

Council Attends Small Towns Reinvention Convention in Kapunda

The Council recently took the long trip across the Nullarbor to Kapunda for the Small Towns Reinvention Convention. This event was all about empowering small communities to grow, thrive, and embrace fresh ideas.

It brought together councils, community leaders, and locals from across Australia to share their stories, learn from one another, and dive into what makes small towns special—and how to enhance them even further.

One of the key themes that stood out was the success of Community Co-operatives as a proven model for driving local development. These co-operatives are playing a vital role in many small towns by supporting local businesses, creating jobs, improving services, and keeping decision-making power within the community.

Throughout the convention, there was a strong focus on the importance of fostering strong local leadership, cultivating a positive “can-do” spirit, and encouraging communities to engage in inclusive discussions and teamwork. There was a strong emphasis on celebrating local strengths—whether it’s creative ideas, unique places, or remarkable people—and leveraging these as a launchpad for new opportunities.

Key themes included developing a sense of “wow-factor” within the community, enhancing local lifestyle options like health, housing, recreation, childcare and making it easier for residents to live and work in their hometowns.

It was an inspiring journey, and We are eager to bring back some innovative ideas to see how they can help our own community continue to grow, connect, and shine.



Barossa Co-Op Presentation



Chateau Tanunda



Redruth gaol Burra

Happy Birthday



1st October: Kevin Paust

2nd October: Tim & Kila Della Bosca

12th October: Lizzie Townrow

13th October: Gary Angwin

14th October: Josh Lindley

15th October: Halle Crees

16th October: Jasmine Geier

17th October: Brittany Antonio

24th October: Sophie Jane Crees

26th October: Bradley Geier

31st October: Brenda Newbey

Pre-Kindy Enrolments for 2026 are now open.
For enquires please contact St Mary's School:



Ph 08 90411907

admin@stmarysmerredin.wa.edu.au

37 South Avenue Merredin. WA. 6415



Want to help out with the planning of future events in Westonia?
Come along to our working group meetings which are held regularly.

Next Meeting: Wednesday 15th OCTOBER @ 2:00PM, At the Old School



westonia craft group

The sewing group ladies jumped on the community bus to Narrogin last Wednesday, enjoying a wonderful scenic trip as well as a spot of power shopping and a delicious lunch. A big thank you to Bill Huxtable and his very alert offsider for getting us there and back safely.

(what was wrong with checking out the Corrigin dog cemetery Joan!)

Our group have been extremely busy with their sewing projects for our stall at the Wessy Christmas markets on the 8th November. The theme is linen/denim n lace. A great selection of lovely gift items have been created. Come and check us out on the day, maybe you will find that special little gift.

Orders can be taken.

I will be continuing Monday sewing through to the 27th October to enable everyone to complete projects and prepare presentation for our stall.

Cheers

Kay

WESTONIA BOWLING CLUB

The 2025-2026 season officially starts on our Opening day to be held this Sunday 5th October. 2pm for 2.30 start. Bring a salad to share. BBQ dinner provided by the Club. New and old members are welcome.



Open Day 2024



A reminder to all members that Subs are now due. Please do not Direct Debit into the old CBA account as the Bowling Club is transferring our banking to Bendigo Bank. Please pay directly to Heather. Once we have our new account number we will notify our members.

WESTONIA GOLF CLUB

The Corumba Mechanical Day was held on Sunday 21st September. Many thanks to Emily and Joel for sponsoring the Day. They also managed to organise the weather and 10 of our golfers enjoyed the sunshine and the bantering over the course of the day.



Corumba Day 2024



Winner of the men's on 41 was Rohan Day with Harry Day taking out the runner up with a score of 36.

Heather, aka "The Badger", won the women's day with 36. Karen Day took out the runner up prize on a score of 32.



Longest putt on nine was Sharon Bright. Best second on 18 was Harry Day. Longest drive on 1 for the men was Uncle Joe. Longest Drive for the ladies on 9 was Sharon. Closest to the pin on 13 was Heather.



Next Saturday will be the Golf Club closing day for this season, sponsored by Hale Shearing Contractors. 12 noon hit off. Presentations and nibbles offered at Hole 19 at the end of the day.

WESTONIA Christmas MARKETS

SATURDAY 8 NOVEMBER
2025

FREE
ENTRY



FOOD

LIVE
MUSIC




RAFFLES

DRESS
UP
PARADE

10:00am – 2:00pm • WOLFRAM STREET, WESTONIA

PROUDLY SUPPORTED BY:



SHIRE OF
WESTONIA



GOVERNMENT OF
WESTERN AUSTRALIA

Department of
Primary Industries and
Regional Development



Westonia
Community
Resource
Centre

Further Council information is available at Shire of Westonia 41 Wolfram Street, Westonia 6423
Telephone: 08 9046 7063 Email: shire@westonia.wa.gov.au Web: westonia.wa.gov.au



HARVEST FESTIVAL

WEEKEND

FRIDAY 3 OCTOBER - SUNDAY 5 OCTOBER

Nungarin 2025

WWW.NUNGARIN.COM.AU/EVENTS

-CONCERT-
-FOOD-
-MARKETS-

Stay the weekend in Nungarin at our lovely hotels and caravan parks - more information at www.nungarin.com.au

· Nungarin Shire Caravan Park 90465 006 · Mangowine Homestead 90465 149 · Woolshed Hotel 9046 5084
· McCorry's Old Hotel 0497 575 907 (limited)

Additional accommodation at:

Merredin Tourist Park 90 411 535, Trayning Caravan Park 9683 1001 & Mukinbudin Caravan Park 0429 471 103

- Welcome BBQ Tea - Museum fundraiser Friday, 3 Oct

Enjoy country hospitality at the 'Welcome to Nungarin' BBQ tea. A chance to make some new friendships, meet up with friends and have a drink at the bar.

Where: Recreation Centre **Cost:** \$20 **Time:** 6:00pm
Everyone is welcome - Limited seated places available



Nungarin Heritage & Military Museum Opening hours

Friday 3, Saturday 4 and Sunday 5: 9am-4pm

Mangowine Concert - Saturday, 4 Oct

Gates open: 4.30pm Entertainment starts: 5.00pm

***Food & drink for sale (cash) or bring your own picnic**

· LICENSED BAR - NO BYO · SMOKE FREE EVENT

BOYS FROM MUKA ARE BACK!

Eastern Line will be performing at 5.00pm

Mangowine Concert 2025

RISING SUN

COLD CHISEL & JIMMY BARNES

ULTIMATE TRIBUTE

SATURDAY OCTOBER 4

Cash at the Gate
Bookings On-Line
www.eventbrite.com.au

General Admission
(online purchase preferred & at gate)

\$30 per adult

CASH ONLY AT GATE

ON THE NIGHT

(Under 18 — free)

BYO chairs/picnic rugs

VIP

(online purchase only)

\$175 for two people

Only 110 available

✓Your entry tickets

✓Seating at a table

✓3-course meal in an esky (pick up from the bar upon arrival at event)

✓Choice of a bottle of red or white wine

Concert Transport

No bus fare charged for buses to and from Mangowine. An administration fee will be charged per person leaving from Nungarin
LEAVE FROM 4.00PM—LIMITED SEATING

To book

Nungarin : www.nungarin.com.au/events
Merredin Wheatbelt Visitor Centre: 9041 1666
Mukinbudin Caravan Park: 0429 471 103

Wheatbelt Markets - Sunday, 5 Oct



FREE TRAIN RIDES

Sausage Sizzle in aid of St John Ambulance

Craft Shop & Op Shop open

Café in the Hall - Ice Cream Van

Blessing of the Header @10.30am



Stall Bookings/ Enquiries 0448 244 063

Email: nungarinwheatbeltmarkets@gmail.com

Additional information will be available as soon as possible.

www.nungarin.com.au/events

Please check back again closer to event date as information may have changed.

· Where to buy breakfast/lunch on Sat & Sun

· Camping @ Mangowine

· Miscellaneous concert info (weather etc)

NO ACCESS TO ATMs IN NUNGARIN OVER THE WEEKEND

Be prepared for cold weather

Department of
Primary Industries and
Regional Development
Tel: 9046 5400
E: crc@nungarin.com.au

Nungarin
Community Resource Centre
Your local connection
Proudly supporting
the 2025 Mangowine Concert





JOIN US FOR THE ST MARY'S SCHOOL FETE



**SATURDAY
18TH OCTOBER 2025
9.30AM-1PM**



**FREE
ENTRY**



**SOUTH AVENUE,
MERREDIN**

- 
- * FACE PAINTING
 - * WINE WHEEL * MYSTERY BAGS
 - * SECOND HAND STALLS
 - * LOLLY BAGS
 - * LIVE ENTERTAINMENT
 - * SLUSHY STALL
 - * SIDESHOW GAMES * ICE CREAM
 - * BISCUIT DECORATING,
 - * SILENT AUCTION * BALL DROP
 - * TRAIN RIDES
 - * PLAYDOUGH
 - * PLANTS AND MORE!!



CASH ONLY!



**PLEASE JOIN THE ST MARY'S FETE EVENT ON FACEBOOK TO
KEEP UP TO DATE WITH EVERYTHING FOR THIS EVENT.**

WARRIOR WELLBEING ARTICLE

Testosterone and Wellbeing

BY THE REGIONAL MEN'S HEALTH INITIATIVE
October 2025

We've all heard of the hormone testosterone, but we might not know just how important it is that we look after our testosterone levels for our physical and mental health and wellbeing. Hormones themselves are the chemical messengers that the glands in our body send through our blood to our organs. They are necessary for growth, reproduction and wellbeing. The ones that are particularly important to men are the male sex hormones called androgens. Testosterone is the most important androgen and effects everything from our metabolism, our recovery time after physical exertion, our mood and of course our sex drive, performance and health. All things that we care about, that help define us as men and that we don't want to compromise on.

As testosterone is such a vital part of living a full and healthy life, it's important to keep a lookout for signs of testosterone issues, most commonly testosterone deficiency. It is normal for men to have their testosterone peak between 20 and 30 years of age; and from there fall gradually as we get older to one third of our maximum amount. In fact, by 45 years of age 4 out of every 10 men have symptoms of male hypogonadism (lowering testosterone). Despite it being common it is still important to keep an eye on it as testosterone deficiency can have severe consequences.




In our youth it can present as failure to go through normal puberty, including not having our voice break, not getting a normal growth spurt or even developing breasts. This is all to be avoided if possible! In adults there are a range of potential symptoms including weight gain, mood changes, reduced strength, difficulty getting erections and a lower sex drive. These symptoms and others can have a detrimental impact on our health and quality of life so being aware of testosterone's role in our lives and the difficulties we can have with it is important to all men.

If we find ourselves experiencing these issues we should go to the doctor and have a simple blood test that will check our testosterone levels. If we are suffering from a severe deficiency it is likely we will be administered Testosterone Replacement Therapy (TRT) in the form of injections, gels, lotions, creams, patches and tablets; some of which can come with negative side effects. Fortunately, there are ways to increase our testosterone short of pharmaceutical help. Primarily through lifestyle choices. That is getting enough sleep, avoiding alcohol and drugs, staying active; especially through weightlifting, minimising stress levels and getting all our vitamins and minerals through a balanced diet, will all have a significant impact on our testosterone levels and general health.

Like with most aspects of our health the same fundamentals affecting everything else also affect testosterone levels. Good health is a holistic process and if we do these things to take care of our testosterone we will enjoy the benefits of healthy testosterone levels throughout our lives. As always if there is any doubt it's important to speak to your GP, especially when something as important as testosterone is involved.

 @RMHI_4blokes

 Working with Warriors Podcast

 regionalmenshealth.com.au





Government of Western Australia
WA Country Health Service

Teletrial Community Reference Group

EXPRESSION OF INTEREST

The **Australian Teletrial Program** is an initiative funded by the Commonwealth Government. It assists regional Australians to take part in clinical trials closer to their homes. In Western Australia, the WA Country Health Service (WACHS) is leading this project.

We are looking for people who understand what it is like to live in regional areas and are interested in improving healthcare access. Whether you or someone close to you has missed out on new treatment because of where you live. We believe the best insights come from those who have lived it.

What do community reference members do?

- **Advise:** tell WACHS about issues in the Teletrial Program.
- **Advocate:** speak up for the community and help us include everyone, especially those who are usually left out.
- **Promote:** share the information, let everybody know about the Teletrial Program.
- **Collaborate:** help improve policies, strategies and best practices in conducting Teletrials in the community.

How to get involed

The Community Reference Group meets online, if you are interested please complete an Expressions of Interest (EOI) form by scanning the QR code. Contact WACHSTrialCentre@health.wa.gov.au for assistance with the form or for further information.

EOI link: <https://forms.office.com/r/sNmpg0XP0y>



www.wacountry.health.wa.gov.au/About-us/Our-research/Clinical-trials





Help Shape Road Safety for Young Drivers in the Wheatbelt

RAC CoLAB and Social & Community Impact teams are hosting workshops to gather your feedback on two initiatives supporting novice drivers.



Community Members Workshop

Wednesday 1 October 2025

Day session: 10.30am - 12pm

Evening session: 5.30pm - 7pm



Novice Drivers Workshop

Thursday 9 October 2025

Day session: 2pm - 3.30pm

All participants will receive a gift voucher. **Please RSVP at colab@rac.com.au**

This Help Shape Wheatbelt Novice Driver Road Safety Initiatives project is supported by Central Regional TAFE.



*Your local voice
for Westonia!*

HERE TO HELP

✉ lachlan.hunter@mp.wa.gov.au

Northam Office

☎ (08) 9622 2871
📮 PO Box 92
📍 Northam Boulevard,
Fitzgerald St, Northam

Merredin Office

☎ (08) 9041 1702
📮 PO Box 66
📍 Old Town Hall,
Mitchell St, Merredin

LACHLAN HUNTER MP
MEMBER FOR CENTRAL WHEATBELT



Authorised by L. Hunter, Northam Boulevard, Fitzgerald St, Northam WA 6401.



Government of Western Australia
WA Country Health Service



WE WANT
TO HEAR
FROM YOU

Are you interested in health?

Would like to contribute to health care in your community?

WA Country Health Service invites you to join the Eastern Wheatbelt District Health Advisory Council (DHAC). This includes the Shires of Bruce Rock, Cunderdin, Kellerberrin, Koorda, Merredin, Mount Marshall, Mukinbudin, Narembeen, Nungarin, Quairading, Tammin, Trayning, Westonia, Wyalkatchem and Yilgarn.

Why join?

Eastern Wheatbelt DHAC members meet bi-monthly at the Merredin Health Service, working together with the community, patients and WA Country Health Service teams to ensure that we provide the best care possible.



CONTACT US

For more information please contact:

Merredin Health Service

Phone: (08) 9081 3222

Email: WBEast.OperationsPA@health.wa.gov.au

District Health Advisory Councils • Engaging with our community

2025
#wheatbeltway
Photography
Competition

NOW OPEN

Community Bank
Mukinbudin
Bendigo Bank





















**A total of \$3,000
in prizes to win!**

**Visit Our Website
for more Details**

Further Council information is available at Shire of Westonia 41 Wolfram Street, Westonia 6423
Telephone: 08 9046 7063 Email: shire@westonia.wa.gov.au Web: westonia.wa.gov.au



2025 October

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
29	30	01	02 	03	04	05
06 Westonia Craft Group, 9AM 	07  	08	09 	10	11	12
13 Westonia Craft Group, 9AM 	14   	15 Event working group meeting at 2pm	16 	17	18	19
20 Westonia Craft Group, 9AM 	21  	22	23  Shire Council Meeting Robyns Beauty Salon	24	25	26
27 DR Olga Day Westonia Craft Group, 9AM 	28  	29	30 	31	01	02
03	04	Notes:				