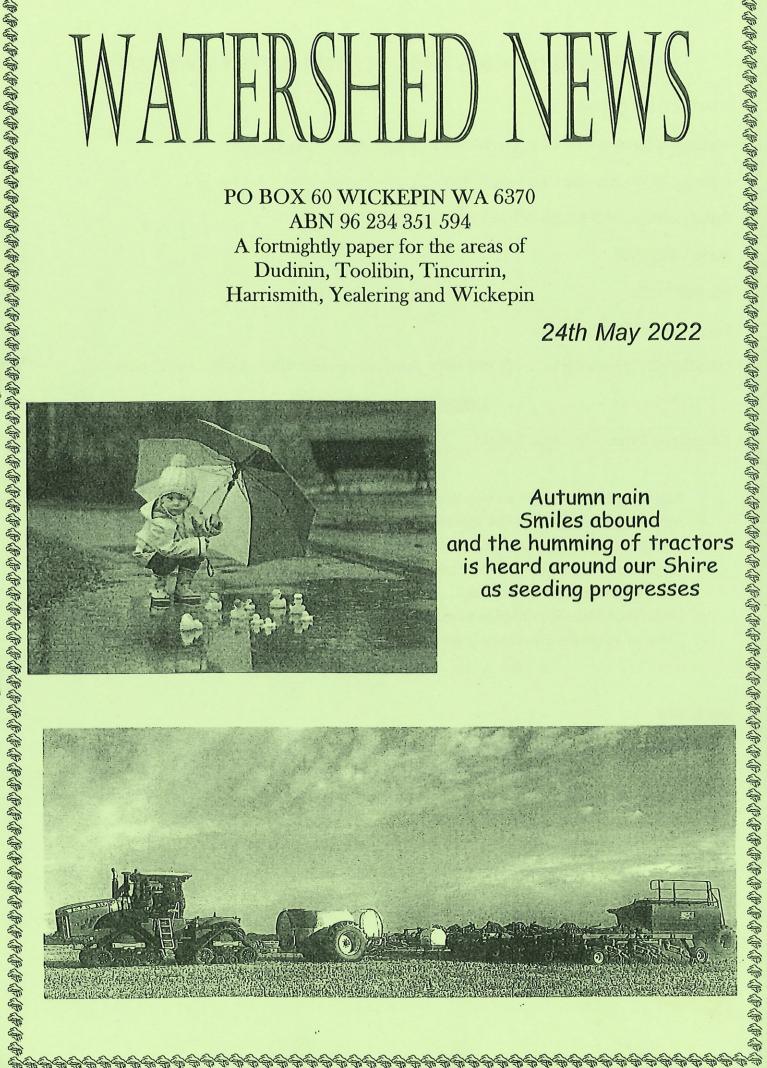
PO BOX 60 WICKEPIN WA 6370 ABN 96 234 351 594 A fortnightly paper for the areas of Dudinin, Toolibin, Tincurrin, Harrismith, Yealering and Wickepin

24th May 2022



Autumn rain Smiles abound and the humming of tractors is heard around our Shire as seeding progresses



WATERSHED NEWS INC - COMMUNITY NEWSPAPER

CONTACT INFORMATION:

Watershed News is located at the Wickepin Community Resource Centre.

Address 24 Wogolin Road, Wickepin 6370

Postal Address PO Box 60 WICKEPIN WA 6370

Phone 9888 1500

Fax 9888 1588

Email: watershed@wn.com.au

PRESIDENT: Denise Corke SECRETARY: Sandra Podmore TREASURER: Pam Carden

IMPORTANT INFORMATION

Advertising Rates	Full Page \$30.00	1 Page \$15 00	½ Page \$8.00	Business Card \$5.
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- Publishing is Fortnightly on Mondays.
- Submissions need to be in by 1pm on day of publishing.
- All submissions would be preferred in Word.
- All advertisements, classifieds must be submitted with clear contact details, including a postal address, phone number and email.
- Watershed News is printed in black and white only.
- Shire of Wickepin Community groups are entitled to $\frac{1}{2}$ page advertising, free of charge.

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 not to print articles that are inappropriate.

Next edition of Watershed News

Tuesday 7th June 2022

Community News



Birthday wishes to Lara Marchei, Sarah Butler, Campbell Leeson, Tony Dunn, Kate Poultney, Murray Lang, Taylor Mutton, Tia Dunn, Louise Simpson, Jonah Martin Holmes, Matilda Martin, Syd Martin, Mark Hook.

Please note due to Monday 6th June being Western Australia Day public holiday, Watershed News will be Tuesday 7th June and available to the public on Wednesday 8th June.



A large crowd gathered last Friday at the Wickepin Community Centre for a service to "celebrate the life' of Winifred Rae Snow. Win passed away in Narrogin on the 30th April 2022.

Family and friends travelled from near and far to farewell Win, who was a much-loved, long-time resident and community member.

At the conclusion of the service Win was laid to rest beside her beloved husband Stan, in the Wickepin cemetery.

Deepest sympathy to Andrew & Jo, Brad & Julie, Greg & Phillippa, her six grandchildren, great grandchild, extended family and her many friends.

End Of An Era

Dear Community Members,

After much serious consideration & with great sadness, Russell & Judy would like to announce the tough decision to close the Oasis Hotel from 1st July 2022.

We would like to say, this has not been an easy decision, or one taken lightly, however due to recent health issues & no firm interested buyers received on the sale of the business, we have decided our time has come to either pass the baton on or close the doors. Sadly, the latter has become our only option.

We would like to sincerely thank everyone for their support & patronage over the last 23 years! We have loved the ride & being there to serve you all icy cold beverages & delicious hot meals as well as provide so many nights entertainment from the famous O'y Christmas Party, Tinny Band Nights & just many random good fun nights in between!! Cheers for the memories

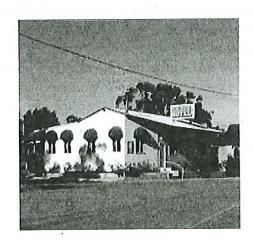
As a final hoorah, Saturday 25th June we hope to see a few here at the "O" to reminisce the past & send us off to retirement!

In light of this decision, if you know of anyone who may be interested in purchasing the business, please contact us or our agent Patrick Williams Patrick.Williams@elders.com.au

Warm Regards & a final CHEERS From Russell & Judy Gray Oasis Hotel Harrismith WA

Mobile: 0428 373 532

Ph: 9883 1010



TRIP TO SOUTH WEST

Elaine & Keith Bushby recently headed south with caravan in tow and stayed at Hamelin Bay caravan park for a week. The weather for the first 4 days was perfect.

No stingrays at this time of year but walks to the beach from our camp site was lovely. Hamelin Bay is also close enough for day drives and our first day trip was to Augusta where we found a lovely restaurant recommended by our neighbours. And what a delightful place. Called The Colour Patch, we only intended staying for a coffee. However, being Mothers Day our plans changed and we had a delightful lunch. The view over the bay was wonderful and the décor is very interesting and lovely. All tables get a view of the water. Seems like it was divided into two sections but not cut off from each other – one side the coffee shop, the other the restaurant. The main bar in the restaurant was amazing. Shaped like the hull of a boat with a section of glass flooring which reflected the bow of the boat, the name (Nomad) and down to the fake ocean floor with shells. Such a fantastic effect. Sign on road leading to the restaurant read "Last eating house before the Antarctic!!"

After we headed out, stopped at Jewel Cave where we had coffee. Neither of us fit enough to tackle the steps. Stopped at Karridale cemetery where Keith's uncle, Jack Bushby, was buried.

We headed Into Margaret River for lunch then to Mammoth Cave where we were able to go into the cave for a little way before turning around to exit before tackling the steps. The caves are very impressive with the shawls and especially the stalactites.

We visited the Margaret River Chocolate Factory. We were looking forward to a coffee but DUE TO COVID coffee shop closed. This was the situation in quite a few places. Then to Providore, close to the chocolate factory and owned by the same people. This place makes their own spices, blends of all flavours, jams, chutneys, sauces, etc. etc. My very favourite is the Korma curry which I have had before. They grow their own ingredients. Then on to Busselton for late lunch followed by a drive to the jetty. Enjoyed a trip on the tram which has had some changes. It is now powered by 11 lithium batteries powered by the many solar panels on roof of tram. In inclement weather, it is recharged by plugging in at night. Great commentary and we learned the seat covers are made from recycled plastic bags.

After catching up on some washing, on to Augusta for lunch and stores. Just had to go back to Patches of Colour to have coffee, get some photos and read the story of the boat hull as the main bar. Very interesting.

Drove again into Busselton and after lunch, we headed out of town to visit a dairy farmer whom Keith delivered grain to for about 30 years. It was great to have a catch up.

Closer to home, we stopped at Karridale Hotel for dinner, looking forward to a roast which was advertised earlier in the week. Guess what! No roast tonight. However, we did enjoy the meal.

A lovely drive into Dunsborough via Caves Road. Again, the Karri trees are absolutely magnificent, tall and straight and growing in abundance. We travelled through an area where there had been fires and the road was quite littered with bark and sticks from the trees. Workmen were cleaning up. We travelled to Cape Naturaliste to see the lighthouse which is still in operation. Although tours are available, feet, knees and hips wouldn't have coped with the stairs so it was just a look and see from the outside.

Left Hamelin Bay park shortly after 10am. Drove to Nannup where we had a coffee. A lot of activity here with push bikes and motocross dirt bikes. Then on to Bridgetown Caravan Park to stay for 5 nights.

Just out of Nannup there were road works but it was so very hilly. So much so that Keith had to go into 1st gear to get up the hill!!

A bit of a diversion. I had a disaster. I am knitting tiny doll dresses with wool and ribbon lace. I am awaiting a delivery of 1.2" dolls but continue to knit the skirts – these will be used as fillers for the shoe box. OH NO! ONE OF MY NEEDLES BROKE. Not to be deterred, Keith sharpened the end of the largest

Trip to South West (Cont'd)

broken piece, the end with the knob on it, and this was to suffice until replacement could be bought. So in Dunsborough made enquiries and found a wool shop who was able to sell me my correct size

(birch wooden) needles. The only problem was that they were 40cm (16") long. Never mind. However, we just happened to go to Busselton again where Spotlight came to the rescue with steel needles. Not as small as my original ones, but not as long as the Dunsborough ones (10"). Very suitable and not likely to break!!!

At Hamelin Bay we didn't hook up to water as it was from a bore. Very clear and clean though, so for washing up we filled bucket with water and boiled it in kettle. Public ablutions very clean and suitable so we showered there. So, in Bridgetown, it is nice to have water hooked on again and we can shower in the van.

A trip to Dinninup to visit and lunch with Keith's sister, Doris and husband Keith. We had a jolly time and enjoyed seeing Doris' collection of elephants. Their home is on the side of a hill, quite high up and the view is magnificent. As well, the wrens are very friendly and hop onto the verandah to feed on coconut and bread scraps. They are delightful but the males are not yet blue. We've also seen them in the caravan park. Lovely.

A lovely drive to Donnybrook, only 56kms away, with many hills but lovely and picturesque with green paddocks, autumn colours on the trees, lots of orchards and vineyards, not to mention the sheep, lambs and cattle. The famous playground is fantastic with multiple different activities.

Tuesday 17th May 2022

Exciting day for me. A visit to the Art & Craft shop. Only open on Tuesdays, Thursdays and Saturday mornings. I was greeted very enthusiastically and immediately offered a cup of tea. I explained that I wouldn't stay long as Keith was in the car. Immediately, Karla, the secretary/treasurer, left the building and went to the car to bring Keith into the building. Keith was sat down with a coffee and cake while I browsed the articles of the very talented group. They own their own building and it is a shop as well. Drove into Manjimujp for lunch but didn't stay long. Back to Bridgetown where we visited Keith's cousin, Petra and husband Bob. A really jolly couple. Another couple arrived who were invited in and the next couple of hours were spent in side splitting laughter. A really jolly afternoon

Following day, back to Manjimup to the Visitor Centre where we lunched in the Park Café with a couple of Ulysses Club friends. A delightful lunch with delightful company. Keith and I then went on to visit an acquaintance who is a Manjimup resident. After a cuppa, he asked if we were in a hurry to leave. Having replied no, he asked if we had seen The Four Aces. Again, No. John very kindly drove us out of town to a Karri forest where we viewed The Four Aces. A spectacular sight of 4 enormous Karri trees all in a row, the same size. Over 250 years old, they have now almost stopped growing at 70metres tall. While there were many other Karris in the area, none like these four. The story is that they probably started growing from seeds of a fallen Karri, which was subsequently burned, then the seeds had all the right ingredients for them to grow as they did.

Thursday 19th May a nice trip home. A lovely break.



Central Agcare

COUNSELLING

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

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

Sand play and Art Therapy is available for children at the Corrigin office.

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

Anxiety

Depression

Life changes (physical & mental)

Abuse (past and present)

Loss and grief and

Relationship issues (home & work)

We are here to help.

Contact our Counsellors:

Joyce Contos: 0428 891 244

Anne Hague: 0427 133 711



Biggest Morning Tea

Every dollar raised helps support those impacted by cancer.

When: Friday 10th June

Where: Yealering Town Hall

Time: 10:15am to 12:30pm

Details: Hosted by—Yealering Primary School

Gold coin donation

biggestmorningtea.com.au







The Wicky Wookly

Volume LXXXVIII Number 6

16 May 2022

Dear Parents and Carers,

Welcome back to Week 4. The Year 3 and 5 students have survived their first NAPLAN and did extremely well, taking it in their stride. COVID is still looming in the community and I feel this will be an ongoing thing for us now. The term planner is filling fast with lots to look forward to.

Wicky Way Awards

Congratulations to Katie Maunder for being awarded the Wicky

Way Award for May. Katie displays resilience in all areas of her learning and is to be commended on her 'have a go' attitude. Keep up the great work, Katie.

This month we have also started a Wicky Way Work of the Month for each classroom, including Art. This work is displayed in the front office. Congratulations to Ollie (Room 4); Annabelle (Room 3); Marley (Room 8); Ellie (Room 9) and Katie (Art).





Expectation

Respectful Rex...considering the feelings of others.

Manager Corporate Services (MCS)

Welcome to Jill Norwell to the position of Manager Corporate Services. Jill will be in the office Tuesday through Friday, so please call in and say hi and introduce yourself. I know Jill is going to be a wonderful addition to our Wicky staff team.

RATS Tests to Home

The school will be receiving 20 RATS test per student to go home for your use. This is a great initiative from the Department of Education and one that I am sure you will all find helpful. Unfortunately, tests cannot go home with students and have to be collected by a parent. therefore, I will store them in my office and as they are collected I will check off the

students name on a class list. This way, those of you that live a long way out can collect them when you are conveniently passing through or in town for other reasons.

Covid Update

Schools are now open for business with parents welcome back on site, in classrooms and assemblies to resume. As mentioned in the previous newsletter, if you have a household contact please email me directly so that we are aware of your children's health, especially if they are asymptomatic, producing negative RATS tests and attending school.

Kerrianne.Mills@education.wa.edu.au

Outstanding PRIME and Oliver Library Permissions

If you have not returned your permission form for the above, can you please do so that we can ensure your child/ren has access to our online programs and systems.

Kindy Health Forms

If you haven't already done so, could you please return your kindy child's Nurse Health Form to school ASAP.

Funky Sock Day

Friday 10 June will be Funky Sock Day Fundraiser organised by the Student Councillors. It will be a gold coin donation. Stay tuned for more information in the next newsletter and posters around the school.

Kind regards, Kerrianne Mills

Dates to Remember

iviay	
20 25 26 27	Walk to School Day
25	National Simultaneous Storytime
26	Golf Clinic
27	Cross Country (Yrs 4-6)

June

1	Room 3 Assembly
2	Golf Clinic

Welcome, Jill Norwell

I would like to introduce myself, my name is Jill Norwell and I am excited to be joining the Wickepin PS team as the Manager Corporate Services. The staff have all made me feel very welcome and I look forward getting to know the students, parents and wider community.

I live in Narrogin with my husband Michael, I am a mother of two and a grandmother of three under four. I enjoy spending time with family and friends, reading, attempting to garden and listening to music.

The Wickepin CRC's Biggest Morning Tea was held on Thursday, B May 19 with a crowd of around 30 people in attendance. Thank I <mark>you to everyone for their generous donations on the day, and to</mark> G G the fantastic people and businesses who donated food, cash and raffle prizes, as well as everyone who helped us clean up after AUSTRALIA'S the event. We are always blown away by the community support that we receive for this worthy cause! T

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This year we have raised

for the Cancer Council!

Raffle Winners:

- Pam Carden
- Luci Sartori
- Hazel Green
- Andrew McColl
- Judy Lang
- Pip Ellis

- Julie Russell
- Marj White
- Shirley Elson
- Lynda Gaull
- Daphne McKenzie
- Helen Lewis

- Joan Wyllie
- Jillian Tilbrook
- Penelope Davis
- Mavis McColl
- Chad Russell
- · Pam T.
- Kathy Altham

Moneyboard Winners:

Jillian Tilbrook - No. 21

Joan Wyllie - No. 47



Eastville Park & Quailerup West

Jody Matthews

Dan's Designs

Precise Carpentry Service

Beryle's Gardening and Cleaning

Hillco Transport

Wickepin Newsagency

Narrogin Amcal Chemist

Watershed News

Elson Family

Anonymous

Lilly Pilly Soapery

Wickepin Post Office

Coles Narrogin

Rowazlie Park

P & J Russell

Lilydale Farm

Thing-a-me-bobs/The Rustic Vault



Narrogin Guardian Pharmacy







First Aid kits on sale



Small Kit

\$20 (RRP\$35)



Large Kit

\$50 (RRP\$150)



Medium Kit

\$40 (RRP\$90)

Call in for more information





Free RAT Test and Masks





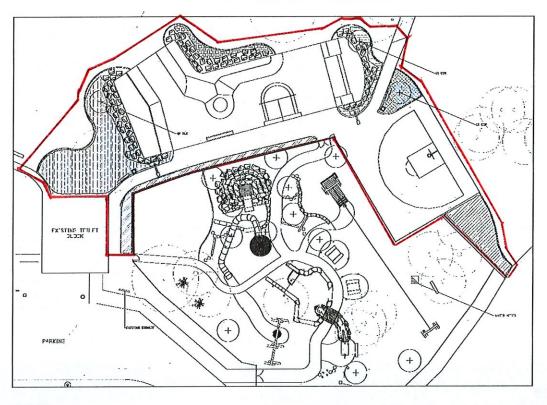
REQUEST FOR TENDERS

The following tenders have been advertised by council:

RFT 15 21/22 – Wickepin Information & Rest Bay

RFT 16 21/22 - Construction of Skate Park & ¾ Basketball Court at Wogolin Road Recreation Area

Further details are available via www.wickepin.wa.gov.au



Outlined in red is the next stage of the Wogolin Road Recreation Area construction of the skate park and 34 basketball court.

DOGS

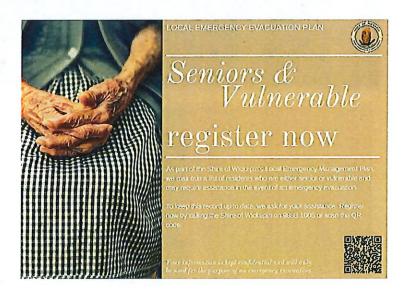
Stray dogs continue to be a nuisance in our community. ALL dogs MUST be registered with the Shire of Wickepin. The shire's ranger has been ordered to collect all stray dogs and impound them, and will only be released upon payment of pound fee AND payment of registration fee, if unregistered.

SHIRE OF WICKEPIN LOCAL EMERGENCY MANAGEMENT PLAN

As part of the Shire of Wickepin's Emergency Management Plan, we are compiling a list of our senior and vulnerable community. This will help us, help you in the event of a Town evacuation, as experienced during the Narrogin East Fire earlier this year.

Registering is easy, simply call the Shire office on 9888 1005 or scan the QR code to register on line.

All information given is STRICTLY confidential and will ONLY be used for this purpose.



COUNCIL NOTES



24 MAY 2022



Manager of Works and Services Salary Package Range \$121,970 to \$143,970 Cash Component \$90K to \$110K

The Shire of Wickepin is seeking a highly motivated person who can exercise a high degree of autonomy to achieve set outcomes. The person must have excellent communication skills and be able to manage staff in a fair and effective manner.

The successful applicant will possess a high degree of knowledge and practical experience in the following areas;

- Road Building and Maintenance applications and techniques.
- Plant and Equipment.
- Road works budgeting, costing and programming.
- Staff Management.

A 3-5 year contract of employment is offered with a negotiated salary package up to \$143,970. The cash component is \$90,000 to \$110,000 depending on skills and experience. Additional benefits include a fully maintained 4x2 house, utility payment, private use of a motor vehicle, 10% superannuation, relocation assistance plus other

Further information pertaining to this position and the requirements of the job can be obtained by contacting the undersigned 9888 1005 or 0429 207 855.

You can also explore www.wickepin.wa.gov.au for information on the Shire and district.

Written applications including a detailed resume and references should be addressed to CEO Shire of Wickepin PO Box 19 Wickepin WA 6370.

Applications close at 4.00pm Friday 8 July 2022.

M J Hook

Chief Executive Officer

Wickepin Winter Weekend

of Country Music and Dancing 24, 25 & 26 June 2022

> Old Time Dance & Line Dance **WICKEPIN TOWN HALL**

FRIDAY NIGHT / Big-m Music by Campbia (count SATURDAY: Dance Sessions / Guest Artists • 10am to 4pm

\$10 Friday Night only SATURDAY: Dance Sessions / Guest Artists - Tuain to 4pm \$10 Saturday 10am-4pm \$10 Saturday 10am-4pm \$10 Saturday 10am-4pm \$10 Saturday Night only Cld Time/New Vogue Dance (Robert & Wendy / Kent & Wilma) \$15 Saturday Night only \$30 Wester 4.11

FUNDRAISING LUNCHEON AVAILABLE FOR PURCHASE FUNDRAISING EUROPEON PRIMARY SCHOOL P & C .

SATURDAY NIGHT - 7.00pm GUEST ARTIST CONCERT Featuring: Rozzl, Dave Burgess, Kevin Bennett, John Orr Kevin Lansdell, Di Harris, Vic Haeusler and Campfire Country

SUNDAY MORNING: Dance Sessions - 9 30 - 11 30am FUNDRAISING FOR ST. JOHN AMBULANCE

Caravan Parking (toilets and showers included) available at the Wickepin Community Centre (opposite the Town Hall) \$10 per van per night, payable at the gate.

Other accommodation available: Wickepin Hotel 9888 1192 Wickepin Caravan Park 0434 172002 (Beryle)

campfirecountry@westnet.com.au

David 0429 109 334 / Therese 0448 387878





New crib room being installed at the Shire Depot.



UPCOMING MEETINGS/EVENTS 2022			
Wed 1 June	Townscape Comm. Mtg	9.30am	
Wed 15	Ordinary Meeting of 3.30pm		
June	Council		
Fri 24 June	Wickepin Winter		
Weekend			

77 Wogolin Road, PO Box 19 WICKEPIN 6370 Phone: 9888 1005 Fax: 9888 1074



MUMBY MAGIC

GARDEN SOIL

36 LTR BAGS FOR SALE

RING JAN

0474 957 327 - YEALERING



'AMAZING STUFF'

PALWAYS REPAIR REBRAVER
Than you believe
STRONGER
Than you seem
& SMARTER
than you think

Rainfall registered at the Wickepin Post Office

2021	mm	Days	Total	2022	mm	Days	Total
January	4.4	2	4.4	January	0.0	0	0.0
February	37.0	3	41.4	February	5.0	1	5.0
March	49.2	5	90.6	March	20.8	6	25.8
April	34.6	2	125.2	April	15.0	4	40.8
May	115.5	9	240.7	May	25.4	2	66.2
June	28.3	9	269.0	June			
July	146.4	21	415.4	July			- 11
August	58.6	10	474.0	August			
September	20.8	8	494.8	September			
October	42.0	10	536.8	October			
November	6.2	3	543.0	November		12.5	
December	0.0	0	543.0	December			

As of 13th May 2022



A women noticed her husband standing on the bathroom scales, sucking in his stomach. "That's not going to help," she said.

"Sure, it does," he said. "It's the only way I can see the numbers."



Wickepin Bowling Club Pot Club Winter Bowls News

<u>Sunday 15th May:</u> Eight came along for our first day. It was a great social morning of bowls for all who were there. Rink winners were Chris Moore and Peter Bransby. The playoff winner was Chris Moore.





Sunday 22nd May: Eight were there again to enjoy a morning of bowls. Rink winners were Rex Bergin and Claire Bayley, with Rex winning the play off.



Wickepin Bowling Club

At the recent Annual General Meeting of the Wickepin Bowling Club the following office bearers were elected for the 2022/23 Bowls Season.

President: Greg White Treasurer: Peter Mullan

Ladies Captain: Robyn Mullan Men's Captain: Warren Thompson

Saturday Pennant Captain 1st Division: Peter Bransby Saturday Pennant Captain 2nd Division: Ted Astbury

Vice President: Peter Mullan Secretary: Claire Bayley

Ladies Vice Captain: Alison Horley Men's Vice Captain: Peter Bransby

WORRYING WON'T STOP THE BAD STUFF FROM HAPPENING IT JUST STOPS YOU FROM ENJOYING THE GOOD.



Classified

For Sale:

6 x 4 Covered Trailer

Good condition - Licenced - Ready to go

\$500.00 Phone: 0429 774 797

For Sale:

5 x Landcruiser 5 stud rims with tyres. Near new. 7.50 x 16 8 ply 80% \$500

0428898025

Wanted:

Old laundry copper, any condition.

Ph: Louie 0429 411 131

Wanted:

Cleaner for 2 houses in Tincurrin.

Please phone Anna McDougall on 0428 832 057

WE WANT YOUR ADS!

To advertise any item in the Watershed Classifieds is free for two weeks, so send in your ads!

Email your ads to watershed@wn.com.au, drop them at the Community Resource Centre or fax to 9888 1588



Spreading for a Sustainable Future

WHEATBELT SPREADING SERVICE

Wickepin, Yealering, Harrismith, Tincurrin, Toolibin, Dudinin, Wagin, Pingelly, Aldersyde, Bulyee and surrounding districts

Spreading Lime, Gypsum, Dolomite and Fertilizers

Multi-Spread Units

Fitted with GPS and Load Cells

Phone: Richard:

0429 137 164

Local Friendly Service

Karen:

0427 778 102

Email: wheatbeltspreading@gmail.com

Richard & Karen Rushton PO Box 88, Wickepin, WA 6370

What's On In Wickepin Shire

Mondays:

Watershed News every second Monday from 14th February 2022

Fit Pursuit 6am~6.45am @ Wickepin Community Centre

Tuesdays:

She Shed He Shed - @ Old Recycling Shed Richter St- 9am-12noon

Pathology Service~ Appointment Only @ Wickepin Health Centre

Body Pump 5pm~6pm @ Wickepin Community Centre

Yoga at Dudinin Hall 6pm – 7.30pm – all welcome

Wednesdays:

Every Wednesday- Social Arts & Crafts @ 9.30am - Joyner St

Thursdays:

Fit Pursuit 6am~6.45am @ Wickepin Community Centre

Wickepin Playgroup 9.30am – 11.30am during school term.

Local Vocals with Mazz – 6pm in Narrogin

Fridays:

Saturdays:

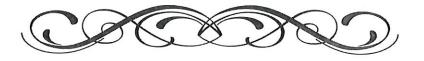
Banksia Bowmen Archery~ Wickepin Community Centre @ 9am

Club Equipment Available

Sundays:

Anglican Church every 1st & 3rd Sunday @ 8am

Pot Club Bowls Sundays May – September @ 10am



KIDS CORNER





Samuel McColl 6/6/2016

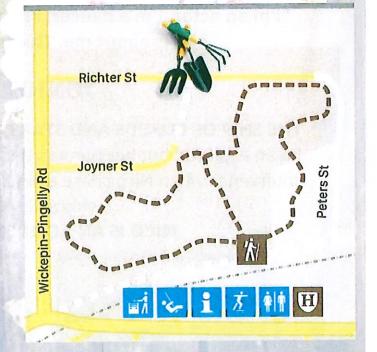
BUSYBE

Come along to a busy bee morning, to work on the Wickepin Walk Trail

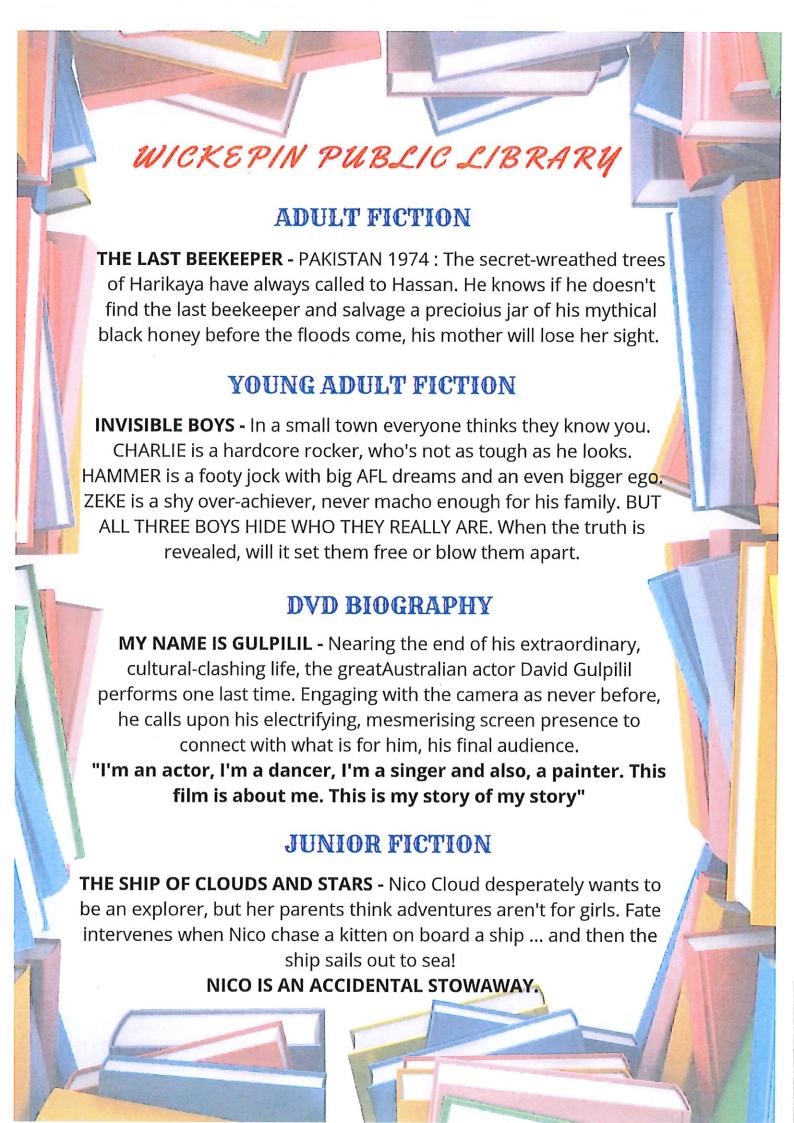
> Wednesday 15 June 9am-12pm

For more information Contact
Libby 0427886046
or
Annika Miller or
Lee-Ann Mullan

Bring gloves and rakes.









PUMPKIN, PASTA AND SPINACH BAKE

Ingredients

250 g frozen spinach drained thawed

1/4 cup dried breadcrumbs

30 g margarine

250 g pumpkin chopped peeled

3 garlic cloves crushed

1 pinch ground nutmeg

240g fresh ricotta

2 eggs

2/3 cup CARNATION Light & Creamy Evaporated Milk

1 1/2 cups pasta cooked

Method

Spray a 30 cm x 20 cm rectangular oven proof dish with non-stick spray and sprinkle breadcrumbs over base.

Melt margarine in a fry pan and add garlic and pumpkin, stir over heat for 4-5 minutes.

Add spinach and stir another 3 minutes or until pumpkin is just tender.

Add nutmeg.

Beat ricotta, milk, and eggs in a large bowl until smooth. Stir in pasta and the pumpkin mixture.

Spoon into prepared dish and bake about 30 minutes at 180C, until set and lightly browned.

SPICED PUMPKIN MUFFINS



Combine 2 1/2 cups self-raising flour,

34 cup brown sugar

1 ½ cups coarsely grated butternut pumpkin

1 teaspoon mixed spice in a large bowl.

Whisk 1 egg, 1 cup milk and 1/3 cup vegetable oil in a jug.

Add to the flour mixture and stir until just combined. Spoon into a 12 hole muffin pan lined with paper cases and bake at 180°C for 20-25 minutes or until a skewer inserted in the centre comes out clean.

Use an electric mixer to beat softened 250g cream cheese, softened 50g butter and ½ cup icing sugar mixture in a bowl until smooth. Place in a piping bag fitted with a 1cm fluted nozzle. Pipe over muffins. Sprinkle with extra mixed spice.







Garden Snippets.....

"The Best Time to Plant a Tree was 20 Years Ago.... The second Best Time is Now...."Chinese Proverb

Trees are beacons of natural beauty and are remarkably resilient with their ability to adapt and survive. They offer shade to other flora, fauna and surrounding buildings, provide habitats for our fauna and flowers and nectar for birds and insects. A tree in your garden will become a feature, so the wrong tree in the wrong spot can cause structural problems or throw shade where you don't want it. Here are some key points to consider when selecting a tree for your garden:

- 1. Choose a tree well suited to your climate.
- 2. Match the size of your tree to the allotted space-Don't plant big trees in small gardens!
- 3. Decide on Evergreen or Deciduous and whether you want year round shade, autumn colour, winter sunlight, spring blossom, summer colour, fruit or attractive bark; and whether you want an ornamental tree, or a native tree.
- 4. Consider how quickly you want the tree to establish-some are quicker growers than others.
- 5. Avoid placing trees with invasive root systems near buildings or pipes (read up on the tree's capabilities before you buy it or plant it).
- 6. Take care when digging the hole for planting to avoid any underground pipes, and look overhead to make sure you are power-line clear.
- 7. Select a quality tree that is well balanced in trunk and foliage growth, and avoid sick looking and rootbound stock that will compromise the health and safety of the tree.
- 8. Improve soil with compost and/or aged manure, and dig the hole deep and wide enough to accommodate root expansion and growth (usually twice the width and depth of the tree pot). Stake if required until roots become strong enough, and protect with a wind/frost guard for the first couple of years.

9. Care for your tree in the early establishment years with regular watering, fertilising and formative pruning.



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Know who you are and know of your potential!!

https://www.youtube.com/watch?v=IvS5wDoKoBk

Worldwide Devotional for Young Adults with President Nelson

Delivered on Sunday 16th May, 2022 the conference commences at approximately the halfway mark of the recording after inspirational music.

The conference centre was packed to full capacity

I went fishing one morning, but after a short time I ran out of prawns. Then I saw a redbelly black snake with a frog in his mouth. Frogs are good barramundi bait. Knowing the snake couldn't bite me with a frog in his mouth I grabbed him right behind the head, took the frog, and put it in my bait bucket.

Now the problem was how to release the snake without getting bitten.

So I grabbed my bottle of Bundy Rum and poured a little in its mouth. Its eyes rolled back, he went limp.

I released him back into the creek without incident and carried on fishing using the frog.

A little later, I felt a nudge on my foot. It was the same snake, with two more frogs.

Laughter is the best medicine.





Are foxes, cats and rabbits having an impact on your bottom line?

Feral animals impact Wheatbelt farms and take out large numbers of native species.

Our Healthy Bushlands program offers pest control support to anyone wanting to reduce the effects these animals are having on native species in bushland on, or adjacent to, their property.

If you require more information contact Alex Griffiths on 9670 3102 or email agriffiths@wheatbeltnrm.org.au



To apply scan the QR code or visit:

wbrnm.your2cents.com.au/community-feral-animal-control









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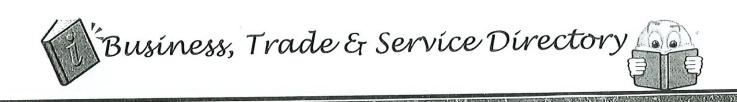
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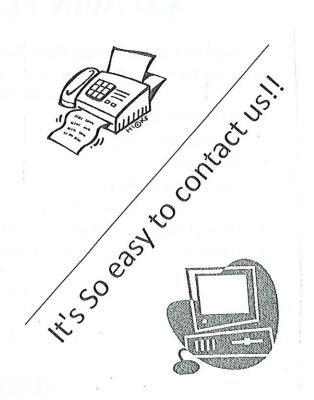
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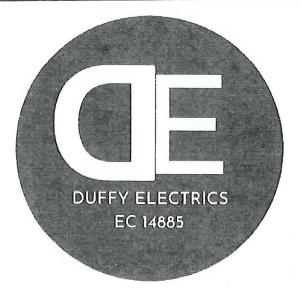
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Contact:

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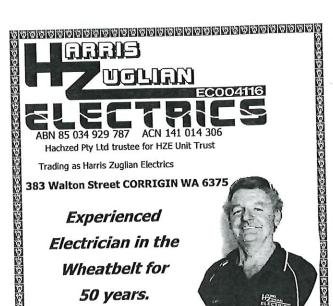
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WICKEPIN FOOTBALL CLUB KITCHEN ROSTER 2022

If your child, partner, husband is playing you will be on a roster

<u>Please arrange to swap/fill with another person if your roster day or time does not suit you.</u>

If you can't make your rostered time, we will welcome your husband/partner as your replacement.

PLEASE SEND ANY UPDATES TO MEL MARTIN. SHE WILL NOT BE RESPONSIBLE FOR FILLING YOUR ROSTER IF YOU CAN NOT MAKE IT, THAT RESPONSIBILITY IS UP TO YOU. ANY CHANGES THAT ARE MADE NEED TO BE UPDATED ON THE ORIGINAL COPY WHICH IS IN THE WICKEPIN FOOTBALL CLUB KITCHEN.

ROSTERS WILL BE POSTED ON THE WICKEPIN FOOTBALL CLUB FACEBOOK SITE AND THE WICKEPIN WATERSHED.

WHAT YOU NEED TO BRING:

AFTERNOON TEA LADIES – Those marked with * need to bring a loaf of sandwiches

and those with a + please bring a pot of soup

ALL OTHER FAMILIES OF THE WICKEPIN FOOTBALL CLUB – Please supply a plate of afternoon tea to EVERY home game

To EVERYBODY who is on the rosters, We Sincerely THANK YOU for your valuable time YOU ARE VERY MUCH APPRECIATED

Round 1

Sunday 1st May 2022	Wickepin v Williams		
9:30am - 12pm	12pm - 2pm	2pm - 4:30pm	
+ Michelle Miller	Katie Ramsay	* Lesley Quartermaine	
Ammers Miley	Wendy Wittwer	Bec Kempin	
Jenna Lansdell	Annika Miller	Kelly Steere	
Danni Astbury	Stefie Green	Lee-Ann Mullan	

Round 2

Saturday 7th May 2022

Brookton / Pingelly v Wickepin

Round 3

Saturday 14th May

Katanning v Wickepin

Round 4

Sunday 22nd May 2022	Wickepin v Kukerin/Dumbleyung		
9:30am - 12pm	12pm - 2pm	2pm - 4:30pm	
+ Danni Astbury	Emily Davey	* Bec Kempin	
Ammers Miley	Carmen Bayley	Kelly Steere	
Jenna Lansdell	Carly Flavel	Lee-Ann Mullan	
Michelle Miller	Kylie Bradford		

₹о	u	n	d	5

Saturday 28th May 2022

Narrogin v Wickepin

Round 6

Saturday 4th June 2022	Wickepin v Boddington		
9:30am - 12pm	12pm - 2pm	2pm - 4:30pm	
+ Emma Melvin	Wendy Wittwer	* Katie Wilson	
Yogi Melvin	Annika Miller	Lesley Quartermaine	
Callan Sims	Amelia Forrester		
Marg Bennier	Tayla Noble		

Round 7

Sunday 12th June 2022

Wagin v Wickepin

18th & 19th June 2022 COLTS CARNIVAL

Round 8

Sunday 26th June 2022

Williams v Wickepin

Round 9

Saturday 2nd July 2022	Wickepin v Brookton / Pingelly		
9:30am - 12pm	12pm - 2pm	2pm - 4:30pm	
+ Marg Bennier	Flik Taylor	* Lesley Quartermaine	
Chelle Kulker	Sue Spark	Katie Wilson	
Amy Manton	Katie Ramsay	= -	
Briana McWhirter	Anita Steyn De Bruin		

8th - 10th July 2022 Nurtien Ag Carnival

Round 10

Saturday 16th July 2022	Wicke	epin v Katanning
9:30am - 12pm	12pm - 2pm	2pm - 4:30pm
+ Callan Sims	Flik Taylor	*
Emma Melvin	Sue Spark	
Yogi Melvin	Anita Steyn De Bruin	

Round 11

Sunday 24th July 2022

Kukerin / Dumbleyung v Wickepin

Round 12

Sunday 31st July 2022	Wickepin v Narrogin			
9:30am - 12pm	12pm - 2pm	2pm - 4:30pm		
+ Alyce Tropiano	Briana McWhirter	* Sandie O'Brien		
Jo Priest	Emily Davey			
Allysha Spurling	Zoe Liddelow			
Stacey Shepherd	Kylie Bradford			

Round 13

Saturday 6th August 2022

Boddongton v Wickepin

Round 14

Sunday 14th August 9:30am - 12pm	Wickepin v Wagin	
	12pm - 2pm	2pm - 4:30pm
+ Jo Priest	Carmen Bayley	*
Alyce Tropiano	Jessica Angwin	Sandie O'Brien
Stefie Green	Carly Flavel	
Kelly Steere	Kelly Steere	

PRELIM FINAL - SUNDAY 28 AUGUST 2022 ROSTER AVAILABLE SOON

WICKEPIN NETBALL CLUB



<u>Juniors</u>

Round 3 Saturday 14th May:

GO

Wickepin - 3 to Flames - 6

The girls had a close game with Flames Phoenix. We were extremely proud of our players who continued to play their best netball when they were asked to play a quarter for Flames.

JD3

Waves - 13 to Wickepin - 12

What a close game! Only 1 goal in it at the final whistle and we're sure you will get them next time.

Round 4 Saturday 21st May:

GO

Wickepin - 0 to Pingelly - 3

A fantastic game to watch and so evenly matched the whole way down the court. The defensive efforts from our girls was a highlight with lots of intercepts and tip offs. Our shots on goal just didn't want to go in today. We look forward to playing Pingelly on their home court in a few weeks time.

JD3

Wickepin - 3 to Olympics - 42

Our JD3's came up against a very strong Olympics side and we're so proud of their efforts for the 4 quarters.

Seniors

Seniors Round 2 Friday 13th/Saturday 14th May:

A3

Flames - 36 to Wickepin - 27

From the 1st quarter, you could tell this would be a close game. Our attacking was strong through the mid court with Danelle Bird and Jenna Lansdell working well together to bring the ball down to GS Sarah Corke. Our defence saw some great intercepts and rebounds from the opposition shooters which gave us some good opportunities. In the last half of the game Flames got ahead and took the win.

Umpire votes to Maree Dougall

A2 / Division 1

Flames 49 to Wickepin 38

Our second game into the season proved a tough, A1 quality, game against Flames 1, being defeated 38-49. With a couple of our players out of action for this week we were lucky enough to sub in some experienced players in Sam Flavel and Kelly Steere.

This fast paced game saw Danni Astbury take home the umpire votes.

Round 3 Friday 20th/Saturday 21st May:

A3

Williams - 44 to Wickepin - 43

Our teams third game into the season saw us take the court a few players short and feeling a bit nervous- however we started first quarter strong and took the lead. The improvement in our skills and keeping the game flowing is really starting to shine through.

Tania and Ellie worked well together against some tall shooters and Maz, Ellen and Bec were strong through the centre. Sarah played her usual calm and confident style, moving so well in GS and picking up a few wild passes into the circle.

Huge thanks to Mel Martin for filling in for us and playing such strong defence that she gained herself a few bumps and bruises.

Sally sat the game out and scored for our team, however she managed a knee injury in the 5th quarter- we hope to see her back on court soon!

Our scores, skills and team morale are improving each week but at end of a very even game we went down

Umpire votes to Ellen Wynn and Sarah Corke

A2 / Division 1

Wickepin - 52 to Pingelly - 27

Another Friday night game and this time, a strong 25 goal win over Pingelly. Round 3 and we managed to have our full team! The girls all worked well together with Meg and Jess combining really well in the goal circle and our mid court and defence creating many turnovers and fast movement down the court.

Umpire votes to Danni Astbury and Emily Davey

Wickepin Golf Club Notes

This week players played a stableford and the winner was Wendy Butler with 36pts. Wendy also won NTP No 15, Longest last shot No 3 and the birdie money. Other novelties were NTP No 11 Roger Butler and Best 2nd shot No 5 Roger. (Yes there were other players there other than the Butlers) Next week is Patrons Putter and Patroness's Tray trophies with a burger tea to follow.



HELP WANTED

The Wickepin Golf Club is holding the Mens Great Southern 4BBB 27 holes competition on Sat 11th June. If there is anyone available to help out with an hour or two with the catering, we could do with your help.

Please contact Ros Wyllie on 0428881032

LAKE YEALERING GOLF CLUB

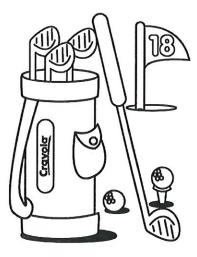


2022 SEASON.

Saturday 14th May No golf was held at Lake Yealering Golf Club.

Saturday 21st May Stableford round played in beautiful conditions, with P. Stribling winner and G. Manton runner-up. Gangells longest putt went to G. Manton. Summer ball for best second was M. Lee (in his first game of the year) and M Lee also took the Bling ball Yealering Shop for nearest to the pin.

Harrismith Golf Club



On Saturday 14th May members played a stableford competition and the 2nd round of the Glen Orin competition. Ladies' winner was Katrina with 30 pts. Men's winner was Aaron 35pts followed by Caen with 34pts. Best wishes to those still competing in the Glen Orin competition.

Last Saturday 21st May, 14 golfers played a stableford competition. This day was sponsored by Ballard Seeds. Many thanks to Neil and Val for supporting our club. Ladies' winner was Katrina with 32 pts. Men's winner was Caen 40pts from Tim 37 pts and third was Aaron 35 pts.

Novelties: No 4 nearest pin: Scott, No 8 Longest last shot: Blacky, No 12 Nearest Pin: Pos, No 15 Longest last shot Jamie. A luscious dinner was

enjoyed by all following play.

Next Saturday 28th May: "Price's Fabrication and Steel" are sponsoring the 2nd Qualifying Stroke round. There will be a dinner of hot rolls following play. Be there 12noon for a 12.30 pm hit off. Visitors welcome.



BEST MOBILITY EXERCISES FOR SENIORS



Bicep Curl

- Stand up straight with arm lowered and a dumbbell in each hand. Your wrists point forward.
- 2. Bend your elbows and bring the weights to your shoulders.
- 3. Hold for a second then reverse.
- 4. To maximize the muscle work, do the return trip slowly.
- 5. Do 1-2 sets of 10-20 reps.



Bridges

- 1. Lie on your back with your knees bent and your feet flat on the floor. This can also be done in a bed.
- 2. Raise your hips as high as you comfortably can.
- 3. Hold them there for a few seconds.
- 4. Lower your hips. Keep your abs tight so you come straight up and down without swaying left and right.
- 5. Do 1-2 sets of 10-20 reps.



Standing Mountain Climber

- 1. Stand straight up with your right arm extended straight over your head.
- 2. Raise your left knee.
- 3. Now lower your left leg and raise your right knee while raising your left arm overhead. The higher the knee, the more challenging the workout.
- 4. Continue raising one arm and the opposite knee. It feels like you're climbing a mountain or wall.
- 5. Speed is up to you. You can continue at a walking pace or pick it up to a jog.
- 6. Continue for about a minute.



The Superman

- 1. Lie prone on the floor with arms straight out in front of you.
- 2. At the same time, raise your head, your right arm and your left leg. Just a couple inches off the floor is plenty.
- 3. Hold them for a few seconds.
- 4. Repeat on the opposite side.
- 5. Do 1-2 sets of 10-20 reps on each side.

COMMUNITY CALENDAR

MAY

Mon 30th Recycle bin day

JUNE

Wed 1st Townscape Committee Meeting - 9.30am Mon 6th Public Holiday Western Australia Day

Tue 7th Watershed News

Fri 10th Biggest Morning Tea—Yealering Town Hall—10.15am—12.30pm

Mon 13th Recycle bin day

Wed 15th Busy Bee Wickepin Walk Trail, 9am—12pm

Wed 15th Shire of Wickepin Ordinary Meeting of Council—3.30pm

Mon 20th Watershed News

Fri 24-25-26th Wickepin Winter Weekend

Mon 27th Recycle bin day

JULY

Fri 1st School Term 2 ends
Mon 4th Watershed News

Tue 5th Drum Muster Bookings essential 8am—4.30pm

Mon 11th Recycle bin day

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Mon 18th School Term 3 commences

Mon 18th Watershed News

Wed 20th Women in Ag Day-Wickepin

Mon 25th Recycle bin day

AUGUST

Mon 1st Watershed News
Mon 8th Recycle bin day
Mon 15th Watershed News
Mon 22nd Recycle bin day
Mon 29th Watershed News

SEPTEMBER

Mon 5th Recycle bin day

Tue 6th Drum Muster 8am-4.30pm Bookings Essential

Wed 7th Annual Spring Field Day

Mon 12th Watershed News
Fri 23rd School Term 3 ends

OCTOBER

Mon 10th Watershed News

Mon 10th School Term 4 commences

Mon 24th Watershed News