we have 8 or so primary school children attend every Thursday after school. After a quick afternoon snack, they move into the meeting room to learn the joys of strumming the ukulele gaily!

## Wise Up For Wildlife - Wickepin Against Litter

Thanks to a Community Litter Grant from Keep Australia Beautiful WA, the CRC were able to bring a wonderful animal exhibit to the Wickepin Festival. Featuring Critters Up Close and WA Birds of Prey, this informative stall explored the negative impact of litter on local wildlife. The display also featured anti-litter artwork produced by the amazing students of Wickepin & Yealering Primary Schools.



## International Volunteer Day - Free Caricatures

To celebrate International Volunteer Day and thanks to a grant from the Department of Communities, the CRC invited caricaturist, Marion le Crayon along to the Wickepin Festival to capture our local volunteer legends in her signature style. It was a way to recognise the people who give their time and energy to keep our community going - a small gesture to acknowledge the enormous contribution our wonderful volunteers make every single day. To anyone who has ever volunteered in Wickepin...  
**THANK YOU!!!**



To see what we're up to in March, check our Facebook page, email us at [admin@wickepinrc.com.au](mailto:admin@wickepinrc.com.au), call us on 9888 1500, or drop in for a chat!

**St John**



## We are changing banking details.

St John Ambulance Wickepin Subcentre has changed to Commbank.

Benefit Fund Memberships renewal notices will be showing our new account details, so please change us on your internet banking while it's fresh on your mind.

**BSB 066000**

**Account 17750886**

**St John Ambulance Western Australia – Wickepin Subcentre**

**WICKEPIN ANGLICAN CHURCH**

# Easter Worship



**SUNDAY 5<sup>TH</sup> APRIL  
8 AM SERVICE  
COME CELEBRATE WITH US**



## **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

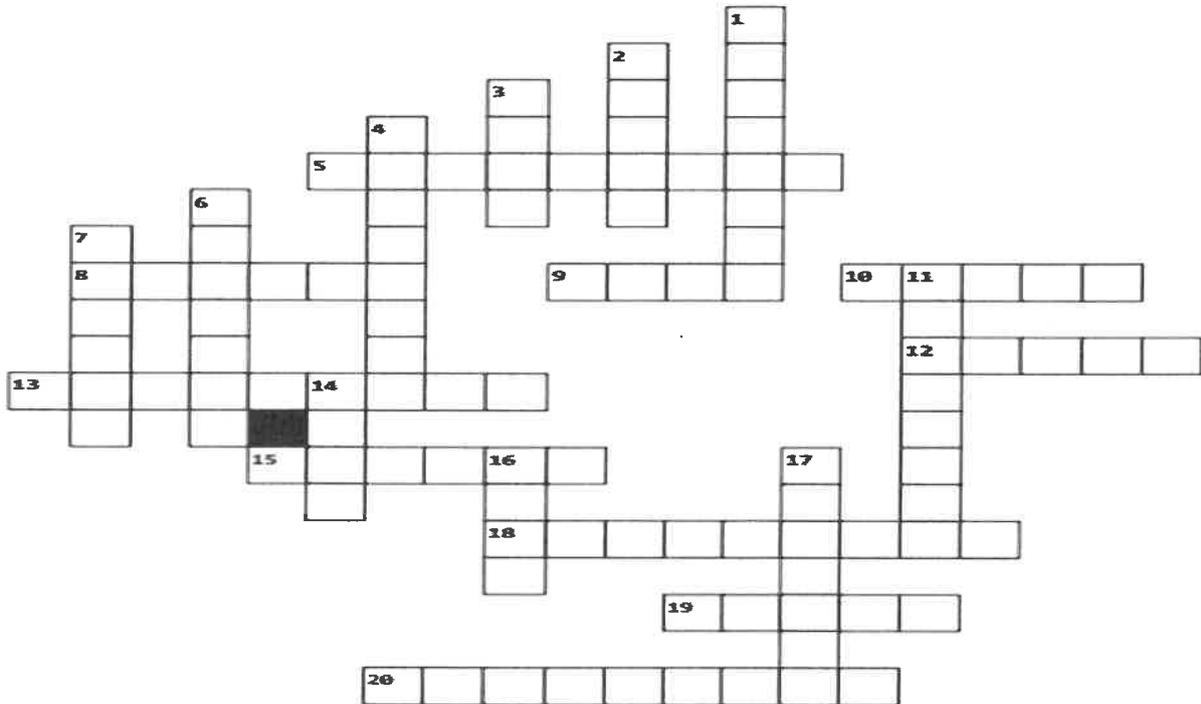
All Denominations Welcome

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



**International Women's Day (8 March, 2026)** is a day for us to join voices with people around the world and shout our message for equal rights loud and clear: "Women's rights are human rights!" We celebrate all women, in all their diversities.

## womens day



### Across

5. Guide for the Lewis and Clark expedition
8. Earhart Aviator who flew solo across the Atlantic
9. Austen Renowned English novelist
10. Keller Advocate for the deaf and blind
12. Curie Scientist who won Nobel Prizes in Physics and Chemistry
13. Last pharaoh of ancient Egypt
15. Gandhi First female Prime Minister of India
18. Truth African American abolitionist and women's rights activist
19. Kahlo Mexican artist known for her self-portraits
20. Cady Stanton Suffragist and women's rights pioneer

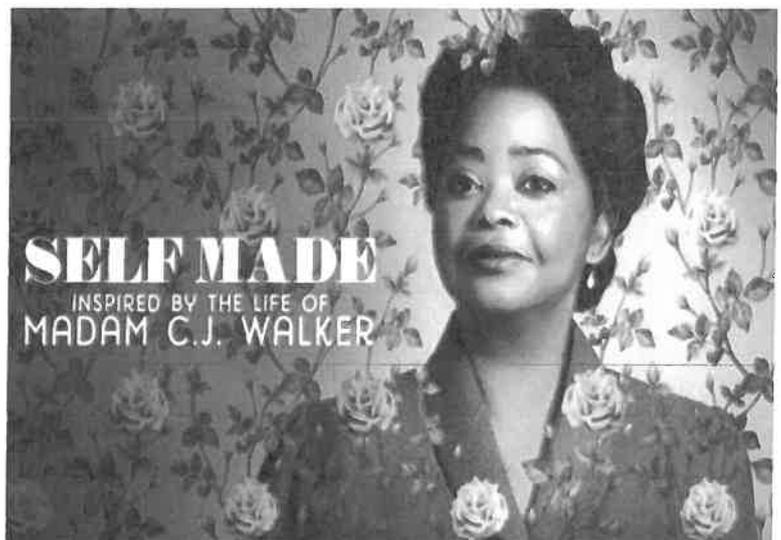
### Down

1. Nightingale Founder of modern nursing
2. B Anthony Suffragist and women's rights advocate
3. of Arc French heroine of the Hundred Years' War
4. Thatcher Iron-willed British Prime Minister
6. Roosevelt Former US First Lady and human rights advocate
7. Yousafzai Pakistani activist for girls' education
11. Pankhurst British suffragette leader
14. Frank Author of a famous Holocaust diary
16. Parks Activist who sparked the Montgomery Bus Boycott
17. Tubman Conductor of the Underground Railroad

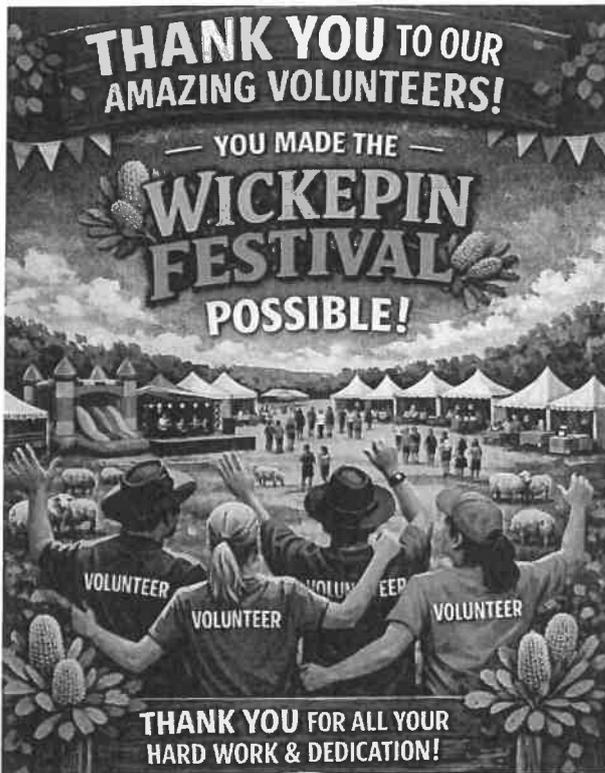
## RECOMMENDATION

### SELF MADE

*Self Made* is a fictionalized depiction of "the untold story of black hair care pioneer and mogul Madam C. J. Walker and how she overcame the hostilities of turn-of-the-century America, epic rivalries, and tumultuous marriages to become America's first Black, self-made female millionaire. Academy Award winner Octavia Spencer stars as Sarah Walker, a daughter of former slaves who built a business empire a century ago by helping black women take care of their hair.



# WICKEPIN FESTIVAL



What a day for Wickepin! With more than 500 people attending and 85 volunteers supporting the event, the festival was a brilliant celebration of community. There was something for everyone. Children enjoyed inflatables, Wheatbelt Giggle and Grow soft play for the little ones, the Lil Louie truck ride, an art workshop, a hula hoop workshop, and rope-making activities.

The environmental artwork from Wickepin and Yealering Primary Schools was a highlight. Teachers went the extra mile, students explored environmental themes, organised a Clean Up Australia Day, and proudly displayed their work near the animal exhibits.

An art display by the late Wickepin artist Arthur Russell and The caricaturist, provided by Wickepin CRC in recognition of International Volunteer Day, were both big hits.

The Sheep Expo by Lewisdale Stud brought lambs, farming knowledge and generous prize donations. Also on display was an impressive range of vehicles and machinery, including vintage cars from the Central and Upper Great Southern Veteran Car Club.

Emergency services also joined the fun, with the Wickepin Fire Truck, Wickepin Ambulance, Narrogin SES and the iNSTRUCTA! road safety truck in attendance.

The Tractor Tug saw 12 teams of all ages take on the challenge of pulling a blue 1960s Fordson Dexta 20 metres, while the Sheaf Toss delivered strong competition and plenty of cheering. Live music was a hit with Jade Bray performing before WA Music Award finalist Michael Ward Trio. The Shire's Star gazing Astrotourism session was also a hit, with 50 people staying on to explore the night sky.



**THANK YOU TO OUR 85 VOLUNTEERS AND VALUED SPONSORS — THE WICKEPIN FESTIVAL SIMPLY WOULDN'T HAPPEN WITHOUT YOU. DID YOU ENJOY THE FESTIVAL? WE WANT YOUR THOUGHTS — EMAIL US AT [IGNITEWICKY@GMAIL.COM](mailto:IGNITEWICKY@GMAIL.COM). DON'T FORGET WE'RE RUNNING A PHOTO COMPETITION; FIND ALL THE DETAILS ON OUR FACEBOOK PAGE.**

# WICKEPIN FESTIVAL



## Festival Winners

Sheaf Toss – Adults

1st: Ty Miller – 23 feet

2nd: James Wilson – 22 feet

3rd: Cam Nelson – 21 feet

## Sheaf Toss – Kids

1st: Kai Armstrong – 15 feet

2nd: Lucas Bransby – 14 feet

3rd: Charlie Fulford – 12 feet

## Raffle (proceeds to St John Ambulance)

Ash Williams and Tanya Sands  
**Pet Lamb (donated by Lewisdale Stud)**

Won by the Steele family –  
 named Albert

## Guess the Ram Weight

Lisa Hallard – 136kg

## Guess the Ewe Weight

Harry – 110.25kg

## Guess the Lollies in the Jar

Frederick Ashton – 442

## Thank You To Our Sponsors



Ewen Rural Supplies



Lomond Park South Suffolk Stud



TA Heffernan 0428 886041  
 East Wickepin

WATERSHED  
 NEWS



GLENBRAE HAY TRANS  
 BYFIELDS BUSINESS ADVISERS  
 NARROGIN COMMUNITY PHARMACY  
 NARROGIN PHARMACY

SIMRON TRANSPORT  
 WICKEPIN NEWSAGENCY  
 WAMMCO  
 COUNTRY WIDE INSURANCE

JUST  
A FARMER



This cinematic journey amplifies the often-overlooked voices of rural communities and sheds light on mental health struggles.

LEILA  
MCDUGALL



Rated M - mature themes

 **MOVIE SCREENING**   
**FRIDAY MARCH 20TH**

**Wickepin Town Hall**

**LIGHT SUPPER PROVIDED PRE SCREENING**

**Doors open at 5:30pm for supper.  
Movie starts at 6:30pm**

**Booking Essential - Contact wickepin CRC on  
9888 1500 or scan QR code to book online**

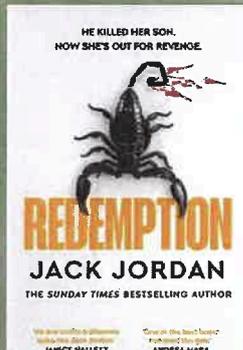


Department of  
Primary Industries and  
Regional Development



# WICKEPIN PUBLIC LIBRARY

## NEW BOOKS!



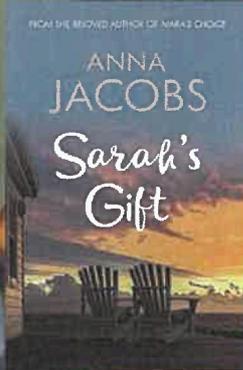
### ADULT CRIME THRILLER: *Redemption* - Jack Jordan

Aaron Alexander has just been released from jail after serving eleven years for killing Joshua Moore in a hit-and-run. Now free, all he wants to do is stay on the straight and narrow and leave his troubled past behind him.

But Joshua's mother Evelyn, consumed by grief and rage, has been waiting for Aaron's release, counting down the days until she can exact the revenge he deserves. And now that time has come.

As Evelyn and her husband Tobias embark on a road trip to track Aaron down, they soon find themselves on two different sides of a game of cat-and-mouse. Tobias knows what Evelyn is planning, and he will do anything to save her from herself. Even if it means protecting the man who killed their son.

Locked in a collision course set in motion eleven years ago, Aaron, Evelyn and Tobias are about to find out whether the road they have chosen leads to retribution . . . or redemption.

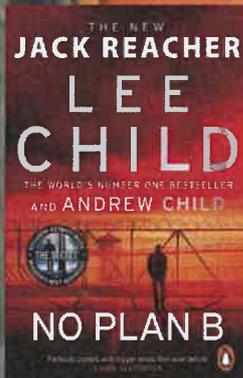


### ADULT ROMANTIC FICTION: *Sarah's Gift (Waterfront #2)* - Anna Jacobs

At the age of ninety-five, Sarah Blakemere signs her final will and testament, pleased with how it will throw the cat among the family pigeons. She has left her luxurious home in Mandurah, Western Australia, to two female relatives in the UK, on the condition that they live in the house together for a year. After that they can sell and split the money, but if either of them doesn't last the full year, the next person on the list will be invited to try for the inheritance.

Will the experience do as Sarah had hoped and shake Portia and Fleur out of their ruts? And when they find another surprise bequest from Sarah, what will they do with it?

Life-changing decisions lie ahead ...



### ADULT CRIME FICTION AUDIOBOOK: *No Plan B (Jack Reacher #27)* - Lee Child

Gerrardsville, Colorado. One tragic event. Two witnesses. Two conflicting accounts. One witness sees a woman throw herself in front of a bus - obviously suicide. The other witness is Jack Reacher, and he sees what really happened - a man in a gray hoodie and jeans pushed the victim before swiftly grabbing the dead woman's purse and strolling away.

Reacher follows the killer, not knowing that this was no random act of violence. It is part of something much bigger...a sinister conspiracy, with powerful people enmeshed in an elaborate plot that leaves no room for error. If any step is compromised, the threat will have to be quickly and permanently removed.

But when the threat is Reacher, there is No Plan B...

## LYNDA RECOMMENDS...



### ADULT MYSTERY: *What Happened That Night (Maud O'Connor Mysteries #3)* - Nicci French

29 years after being convicted of murdering his friend Leo, Tyler Green is finally free. In all those years, Tyler has maintained his innocence, and now he's out to confront whoever let him take the fall while they walked free.

On a warm evening in London, Tyler summons eight university friends, all present when Leo was murdered, to reunite for the first time since that fateful night. With wine - and accusations - flowing, the reunion descends into violent chaos, and one friend will end the night with their throat slit the same way that Leo's was in 1993.

When Detective Inspector Maud O'Connor gets called to investigate, she has her own doubts about Tyler's guilt, despite what his old friends, the rest of the Metropolitan Police Force, and even the Home Secretary would like her to believe....

I'd not read a Nicci French book before, and after this, I'm a fan! This book is a real page turner, and I was very tempted to skip to the end to find out what happens. I highly recommend *What Happened That Night*.

# Communi-TEA

~ on the road ~

We're taking Communi-TEA on the road!  
Join us at the Wickepin Swimming Pool for  
coffee, cake and conversation.



A small plate of afternoon tea to share is appreciated, but not required.



Friday March 6th, 1:30pm at Wicky Pool



Wickepin  
Community Resource Centre  
*Your local connection*

Wickepin Community Resource Centre

## 2027 Calendar Competition

This year's theme:

GET YOUR  
CAMERA  
READY!

# BEAUTIES IN THE BUSH

Beauty is in the eye of the beholder so if it's in the bush and you think it's beautiful, we want to see it!

### RULES:

- You may enter up to 4 photographs
- Photo's must be in landscape orientation and of sufficient resolution (1mg or larger)
- Photo's must be taken in the bush
- Photo's should be taken in the Shire of Wickepin
- Heavily edited or enhanced photo's may be excluded
- Photo's to be submitted to the Wickepin CRC on a USB or emailed to [admin@wickepincrc.com.au](mailto:admin@wickepincrc.com.au)
- The 12 photo's that are awarded the most votes will be used in the calendar, and winners will receive a free copy



Wickepin  
Community Resource Centre  
*Your local connection*

Department of  
Primary Industries and  
Regional Development  
GOVERNMENT OF  
WESTERN AUSTRALIA

# WHAT'S ON AT WICKY CRC?

## MARCH

**Tuesday 3<sup>rd</sup>  
& Wed 4<sup>th</sup>** Heavy Vehicle Pilot Course  
Wickepin CRC  
09:00 am

**Friday  
6th**

Communi-TEA on the road @  
Wickepin Swimming Pool  
Join us for coffee, cake &  
conversation  
1:30pm

**Friday  
20th**

Screening of the movie  
"Just a Farmer" and  
complimentary light supper  
Wickepin Town Hall  
5:30pm

**Thursday  
26th**

Ukelele Club  
Grand Finale Show

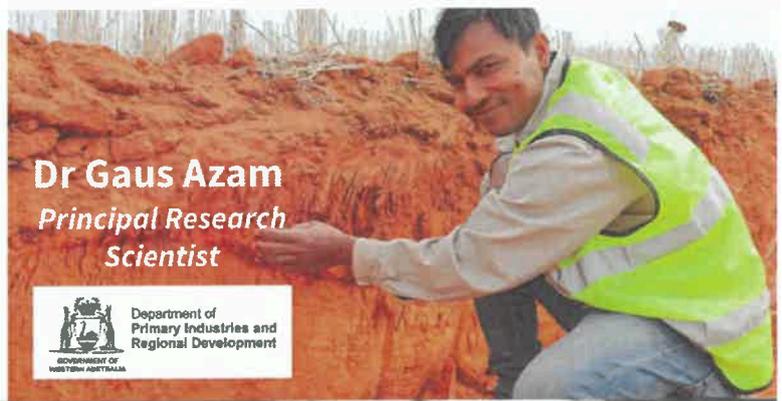
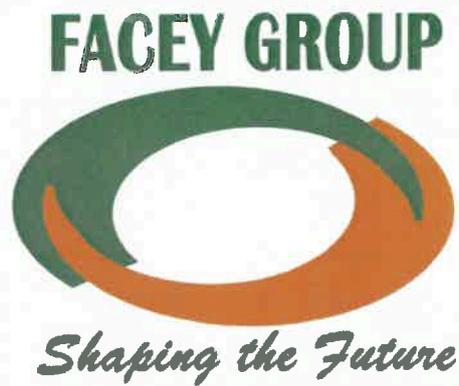
## APRIL

**Friday  
3rd**

Communi-TEA  
Join us for coffee,  
cake & conversation  
1:30pm



**For more information, or to register for any of  
our activities, call us on 9888 1500.**



# 2026 TRIALS REVIEW & PRE SEEDING CATCH UP

**Thursday, 5<sup>th</sup> March 2026 | 4pm**  
**Special guest presentations on ...**  
**2026 Global Grain Outlook**  
**Soil Amelioration | Nitrogen Decisions**

**REGISTER  
NOW**



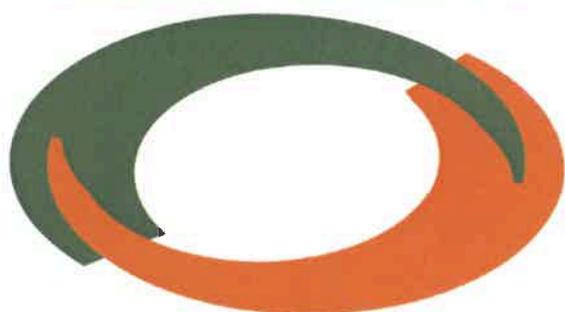
Proudly sponsored by:



**GRDC**  
GRAINS RESEARCH  
& DEVELOPMENT  
CORPORATION

# WHO IS ...

## FACEY GROUP



*Shaping the Future*



*Supporting Wheatbelt growers with practical research and real-world solutions.*

### ABOUT US

Facey Group is a **not-for-profit, grower-led agricultural organisation** based in Wickepin, supporting growers across the **Wheatbelt**.

### OUR PURPOSE

To build the capability of member businesses and improve farming practices, with a strong focus on economic, social and environmental sustainability across our region.

### WHAT WE DO

Facey Group supports local growers by:



**Delivering relevant, localised research and trials**



**Providing practical extension, information and networking opportunities**



**Hosting field days, events and educational activities**

**BECOME A MEMBER!**



**9888 1223**



**eo@faceygroup.org.au**

**Scan QR Code to find out more**



bitly



# FACEY GROUP UPDATE

**Join us:**

## **2026 Trials Review & Pre-Seeding Catch Up**

Facey Group's 2026 Trials Review and Pre-Seeding Catch-Up will be held this **Thursday, 5 March at 4pm**. This is a valuable opportunity for growers to reflect on last season's results and refine plans ahead of seeding.

We're pleased to welcome three leading guest speakers:

**Paul Joules**, Commodity Analyst with Rabobank, will present 2026 Global Grain Outlook: Turning Opportunities into Strategic Advantages in an Uncertain Environment. Paul brings data-driven insights across grain, oilseed and fertiliser markets, combining global analysis with practical farming knowledge. His session will help growers interpret market signals and position strategically for the season ahead.

**Dr Brendan Brown**, Senior Research Scientist with CSIRO, will lead an interactive session on improving nitrogen decisions in uncertain seasons. Using live polling, growers will assess their current nitrogen strategies and explore risk-management approaches.

**Dr Gaus Azam**, Principal Research Scientist with DPIRD, will share practical insights from long-term soil re-engineering research across Western Australia, demonstrating how addressing subsoil constraints can significantly improve yield and water-use efficiency in sandy soils.

Join us for a practical, forward-looking afternoon focused on profitability, resilience and informed decision-making.

Register now via the QR code on the flyer.

Providing professional support for primary producers

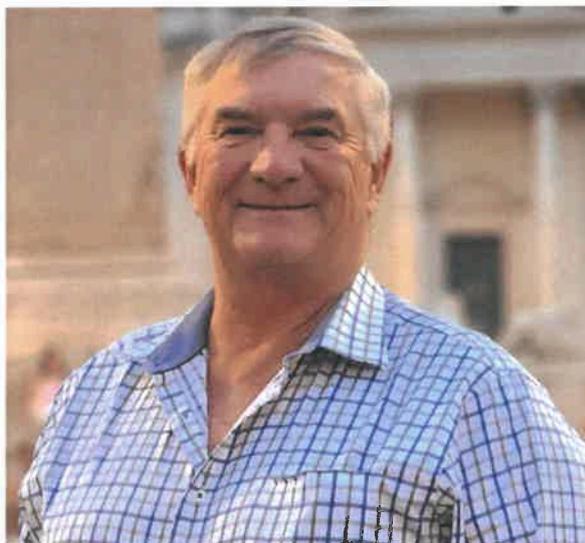
# Farm Succession Planning



## SECURE YOUR FAMILY FARMING LEGACY

MONDAY, 23 MARCH 2026

Workshop proudly developed  
& presented by:



**Peter Cooke**



**Nicol Taylor**



Scan for more details.



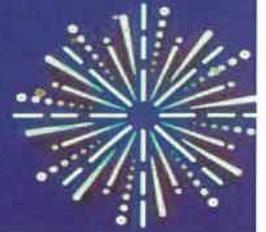
Proudly supported by:





UP ALL Night

Proudly supporting  
Ronald McDonald  
House WA



On 21 March 2026

Hi,

I'm taking part in an amazing event called Up All Night 2026, and I'm hoping you'll consider supporting me!

Up All Night is WA's only overnight walking challenge raising vital funds for WA families with sick kids.

For parents of sick kids, sleepless nights are just part of the deal. I am going to put myself in their shoes by walking through the night, and I need your help! Would you be willing to donate to my fundraising page: <https://www.upallnight.org.au/fundraisers/TyronMiller?>

I'm hoping to raise at least \$5000, can you help me get there by donating online to my walk?

You can see how I'm tracking on my fundraising page

<https://www.upallnight.org.au/fundraisers/TyronMiller>

Thank you for your support, I really appreciate it!

Best wishes,

Tyron Miller

<https://www.upallnight.org.au/s/12157/20013/e> P.S. If you'd like to help me reach my fundraising target a little more, you could help me get the word out by sharing my Fundraising page: <https://www.upallnight.org.au/fundraisers/TyronMiller>



Ty Miller



My Level:  
**COSMIC CRUSADERS**

This is my 1<sup>st</sup> year walking Up All Night for WA families with sick kids

*I'm walking 42km overnight to raise vital funds for Ronald McDonald House WA*

Team Thommo



My Up All Night challenge is in memory of my friend,  
Roy & Alby Thompson

Courage...tenacity...daring and a shipload of adventure!  
The incredible true story of the most  
audacious prison break in Australia's history

THEATRE 180 & WA MUSEUM PRESENT

# CATALPA

*Flight to Freedom*

BY STUART HALUSZ & MYLES POLLARD

FEATURING MYLES POLLARD, TADHG LAWRENCE & TARAN KNIGHT

1st April 2026 | 7:30 pm

Wickepin Town Hall

Doors open 6:30pm



Free bus from Narrogin!

Box Office: Arts Narrogin

08 9881 6987 | Corner of Park & Fairway St  
admin@artsnarrogin.com.au  
WWW.ARTSNARROGIN.COM.AU

Early bird tickets save \$5

Arts Narrogin Member \$35

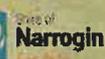
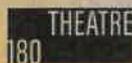
Adult \$40

Concession \$38

Student (age 10-18) \$20



Grab yours fast!





WICKEPIN PRIMARY SCHOOL

# NEWSLETTER

Working together to learn, grow and succeed

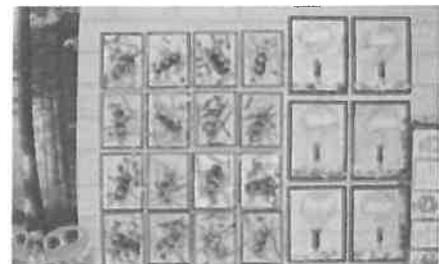


## From the Principal

We are already in week four, with the term well underway! Our students have settled back into the school routine, ready to meet high expectations and give their best effort. It has been a pleasure to see students visit my office to share their exemplary work and celebrate their progress.

It was wonderful to see our whole Wickepin community come together over the weekend to celebrate the Wickepin Festival. The atmosphere was vibrant, with families from our town and beyond joining in and enjoying the many activities on offer. My personal highlights were the delicious scones, watching the tractor pull and the hay toss events. The friendly competition and community spirit on display were fantastic to see.

The showcase of student work on display at the festival was truly outstanding. It was wonderful to see the creativity, effort and pride our students put into their projects. A huge thank you to Miss Williams, who did an exceptional job curating and presenting the work on the day. Her thoughtful organisation ensured every student was represented and celebrated, and the display was a real credit to our school.



## PAT testing

Teachers have now begun PAT testing. PAT stands for Progressive Achievement Tests. They are standardised assessments to measure student progress in literacy and numeracy. The results will build a clear picture of how each student is progressing in literacy and numeracy. The data will help the class teachers identify individual strengths and areas where students may need extra support, allowing them to plan targeted teaching and small-group interventions. PAT results also help track learning growth over time and highlight class-wide trends that inform curriculum planning and reporting to parents.

## Upcoming Events

23 February -6 <sup>th</sup> March	Swimming Lessons Commence
	<b>MARCH</b>
Monday 2 <sup>nd</sup>	Labour Day Public Holiday
Tuesday 3 <sup>rd</sup>	Staff Development Day
Wednesday 4 <sup>th</sup>	Students return to school
	Swimming Lessons Resume
Wednesday 11-23	NAPLAN
Friday 20 <sup>th</sup>	Year 6 Leadership Assembly
	Harmony Day
	Principal Lunch
Wednesday 18 <sup>th</sup>	Wicky Way Assembly



## Regional Column

Consumer Protection 140 William Street Perth Western Australia 6000  
Email: [cpmedia@lgirs.wa.gov.au](mailto:cpmedia@lgirs.wa.gov.au) | [www.consumerprotection.wa.gov.au](http://www.consumerprotection.wa.gov.au) | [www.wa.gov.au](http://www.wa.gov.au)

### With Senior Regional Officer for the South West Annett Bellingeri

#### Don't miss the boat on new seafood labelling rules

Australian seafood lovers are used to seeing country of origin labels when shopping, with this requirement applying to most food for retail sale for almost a decade. From 1 July 2026, restaurants, cafes, pubs, food trucks, takeaways and other hospitality businesses that serve seafood will be required to help their customers make informed choices about the dishes they order. Changes to the Australian Consumer Law mean these businesses will need to tell diners if the seafood they are serving is Australian, imported or a mix of both.

This change means that when someone looks at a menu, a menu board or online, they should be able to see clearly where the seafood in a dish is sourced from.

There are a few ways to do this, and businesses can choose the method that works best for them. One option is to use a simple 'AIM' label alongside seafood dishes. 'A' means the seafood is Australian, 'I' means it's imported, and 'M' means it's a mix of both. If you use this method on your menus, you also need a little note explaining what each letter means.

Another option is to write out the words instead of letters. For example, a dish could say 'Grilled barramundi (Australian)' or 'Prawns (imported) with salad' on the menu. This way, there's no need for a legend explaining the letters, and the meaning is right there in the words.

If a business only serves Australian seafood, or only imported seafood, it can choose to put a single statement somewhere obvious like on the menu or a sign in the venue saying, "We only serve Australian seafood" or "All seafood is imported." This option can make things simpler for businesses that don't mix sources.

The rules apply to seafood that's ready to eat as soon as it's served. That means if someone can eat it right away, whether they're dining in, picking it up to take home, or having it delivered, the origin should be shown in a way they can see before they order. This applies to dishes like fish and chips, seafood pasta, oysters, 'surf and turf' and prawn salads, just to name a few.

There are some situations where you don't need to show seafood country of origin. If a dish isn't marketed as containing 'seafood', for example a supreme pizza which may have a few anchovies, then it doesn't need to be labelled. Also, dishes that contain ingredients like fish sauce, canned tuna, fish stock or shelf-stable ingredients don't require labelling.

These country of origin labelling rules don't apply to canteens, schools, prisons, hospitals or fundraising events.

These changes are all about helping customers make informed choices about the food they eat and so they know what they're paying for. Starting early with planning and adjusting menus will make the transition smoother when the rules take full effect at the beginning of July 2026.

More information can be found at <https://www.consumerprotection.wa.gov.au/seafood-country-origin-labelling> or for specific help on these changes email the team directly [seafoodcool@lgirs.wa.gov.au](mailto:seafoodcool@lgirs.wa.gov.au)

## Business, Trade & Service Directory

# DUFFY ELECTRICS

- ⚡ Residential
- ⚡ Commercial
- ⚡ Industrial
- ⚡ TV Installation
- ⚡ Air Conditioning



*DUFFYELECTRICS@OUTLOOK.COM*

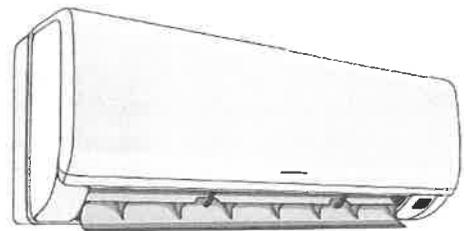
**RYANDUFFY**

**0409 806 047**

**Servicing Wickepin and  
Surrounds**

*Swartsie*  
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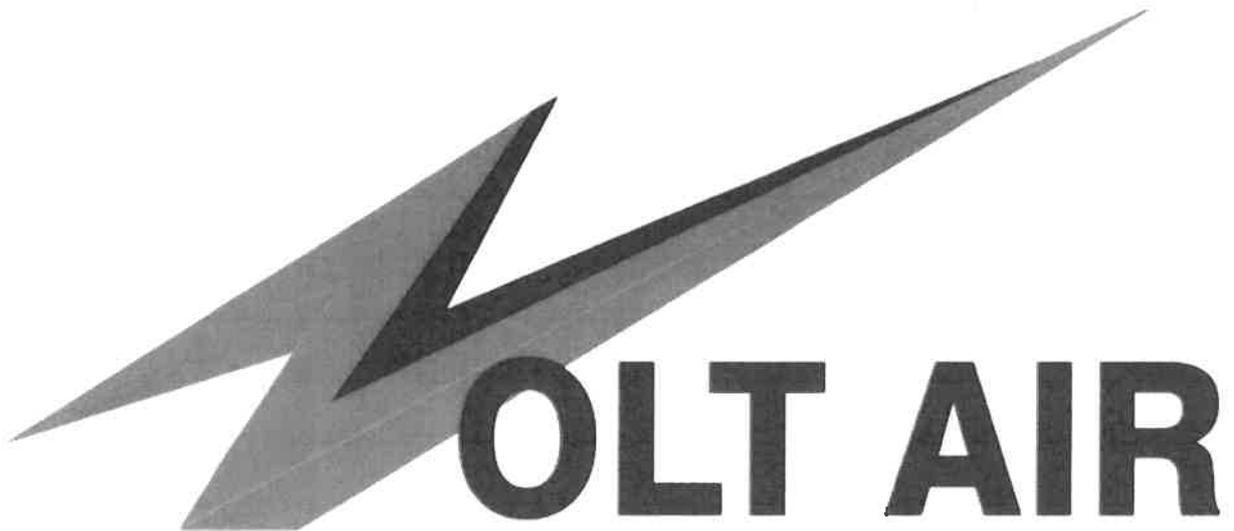
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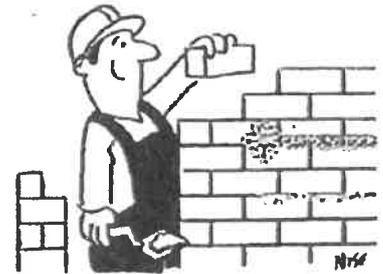
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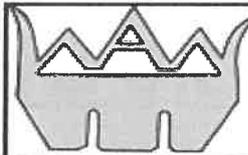
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## RAINFALL

2025	mm	Days	Total	2026	mm	Days	Total
January	7	2	7	January	0.2	1	0.2
February	5.2	1	12.2	February	10.8	3	11.0
March	41.4	3	53.6	March			
April	24	7	77.6	April			
May	12.2	5	89.8	May			
June	22	10	111.8	June			
July	76.8	13	188.6	July			
August	87.8	14	276.4	August			
September	32.4	7	308.8	September			
October	11.8	3	320.6	October			
November	26	5	346.6	November			
December	0	0	346.6	December			

## SPORTS NOTES

### WICKEPIN GOLF CLUB AGM

Wednesday March 4<sup>th</sup> 2026

7.30pm

Wickepin District Sports Club

Open to members and anyone planning on playing golf in the next few years to discuss the future of our club.

Please come along with your ideas.

### WICKEPIN/HARRISMITH CRICKET CLUB

#### V Cuballing 14<sup>th</sup> Feb 2026

On Saturday 14<sup>th</sup> we headed to Cuballing a bit light on for players as quite a few men were apparently unavailable due to Valentines Day. We lost the toss but in a pre-game agreement we batted 1<sup>st</sup>. Dangles Angwin rode his luck by getting dropped twice on 3 and 5 and then managed to get to 22. Stalwart Cuballing arvo tea ladies Les and Margaret both thought Inzi Quartermaine was batting well but were surprised it was Dane Angwin. Not sure if that was because of his batting or his physique. Brock Pockran made 5 and Bryce Pauley 8. Yealering players Crazy Jespersen and Debutant Plugga Melvin were reunited making 7 and 30 respectively. Plugga is the son of former Yealering hard-arse Yogi Melvin but they have contradicting styles, with Plugga having an array of attractive stroke play including ramps, reverse sweeps and switch hits, and Yogi.....not so much. Kezia (soon to be Pockran) may have made a couple of runs, its hard to remember as we had so many fake names on the score sheet. Brendon Angwin promised a few 6's on the bus on the way to cricket, he didn't hit any but managed to remain not out on 2 and seemed pretty chuffed with that. Tommy Johnson made his usual 2 or so runs. All out for 90.

The arvo tea was again a spectacle as the boys tucked in after a solid 30 over batting session. Ricky Dougall again not present to give his thoughts, but he probably would've said that it's a lot better than ours and we need to lift our game, as the arvo tea is more important than the cricket results. Cuballing made our score in 20 overs. We dropped some easy catches with Brock Pockran leading by example in this department as usual. Mitch Sermon bowled well again. Brendon Angwin bowled well with 2 overs and Dane Angwin was much improved from last weeks effort. Big Beefy Brendon Kemp bowled a handy few overs.

With 2 games left for the season our finals prospects are as follows -we need to win 7 of our last 2 games to qualify for the finals. Now I know what you are thinking, this isn't quite right, as we also need a few other results to go our way. Its frustrating that our finals chances are in the hands of other teams winning and losing but this is the reality of it. Next game v Narrogin in Narrogin on Sunday 22<sup>nd</sup> February.

#### Under 13's v Williams on Sunday 15th February

We bowled 1<sup>st</sup> and Williams made 223. Our bowling has improved a lot over the season and a lot less wides were bowled than usual. Fletcher Miller, Ollie Bird and Heath Taylor all claimed a wicket by bowling someone out. We dropped a few catches but fielded quite well. Vinny Martin batted for a long time and made 5 not out as did Ollie Bird who was on 2\*. Burgers, sausages and fruit platters were put on by our supporters and then we headed to the pool for our windup. Our season is over and we look forward to next season where all our little kids will become big kids and should see further improvement. Thanks to all who chipped in to help out during the season.

## **V Narrogin 22<sup>nd</sup> February 2026**

We travelled to Narrogin with our best side for the year and we won the toss again. We have proven to be good tossers this year, so far winning 9 of 11 tosses. Brock Pockran being our biggest tosser. If it was sheaf tossing on the other hand, a game which requires both raw power and skill, well, most saw that on display at the Wickepin Festival the previous day. Unsurprisingly Inzi managed to find himself on the winning pulling team in the tractor pull at the festival also. We got to 17 without loss until Inzi Quartermaine (5) got a peach with the score on 17. We lost regular wickets and were 4/33. Dizzy Pockran 11, Tristan Ballard 2, Caen 5. Ty and Dane put on 30 runs for the 5th wicket until Dane tried to launch one into the Hawks nest and was bowled for 16 with the score 5/64 and in trouble. The 2 Miller's then put on a 100 (almost) run stand for the 6<sup>th</sup> wicket, Ty 59 and Jimmy 53\*. Mitch came in late to score his 2<sup>nd</sup> duck in a row and Crazy 4\*. A competitive score of 7/171 on a slow outfield and 2<sup>nd</sup> day pitch.

Ricky Dougall made comment that obviously there was a special on lamingtons at Coles this week, but the sandwiches were very good.

We took to the field with a real chance. Brock hit the team catches in the warmup which everyone thought should have been the other way around. We fielded very well, although Jimmy made a mess of an outfield catch and then Dane was talking to supporters on the boundary instead of concentrating and dropped one 3 times before it hit the turf. We took 5 wickets and they past our score with 11 balls to go, with us being in the game right to the end. Dizzy 1/37, Mitch Sermon 0/16, Inzi 2/25, Tristan Ballard 0/27, Kane 1/20, Caen Taylor 0/23, Rory Miller 1/13.

Our last game next week is at Williams on Saturday 28<sup>th</sup> February. Discussions were had after the game regarding a windup and the most popular date by far was to have it on Saturday 28<sup>th</sup> February starting at 12.30pm. This is to be confirmed.

## **LAKE YEALERING BOWLING CLUB**

### **Wednesday 18<sup>th</sup> February 2026**

Weather was perfect for night bowls with a good number of players participating in friendly banter and enjoying hamburgers. A couple from Mandurah thoroughly enjoyed their visit to the Club. All looking forward to next Night Bowls on Wednesday 25<sup>th</sup> February 2026.

### **Saturday 21<sup>st</sup> February 2026**

PINGELLY v YEALERING in Pingelly Pennants. Yealering very happy to have had a win. Congratulations.

### **Wednesday 25<sup>th</sup> February 2025**

Another great night at night bowls, weather a tad warmer. Great number of players for social bowls and friendship. So successful has night bowls been through February it was decided to extend the season and have another night bowling evening on Wednesday 4<sup>th</sup> March 2026

Long Weekend of the 28<sup>th</sup> February 2026, 1<sup>st</sup> and 2<sup>nd</sup> March 2026 is Men's Country Week Carnival in Perth. No teams from Yealering are attending. No local bowls.

### **Saturday 7<sup>th</sup> March 2026**

YEALERING v W NARROGIN in Yealering Pennants

**DATE TO REMEMBER, Wednesday 18<sup>th</sup> March 2026** Lake Yealering  
Any Combination Triples (Sponsored by Summit Fertilisers.)





## UPCOMING EVENTS

08.03.26 – Men. Club Championship Singles

17.03.26 – Ladies League Champ Singles–Williams

18.03.26 –Yealering Any Combination Triples

29.03.26 – Men’s League Champ Fours & Singles –Narrogin

31.03.26 – Ladies League Champ 4’s & Presentation –Brookton

On Sunday in perfect weather, our ladies completed the second day of their championship singles. Huge congratulations to our newly crowned 2025-26 Club Singles Champion Robyn O’Brien, and runner-up Robyn Mullan with both ladies proving that every bowl counts. Well played to you both!

The Inter League Round Robin Fours were held at Kulin last weekend, with Upper Great Southern League finishing fourth overall. Thank you to Ali Ford (Reserve) for her support and to Marj White (Manager) and Sam Horley (Selector) - your contribution behind the scenes was greatly appreciated. Kulin did a fantastic job hosting the three day event and as always, their catering was top class! Congratulations to Kayleen Lansdell and Bev Davidson on their selection in the Inter Zone Round Robin Fours to be held at Jurien in March—well done!

SATURDAY PENNANT FIXTURE			ROSTER	
07.03.26	<u>WICKEPIN</u>	V Williams-W	L Smith	
14.03.26	<u>NARROGIN</u>	V Wickepin	-	
21.03.26	<u>PINGELLY</u>	PRELIMINARY FINAL		

TUESDAY PENNANT FIXTURE			
03.03.26	<u>WILLIAMS</u>	Brookton v	Wickepin
10.03.26	<u>WICKEPIN</u>	AM—SEMI FINAL	
		PM – GRAND FINAL	

PENNANT RESULTS					
Saturday	21.02.26	WICKEPIN (53)	0	Pingelly (69)	6
Tuesday	24.02.26	WICKEPIN (55)	4	Williams (31)	0

There is one pennant game remaining in this round, and the ladies pennant ladder as at the 24 February shows Wickepin holding top place with 25 points, followed by Brookton on 16, Williams 12.5 and Pingelly 10.5 - We wish everyone a strong and confident finish against Brookton at Williams on 3rd March. Tuesday 10th March is an important day for our Club as the ladies will be playing in the pennant grand final at Wickepin. Good bowling to all for the remainder of the 2025-26 season.

**AGM Notice.** Please note Our Annual General Meeting will now be held on Thursday 19th March at 6.30pm at the Sports Club. Agenda items will be shared prior to the meeting. We encourage all members to attend and be a part of shaping the season ahead. It is an important meeting for our club!

**End of Season Social Evening.** With the season drawing to a close and no further social bowls scheduled for late March and April, the committee warmly invites members to an end-of-season social evening on Friday 20th March, starting at 4.00pm. Join us for a relaxed evening of bowls, followed by hamburgers, drinks, and good company as we celebrate the season together. It will be a special opportunity to thank and acknowledge a couple of valued members who may not be playing with us next season.

Partners and friends are most welcome, so please spread the word and come along for what promises to be a lovely evening to finish the season. Please get in touch with Greg White or Robyn Mullan if you would like more information.

## Winter Olympic Highlight Stats

Congratulations to all participants of the Winter Olympics in Milan-Cortina Italy 2026.

Special congratulations to Australian Medal Winners, such a great achievement for themselves and Australia. 3 Gold, 2 Silver, 1 Bronze is the highest medal tally in the Nation's Winter Olympics History.



## LAKE YEALERING BOWLING CLUB

### Mid-Week Any Combination Triples



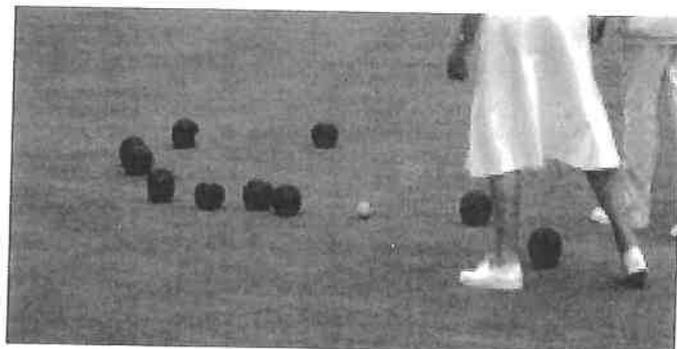
### SUMMIT FERTILISERS DAY

Wednesday 18<sup>th</sup> March 2026

4 Games of 10 Ends, 3 Bowls each

\$90.00 per Team

9.00 for 9.30am start



Morning Tea, Lunch and Afternoon Tea Provided

Entries Close Friday 13<sup>th</sup> March 2026

Contact Darrel Sims 0482 211 455

# 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

Lake Yealering Night Bowls. Evenings through February. Names in by 6.30pm

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

Morning Swimming 6-7am

## 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

Morning Swimming 6-7am

## 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

*Welcome to  
Autumn*

