

## Focus on physical fitness for mental wellbeing

Physical and mental health go hand in hand, and the 2017-18 National Health Survey conducted by Australian Bureau of Statistics showed this relationship, suggesting a strong overlap between poor physical health and mental health problems. This means that people who reported having a mental illness were more likely to report having a chronic medical condition, and vice versa.

"The most common chronic conditions reported included back problems, arthritis and asthma," the survey stated.

These results show the importance of focusing on the physical part of health to keep your mental wellbeing intact. And what better time than right now! As spring is setting in and the days are a bit longer, it's the perfect time to head out and look after yourself with physical activity, such as park runs, hiking and walking at the beach.

Outdoor light is also good for your mental health. A 2021 study by Monash University found that more time in outdoor light was associated with fewer depressive symptoms, lower odds of using antidepressant medication, better sleep and fewer symptoms of insomnia.



**SENIORS**  
**Move It or Lose it**  
**Fitness Classes**

*Coming Soon*

## Know someone great?



## NOMINATE

### Do you know someone who makes your community a better place?

The Shire of Westonia are calling out for nominations for the 2023 Community Citizen of the Year Awards.

Outstanding contribution and community service includes areas such as; education, health, fund-raising, charitable and voluntary services, business, sport, arts, the environment, social inclusion or any other area that contributes to the advancement and wellbeing of a community.

There are four award categories that you may nominate a community member or group/event within which include;

- **Citizen of the Year**- a person you believe has delivered outstanding service to his or her community
- **Youth Citizen of the Year** (under 25 as of 26 January 2022 - a young person you believe has delivered outstanding service to his or her community
- **Senior Citizen of the Year** (over 65 as of 26 January 2022) - an older person you believe has delivered outstanding service to his or her community
- **Active Citizenship** (group or event) - a group doing outstanding work or for an event staged in the community during the past year

**Nominations close on Monday, 31 October 2022**

<https://www.citizenshipawards.com.au/nominate/>



Community  
Citizen of the  
year Awards



Australia Day  
Council of  
Western Australia



## Westonia Co-Op & Cafe & Post Office



**Chicken Parm**  
**Brekkie your way**  
**Snitzel & Mushroom**  
**Sauce**



**More meat just in** **Cottees Cordial 1L \$4.00**



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

**Cafe Open Monday to  
Saturday 8.30am to 2pm**

**Breakfast, Hot chips,  
Burgers, Seafood, Fish &  
Chips**

**Order ahead : 90467222**

**We are now open  
for Breakfast from  
8.30am!**

**And Breakfast is now  
on Saturdays as well**  
**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 - 1.00pm**

**Try out our new steak  
Sandwiches \$18.50**

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



**Upgrade Great Eastern  
Highway between Walgoolan  
and Southern Cross**  
Construction of a new  
bridge away from the road in  
Walgoolan started in early 2022  
with the bridge at Moorine Rock  
widened at the same  
time which are due for  
completion mid-2023

Walgoolan and Southern Cross  
• Replace the bridge at  
Walgoolan and widen the  
bridge at Moorine Rock

• Widening, sealed shoulders  
and one metre painted median

• Town site improvements to  
Bodallin and Moorine Rock

• New overtaking lanes  
Intersection improvements.

We thank you for your  
patience. Information on  
roadworks can be found on our  
Travelmap We thank you for  
your patience. Information on  
roadworks can be found on our  
Travelmap [https://  
travelmap.mainroads.wa.gov.au/](https://travelmap.mainroads.wa.gov.au/)

## BUSY BEE

*Old Club Hotel Museum*



**WORKS ON THE NEW FARM SCENE 10 AM-12 PM**

**13.10.22**

For all museum related enquiries please contact  
Lani on 90467063 during business hours

## RATES INCENTIVE COMPETITION 2022-2023

[WWW.WESTONIA.WA.GOV.AU](http://WWW.WESTONIA.WA.GOV.AU)

**1 BRAD THOMAS A 400**

**2 MT & GF FOX A 440**

**3 DM HIND A 609**

**4 DANE & BEN FARINA A 616**

**THANK YOU TO ALL RATEPAYERS WHO PAID THEIR 2022/2023  
RATES IN FULL PRIOR TO THE DUE DATE.  
RATES INCENTIVE PRIZE WINNERS 2022-2023.  
CONGRATULATIONS TO ALL OF OUR WINNERS YOU WILL  
RECEIVE NOTIFICATION SHORTLY.  
ALL INCENTIVE PRIZES WERE DONATED AND WERE AT NO  
COSTS TO COUNCIL**







Brought to you by the  
Westonia CRC & Shire of Westonia

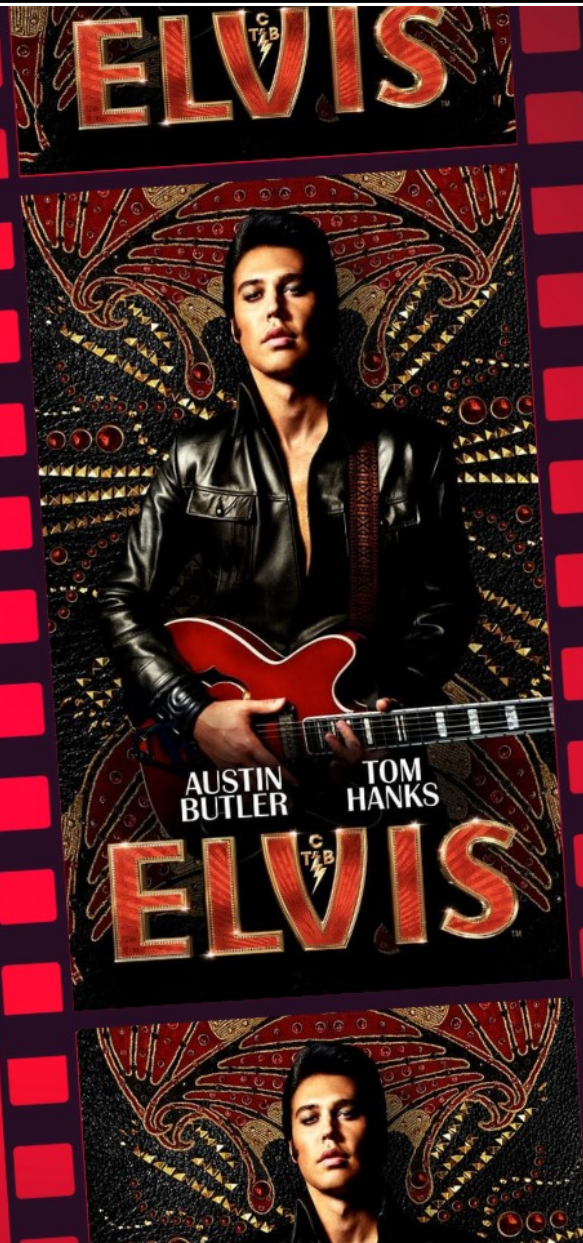
# COMING SOON

21 October 2022 6pm

**OLD MINERS  
HALL PICTURE  
THEATRE**

Bring along nibbles and drinks and enjoy  
this movie together in the warmth of the  
Old Miners Hall

Adults \$10.00 per head, Kids under 18  
\$5.00 per head free popcorn



## YILGARN Ladies Day DAY



at Senior Citizen's Centre -Southern Cross  
20 tickets available lunch included  
Saturday 15th October 2022 depart old crc 9am  
Rsvp by 11th October 2022 to  
Emilie Menz -Shire of Westonia 90467063





# Community Calendar

# September

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5  DR Olga Ward	6 Seniors Games 1pm Laura Black	7 	8	9	10
11	12	13 Seniors Games 1pm Laura Black	14	15	16	17
18	19	20 Seniors Games 1pm Laura Black	21 	22  Shire, & CRC	23  Shire, & CRC	24
25	26  Shire, & CRC	27 Seniors Games 1pm Laura Black	28	29	30	

# Happy Birthday

6th - Alex Junk  
7th - Amanda Corsini  
8th - Ross Crews  
9th - Tia Penny  
10th - Lil Turner  
Jess Fitzgerald  
13th - Arnold White  
15th - Celia DuPlessis  
17th - Mal Nicoletti

17th - Lincoln Nicoletti-Preist  
21st - Shauna Hodgkinson  
22nd - Greta Gejas  
Mitchell Bright  
23rd - Blanche Streich  
24th - Stacey Geier  
Zac Crees  
26th - Lydia Nicoletti  
27th - Kane Corsini







# Letters TO THE Editor

Dear Westonia Shire President

I would like to compliment the Shire on your website. I used it earlier today prior to coming to Westonia for a few nights. I found it very easy to use, up to date, friendly, good size print and the graphics and photos all excellent. Easy to navigate around site. Well done for a small shire. Having been travelling off and on in our motorhome for the past 20 years this is the first time I have been 'moved' to write such an Email.

On ringing for a booking at caravan park my call was handled very proficiently, again felt welcoming.

Well done Westonia living up to your reputation I have gleaned on the road as being a good place to visit. All the best to you, your fellow Councillors and all the staff.

Jenny Sheehan

## 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

## WARRALAKIN BUSH FIRE BRIGADE NOTICE OF ANNUAL GENERAL MEETING



**Friday 30th September 2022**

**4.30pm at the Warralakin Town Hall**

Please be advised that the Annual General Meeting of the Warralakin Bush Fire Brigade is scheduled for Friday 30th September 2022 at the Warralakin Town Hall and will commence at 4.30pm.

**For more information please  
contact Bush Fire Control Officer  
Dane Farina | 0429 449 056**



## MORNING MUSIC

ANYONE WANTING TO JOIN IN-  
GUITAR, UKUELE, BANJO ECT  
LETS HAVE A FRIENDLY JAM  
SESSION.

**FRIDAY 30 SEPT 22  
FRIDAY 14 OCT 22  
@ OLD CRC ROOM  
9.30-11.30**

**CANT PLAY AN INSTRUMENT BUT  
WOULD LIKE TO SING COME ALONG.**

**ENQUIRIES - LIZ  
0419199716**



## Shire of Westonia Bush Fire Information 22/23

RESTRICTED BURNING PERIOD (PERMITS)

16 September 2022 to 31 October 2022

15 February 2023 to 31 March 2023

PROHIBITED BURNING PERIOD (NO BURNING)

1 November 2022 to 15 February 2023

**FOR ALL EMERGENCIES DIAL 000**



# Wessey CHRISTMAS Markets



RAFFLES  
LIVE MUSIC  
FOOD VANS  
MARKET STALLS  
SANTA DASH



12TH

NOVEMBER  
2022

10-3PM


MARKETS  
\$10 ENTRY- KIDS FREE

3-7PM

LIVE MUSIC  
FOOD VANS & BAR







ARE YOU A 2022 SCHOOL LEAVER?  
STOP DREAMING AND START DOING.

## Readvertised

# BUSINESS ADMINISTRATION TRAINEE

THE SHIRE OF WESTONIA IS OFFERING AN EXCITING OPPORTUNITY TO KICK START YOUR BUSINESS ADMINISTRATION CAREER.

FOR MORE INFORMATION HEAD TO  
[WWW.WESTONIA.WA.GOV.AU](http://WWW.WESTONIA.WA.GOV.AU)

### Readvertised Business Administration Trainee

The Shire of Westonia is offering an exciting opportunity to kick start your business administration career. We are seeking an enthusiastic, friendly, and reliable individual to join our team.

Earn an income whilst receiving on the job training and completing your formal studies towards a nationally accredited qualification. This is a full-time, 12 month traineeship opportunity for the right person. Traineeship wages and conditions apply.

The successful applicant will be working with the Administration Office and will gain experience in a range of administration related tasks.

**This is an entry level position and recent school leavers are strongly encouraged to apply.**

#### The successful candidate will:

- Be customer focused and possess a friendly, welcoming nature
  - Be self-motivated and driven to complete tasks
  - Be able to demonstrate competent keyboard, interpersonal, reading, writing and maths skills.
  - Have a willingness to learn and gain new skills
  - Have problem solving skills and strong attention to detail
  - Be able to work effectively as part of a team
- Conditions of employment are in accordance with the Local Government Industry Award 2021 depending on age and level of schooling completed. Other conditions include 38 hours per week and 10% superannuation.

#### To Apply:

Written applications must:

- 1.Be clearly marked "Shire of Westonia-Trainee" and be addressed to the Deputy Chief

Executive Officer

2.Include a full resume with work experience and the names of two(2) referees;

3.Include a cover letter introducing yourself explaining why you are applying for the position, and addressing the Selection Criteria listed in the Position Description; and

4.Be received by the Shire of Westonia by closing date, via email to [admin@westonia.wa.gov.au](mailto:admin@westonia.wa.gov.au), post or hand delivery.

**Applications Close 4.00pm 29th September 2022**

Application packages can be obtained from the Shire of Westonia website by clicking the link below or by email [admin@westonia.wa.gov.au](mailto:admin@westonia.wa.gov.au) If you have any questions or would like to find out more about this exciting opportunity, please contact Jasmine Geier on (08) 9046 7063.



**TIME TO PLAY**

## IS YOUR PET REGISTERED?

### REGISTRATION RENEWALS DUE BY 31ST OCTOBER 2022.

Dog and cat registration and renewals will be hitting your post boxes at the end of September



## PUBLIC NOTICE OF CHANGE OF MEETING DATE ORDINARY COUNCIL MEETING OCTOBER 2022

It is hereby notified for public information that the ordinary meeting of Council scheduled for Thursday 20<sup>th</sup> October 2022 will now be held on Tuesday 18<sup>th</sup> October 2022 respectively, 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 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.

**Bill Price**

**Chief Executive Officer**



## “THE WESTONIAN”—FAQ

### Contact

Phone: (08) 9046 7063

Email: [westonian@westonia.wa.gov.au](mailto:westonian@westonia.wa.gov.au)

### How to receive the The Westonian via Email?

To receive the “THE WESTONIAN” digitally, please sign up by emailing [westonian@westonia.wa.gov.au](mailto:westonian@westonia.wa.gov.au).

### How to advertise in the The Westonian?

1. Download the Westonian Booking form and fill it in.
2. Attach the booking form and the content that you wish to publish to an email and send it to [westonian@westonia.wa.gov.au](mailto:westonian@westonia.wa.gov.au).

### When are the deadlines?

All articles incl. fully-filled in booking forms are to be submitted no later than **Tuesday, 4pm prior to any publication date.**

### When is the next deadline?

The next deadline will be Tuesday, 27th of September 2022

### Advertising costs:

- 1/4 page b/w \$5.50
- 1/2 page b/w \$11.00
- Full page b/w 22.00
- 1/4 page colour \$7.50
- 1/2 page colour \$15.00
- Full page colour \$25.00
- Postal Subscription \$25.00

[westonian@westonia.wa.gov.au](mailto:westonian@westonia.wa.gov.au) for more information.

### Accepted document formats:

• EMAIL • WORD • PDF • JPEG

### Have you got news?

If you would like to share news or information with the Westonian community, please email [westonian@westonia.wa.gov.au](mailto:westonian@westonia.wa.gov.au).

**BUSH FIRE ADVISORY  
COMMITTEE MEETING**

Bush Fire Advisory Meeting will be held  
Tuesday 11th October 2022, 5.30pm at the  
Shire Depot.

Minutes from the meeting will be available for viewing on  
Councils Website or at the Shire Office

