



SENIORS-MOVE-IT-OR-LOSE-IT-FITNESS-CLASSES

You are never too old to get moving. The human body responds to exercise, no matter our age, and the health benefits are many. People over the age of 65, more than any other age group, require adequate fitness levels to maintain independence, recover from illness and reduce their increasing risk of disease.

With a shared commitment to enhancing the lives of seniors and their families through care and education, Emilie Menz the Shires Wellbeing Officer, has been busy bringing Exercise to our Seniors.

The first session was held on the 18th October 22 at the Recreation Centre. As you are aware Regular exercise is essential for maintaining mobility, bone density, muscle mass and balance but also offers many more health benefits, including:

- Lower risk of chronic disease.
- Reduce your stress and symptoms of mental health conditions like depression and anxiety
- Management of chronic conditions .
- Higher levels of functional health and wellbeing.
- Improved cognitive function.

Practicing mindfulness while doing exercise also reduces your stress and improves your mental health. It also helps your muscles grow stronger so you can keep doing your day-to-day activities without becoming dependent on others. Keep in mind, some physical activity is better than none at all. Your health benefits will also increase with the more physical activity that you do. So come along and join in with us. Tuesday Morning at the Complex 10am—11am



CONGRATULATIONS

Deputy President Ross Dellabosca
Shire President Mark Crees

Congratulations to Councillor Mark Crees who was elected as the new Shire President and Councillor Ross Dellabosca as the new Deputy President, at the October Ordinary Council Meeting held on Monday 17th October 2022. Both Councillor Crees and Councillor Dellabosca will complete the remainder of the term, until 2023. We Thank Councillor Day for her guidance over the past 7years.



DOG & CAT REGISTRATION REMINDER

Dog and cat registrations are coming up for renewal on 31 October 2022. All dogs and cats within the Shire of Westonia are required by law to be registered:

- Dogs - aged 3 months and over
- Cats - aged 6 months and over

If your address or contact information has changed, please let us know in writing ASAP to shire@westonia.wa.gov.au. Also, don't forget to let us know when your fur baby has passed away so we can amend our system accordingly. Are



Can you accommodate a couple of medical students for three nights??



Wheatbelt Medical Student Immersion Program

TUESDAY 14 TO FRIDAY 17 MARCH 2023

Share what living in the Wheatbelt is like with doctors of the future

One hundred medical students will be coming to the Wheatbelt in March 2023. During their stay, they will visit local farms, industry, general practices, hospitals and schools, and participate in community activities.

We need you to provide real-life experiences that will give them an understanding of what it is like to live in the Wheatbelt and perhaps inspire them to become rural doctors.

The students will visit the following towns:

- Bruce Rock
- Kellerberrin/Tammin
- Merredin
- Southern Cross
- Westonia
- Narrogin

As a host, we will ask you to provide accommodation for two or more students, be able to assist with transporting them to/from town, and share what it is like to live in your town with the students. You are invited to come along to a Thank You dinner with the students on the Thursday night.

Why host?

Even if you need the students to roll out a swag in the living room, we want to hear from you if you can host.

This is a life-changing experience for the students, with many having no previous exposure to rural life or the Wheatbelt.

By providing these rural immersion opportunities early in their degree, it has been proven that students are more likely to explore rural career opportunities.

Some students continue to keep in touch and visit their host families, some return to do seasonal work and placements, others have joined mentoring programs, some have inspired host family members to pursue tertiary studies in health and medicine, and some students are now doctors in the Wheatbelt and other parts of rural/remote WA and Australia.

For further information, contact **Betony Dawson**:

T 08 6389 4567 | E betony.dawson@ruralhw.com.au









THE UNIVERSITY OF
NOTRE DAME
AUSTRALIA



Community Calendar

October

Sun	Mon	Tue	Wed	Thu	Fri	Sat
25	26	27	28	29	30	1
2	3	Seniors Games 1pm Laura Black	5	6	7	8
9	 DR Olga Ward	Seniors Games 1pm Laura Black	12	13	 Morning Music	 LADIES DAY
16	 COUNCIL MEETING	Seniors Games 1pm Laura Black	19	20	 ELVIS MOVIE	22
23	24	Seniors Games 1pm Laura Black	26	27	 KIDS WEEK MOVIE	29
30	31					

Happy Birthday

1st - Kevin Paust
 2nd - Tim Della Bosca
 Kila Scotland
 12th - Lizzy Townrow
 Ziggy (Crees) Beaton
 13th - Gary Angwin
 14th - Josh Lindley

15th - Halle Crees
 16th - Jasmine Geier
 17th - Brittany Antonio
 Mel Claridge
 24th - Sophie Jane Crees
 26th - Bradley Geier





PUBLIC NOTICE OF CHANGE OF MEETING DATE ORDINARY COUNCIL MEETING NOVEMBER AND DECEMBER 2022

It is hereby notified for public information that the ordinary meeting of Council scheduled for Thursday 17th November 2022 and Thursday 15th December 2022 will now be held on Thursday 24th November 2022 and Thursday 22nd December 2022, at the Westonia Council Chambers, Wolfram Street, Westonia, commencing at 3.30 pm. In accordance with Section 5.24 (1) of the Local Government Act 1995 and regulations, there will be a public question time at the re commencement of the meeting @ 3.30pm.

The purpose of the change of meeting date is to allow for all members to be present for the meeting.

Apologies for any inconvenience.



DISPOSAL OF PROPERTY

SECTION 3.58 LOCAL GOVERNMENT ACT 1995

The Shire of Westonia gives notice of the intention to dispose of property, as detailed below, in accordance with section 3.58 of the Local Government Act, 1995

Property – Land & Residence Lot 106, No 42 Jasper Street Westonia.

Purchaser – Michael James Lane.

Consideration - \$ 85,000.

Valuation - \$ 95,000.

Submissions regarding this proposed disposition can be made in writing to the undersigned by COB Friday 11th November 2022.

★ FIGHT *the* BITE ★

PREVENT MOSQUITO BITES

Many mosquitoes bite around dusk and dawn, but some can bite day and night. The only way to prevent mosquito-borne disease is to avoid being bitten. Know how to prevent mosquito bites – cover up, repel, clean up.

★ COVER UP. REPEL. CLEAN UP. ★

Cover up



Wear long, loose-fitting, light coloured clothing, covering as much of the body as you can. Mosquitoes can bite through tight clothes like jeans. Make sure children are also appropriately covered up.

Repel



Use [insect repellent](#) containing DEET (diethyltoluamide) or picaridin and always follow instructions on the label.

Clean up



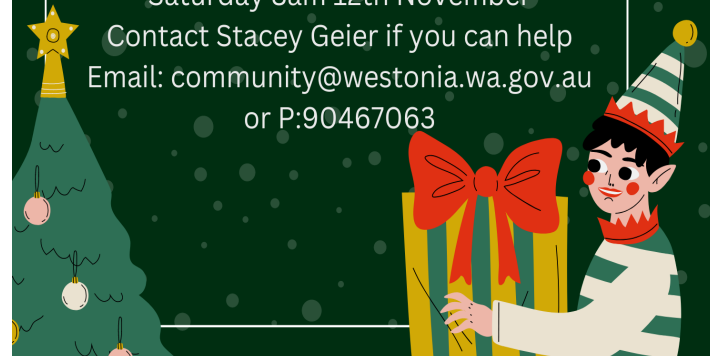
Stop mosquitoes breeding in water pooling around your home or holiday accommodation by emptying water from containers.

Santa's Helpers

Xmas Shopping Day Helpers are required
Friday 12pm 11th November for set-up
and from

Saturday 8am 12th November

Contact Stacey Geier if you can help
Email: community@westonia.wa.gov.au
or P:90467063





MELBOURNE Cup

LUNCHEON

TUESDAY, NOVEMBER 01
AT WESTONIA TAVERN 11AM

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ENTRÉE

PRAWN COCKTAIL - SERVED ON A BED LETTUCE WITH COCKTAIL SAUCE \$22.00

CRUMBED CAMEMBERT - DOUBLE CRUMBED SERVER WITH WARM PLUM DIPPING SAUCE \$18.00

MAIN

GRILLED BARRA SERVED WITH SALAD, CHIPS AND A CAPER AN LEMON SAUCE \$35.00

FILLET MIGNON - SUCCULENT SCOTCH FILLET STEAK WRAPPED IN BACON SERVED WITH DIANNE SAUCE \$45.00

CHICKEN BREAST TOPPED WITH AVOCADO & PRAWNS WITH HOLLANDAISE SAUCE \$40.00
SALAD BAR AVAILABLE

DESSERT - CHEESECAKE OR PAVLOVA \$18.00

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BOOKINGS ESSENTIAL PRE-ORDER
2 DAYS PRIOR 90467012

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FREE MIDDY OR CHAMPAGE ON ARRIVAL

Westonia Co-Op & Cafe & Post Office



**Extra Spearmint
Chewies \$3
small packets \$2**



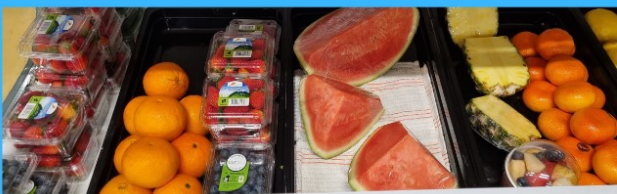
**Seafood
Basket
\$15.00**



**Devondale Long life Milk
1 litre \$2 2 litre \$3**



**Arnotts Strawberry Shortcake
& Delta Creams \$3.20**



**Keep an eye out for the
summer fruits**

**Cafe Open Monday to
Friday 8.30am to 2pm
Hot chips, Burgers,
Seafood, Fish & Chips
Order ahead : 90467222**

**Fabulous Summer
Fruit now in
More meat coming
next week**

Opening Hours

Mon 8.30am - 5.00pm

Tue 8.30am - 5.00pm

Wed 8.30am - 6.30pm

Thur 8.30am - 5.00pm

Fri 8.30am - 5.00pm

Sat 8.30am - 12.30pm



Cooked Chooks Monday & Friday

**DROP IN AND BROWSE OUR
SELECTION OR PLACE AN
ORDER 90467222**



Free Admission

Opening From Wed. 2nd Nov 22

Subject to Water Samples

Westonia Swimming Pool

Opening hours for the season will be:

Monday, Wednesday, Thursday, Friday - 3 to 7pm

(school holidays) - 11am to 7pm

Tuesday - closed

Weekends - 11am to 7pm

Public Holidays - 11am - 7pm

Pool Contact Details:

Pool Manager : Ashton Hargreaves-Tieland

P: 9046 7053 E: pool@westonia.wa.gov.au



Returning

HAIR Dresser

10am - 3.30pm Tuesday 6th Dec 22

Services  HAIRCUT / COLOR / TRIMS / BLOW WAVES MEN & WOMEN @ SEWING ROOM/OLD WESTONIA PRIMARY SCHOOL. PRICES STARTING AT \$40

Contact Jay 0408 692 937

Interim Fuel Sales



Due to the Carrabin Roadhouse being closed for an indefinite period the Council have resolved that they are prepared to sell Diesel and ULP to the community from its Council depot storage facility for an interim period. Fuel will be available weekdays only from 3.30pm to 4pm. Purchases are to be paid for immediately at the Council Shire Offices. For Those needing fuel if you attend the depot during these times somebody will be available to provide the service



Wessy CHRISTMAS Markets



RAFFLES
LIVE MUSIC
FOOD VANS
MARKET STALLS
SANTA DASH

12TH

NOVEMBER 2022
@ 17 DIORITE STREET
WESTONIA
REC.COMPLEVX/OVAL

10-3PM

MARKET ENTRY FEE \$10,
\$5 SENIORS (65+) &
FREE ENTRY KIDS (0-12)

3-7PM

LIVE MUSIC
FOOD VANS &
BYO DRINKS



ONLINE BOOKINGS LINK AVAILABLE FROM THE CRC FACEBOOK
PAGE & WEBSITE OR YOU CAN SCAN THE QR CODE



HAVE YOU DONE YOUR FIREBREAKS?

All land owners, or occupiers are required to plough, scarify, cultivate, spray or otherwise clear and thereafter maintain free of all inflammable material until the 31st day of March 2023.



Notice is hereby given to all owners of land within the Shire of Westonia that pursuant to the powers conferred in Section 33 of the *Bush Fires Act 1954*, you are required to carry out fire prevention work in accordance with the requirements of this Notice, on or before 1 October 2022.

As a landowner you have a responsibility to manage your property to reduce the risk of bush fire. This notice informs you of what actions you must take to manage your property and the dates when those actions must be adhered to.

Infringements

The Shire will be inspecting properties for compliance from 1 December 2022. The penalty for failing to comply with this Notice is a fine not exceeding \$5000 and a person in default is also liable, whether prosecuted or not, to pay the costs of performing the work directed by this Notice if it is not carried out by the owner and/or occupier by the date required by this Notice.

Variations to this Notice

If you consider it to be impractical to meet the requirements of this Notice, you may apply and seek approval from the Shire in writing no later than **1 November 2022**, for permission to provide firebreaks in alternative positions or to take alternative action to abate fire hazards on land.

The Australian Fire Danger Rating System has changed.

Know the changes. They could save your life.

To know more, search 'Fire Danger Ratings'

KNOW YOUR FIRE DANGER RATING

The Fire Danger Rating System has changed. Know the changes – they could save your life.

A new nationally consistent Fire Danger Rating System has been created. It's now simpler, clearer, and it could save your life. The new System has four levels. Each level tells you how dangerous a bushfire could be if one starts and comes with clear actions to take. The higher the Fire Danger Rating, the more severe the bushfire could be.

Fire Danger Ratings are important because they provide people with information so they can take action to protect themselves and others from the potentially dangerous impacts of bushfires. Ratings are calculated using a combination of weather forecasting and information about vegetation that could fuel a fire. They do not indicate the chance of a fire occurring, although this is a common misconception.

For more information visit this website and keep up to date <https://mybushfireplan.wa.gov.au/FireDangerRatings/>



WESTONIA SHIRE MEDICAL CLINIC

BOOKINGS MADE
VIA SHIRE
ADMINISTRATION
OFFICE

PHONE:
(08) 90467063

OUR SERVICE



Dr Olga Ward
MBBS, FRACGP, GDRGP, FARGP
Procedural Surgical GP

Consulting Dates
12th of December 2022
25th of January 2023
13th of February 2023
20th of March 2023



Primary Care Nurse Practitioner
Laura Black

Consulting Days
Tuesdays from 9am



Podiatrist
Schoen Podiatry

Consulting Dates
2nd November 2022

ARE YOU ELIGIBLE FOR A RATES AND EMERGENCY SERVICES LEVY REBATE FOR YOUR OWNED AND SELF-OCCUPIED PROPERTY?

If you are the holder of a current and valid card below, you may be eligible for a rebate

- Pensioner Concession Card (50% Rebate)
- Commonwealth Seniors Health Card and WA Seniors Card (50% Rebate)
- State Concession Card (50% Rebate)
- WA Seniors Card (25% Rebate)



You may be eligible for a State Government funded Rate Rebate under the provisions of the **Rates and Charges (Rebates and Deferrals) Act 1992** if you are the owner and occupier of that property on the 1st July each financial year.

Applications for these rebates can be made by phoning the Water Corporation on 1300 659 951 or provide an online application via www.watercorporation.com.au.

Please bring your concession cards with you for our verification of your eligibility. The eligibility date will be that of your application lodgement date with either the Shire of Westonia or the Water Corporation and can not be back dated.

Please contact the Shire office on 9046 7063 if you would like to make further enquiries about your eligibility.

If you prefer, you can search for information on the **Rates and Charges (Rates and Deferral) Act 1992** regarding your eligibility or go to www.concessions.wa.gov.au.

WESTONIAN ADVERTISING
WESTONIAN@WESTONIA.WA.GOV.AU

PeerPathways

A free, confidential, statewide helpline for all West Australians experiencing mental health challenges.

 **9477 2809**

Connect with
Peer Pathways
for a free and
confidential chat

Together we can
explore your
health &
wellbeing needs

Discover what
local supports,
information and
resources are
right for you

We Can Help!

9am - 5pm Monday to Friday

The Peer Pathways
helpline is not a crisis line.
If you are currently
experiencing distress please
call Lifeline on 15 11 14.

This project is generously funded
by the WA Primary Health Alliance
 **WA Primary
Health Alliance**
Better health, together

 **CaMHWa**



TAKE CARE ON THE ROADS THIS HARVEST

The crops are now golden and harvest is nearly in full swing.

Westonia Shire Motorists are being urged to take extra care on the roads as headers and trucks mobilise to take off the biggest crop in years.

There will be an increase in farm machinery and grain trucks on roads across the Shire of Westonia, so please be patient and exercise caution with the extra traffic on all major Haulage routes.

Please also be very mindful along Carrabin-Westonia Road with the inclusion of Mine haulage Vehicles. We want everyone to get home safely this harvest



It's time to be bushfire ready...

RESTRICTED BURNING, FIRE BREAKS AND TEXT MESSAGING SERVICE

HAVE YOU CHANGED YOUR MOBILE NUMBER?

Call and let us know so we can update our text messaging service database.

RESTRICTED BURNING PERIOD

16 September 2022 to 31 October 2022

BURNING PERMIT REQUIRED

PROHIBITED BURNING PERIOD

1 November 2022 to 14 February 2023

NO BURNING PERMITTED

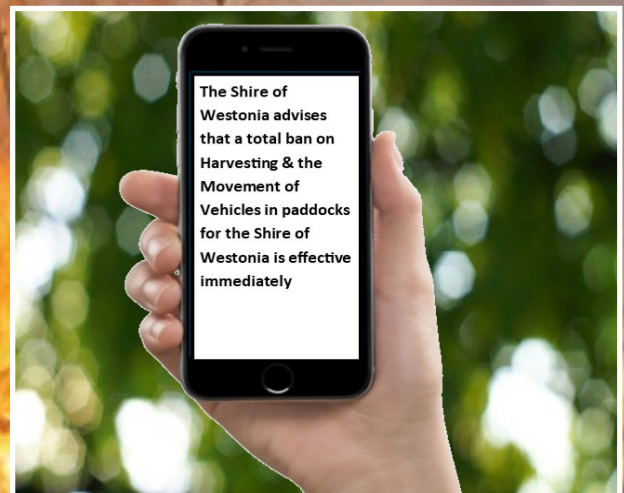
RESTRICTED BURNING PERIOD

15 February 2023 to 31 March 2023

BURNING PERMIT REQUIRED

NO BURNING PERMITTED ON DAYS WHEN VERY HIGH OR GREATER FIRE DANGER IS FORECAST

Fire weather information is available at www.bom.gov.au or by listening to the ABC Regional Radio



HARVEST / MOVEMENT OF VEHICLES BAN TEXT MESSAGING SERVICE

Harvest Bans are put in place by the Bush Fire Control Officers. To register for SMS notifications of Harvest Bans via your mobile phone, call the Shire office on 9046 7063 or Email: shire@westonia.wa.gov.au with your name and mobile number. Don't leave it until a fire is in progress to call and ask us for this service.

Further information on Bushfire Control is available on the Shire website <https://www.westonia.wa.gov.au/services/emergency-services/bush-fire-services.aspx>