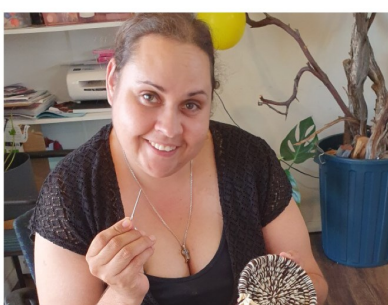


YALGOO BULLDUST



**AUTUMN
2020**

APRIL / MAY



DISCLAIMER

The Yalgoo Bulldust is published by the Shire of Yalgoo as a public service for the community.

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ADVERTISING

**WOULD YOU LIKE TO PROMOTE WHAT YOU HAVE TO OFFER?
THE YALGOO BULLDUST CAN HELP.**

Advertising Commercial - Full Page (Black & White) \$35.00 Advertising Commercial - Half Page (Black & White) \$25.00

Advertising Commercial - Quarter Page (Black & White) \$18.00

Advertising Community - All of above (Black & White) FREE

Advertising Commercial - Full Page (Colour) \$60.00 Advertising Commercial - 1/2 Page \$45.00

Advertising Commercial - Quarter Page (Colour) \$30.00

Advertising Community - All of above (Colour) FREE

Please call the Shire if you have any enquiries on 08 99628042



GRAMS CALL CENTRE

**We are here to help you through this time.
We are only a phone call away.**

We can help you with

- Medical appointments
- Feeling scared of current situation.
- Domestic violence
- Social support
- Mental health support
- Youth related support



GIVE THE TEAM A CALL ON 99566555

Select option #2 for the Call Centre

This is a private and confidential service

SHIRE CEO - JOHN READ

I would like to thank everyone throughout the Shire sincerely on how you have managed and continue to manage the unprecedented situation of dealing with the COVID-19 virus. It has been difficult in many respects but our Shire is virus free. In fact I think the whole country has done really well and hopefully we will get back to normal soon.

As is the case with all local governments nationally, the focus of the Shire of Yalgoo over the past several weeks has been dealing with the challenges of coping with COVID-19 and the national state of emergency. The Shire of Yalgoo has introduced the following measures in response to the COVID-19 state of emergency:

- ◇ Closure of the Shire Office to the public except for vehicle licensing services and matters of importance that require attention.
- ◇ Most Shire administration staff are working from home with laptops and internet access allowing staff to fully access all of the Shire's databases and email facility.
- ◇ Closure of the Shire's Arts & Culture Centre and the cancelling of all workshops and planned community development activities.
- ◇ Closure of the Yalgoo Caravan Park to tourists, etc. allowing minimal permanents to remain accommodated.
- ◇ Cancelling of the Yalgoo Races due to be held on 2 May 2020 as well as the Yalgoo Race Ball.
- ◇ Most meetings are conducted by tele/video conferencing.
- ◇ Public education of the requirements and measures to be observed in minimising the COVID-19 spread.
- ◇ Education and observance by all Shire staff/employees regarding hygiene and social distancing.
- ◇ No Shire employees have been stood down or laid off.
- ◇ In the interests of preserving cash flow consideration is being given to postponing certain budgeted capital projects.
- ◇ The Shire has informally agreed to freeze any rate increases in the 2020/21 financial year.

The Shire outside workforce is currently fully engaged on reinstating roads damaged as a result of the storm event that occurred on 24 – 28 February 2020. We are required to have the work completed by 19 June 2020 and due to the extent of work (over \$1 million) we have also engaged Rowe Contracting to assist us. This work will assist the Shire financially in keeping our outside crew and our plant busy in repairing our roads at the expense of the Federal Government. Hopefully COVID-19 restrictions will be lifted soon so life can get back to normal. In the meantime, stay safe.

Regards,
John

JOHN READ
Acting Chief Executive Officer
Shire of Yalgoo - Where the Outback Starts!



Telephone: (08) 9962 8042
Mb: 0417484840





COVID-19 – Government Support

Date: 05 May 2020

Support for individuals

<p>Mental Health</p> <p>Get help to cope with life's changes.</p>	<p>Visit headtohealth.gov.au/ for links to online counselling or call:</p> <ul style="list-style-type: none"> • Lifeline 13 11 14 (24 hours) • Kids helpline 1800 55 1800 <p>Visit thinkmentalhealthwa.com.au</p>
<p>Superannuation</p> <p>Individuals can access up to \$10,000 of their super in 2019-20 and a further \$10,000 in 2020-21.</p>	<p>Apply to the ATO through MyGov (my.gov.au) from mid-April</p> <p>Find out more at Treasury.gov.au/coronavirus</p>
<p>Retirees</p> <p>Temporary reduction to minimum drawdown requirements for account-based pension.</p>	<p>Find out more at Treasury.gov.au/coronavirus</p>
<p>Financial Support</p> <p>Expanded eligibility for some payments and moves to make them easier to claim.</p>	<p>Claim online at servicesaustralia.gov.au</p> <p>Or over the phone on 132 850</p>
<p>Economic Support Payment</p> <p>\$750 payments for people on certain government payments.</p>	<p>Will be paid automatically to people who are eligible.</p> <p>Find out more at Treasury.gov.au/coronavirus</p>
<p>Job Keeper</p> <p>A subsidy of \$1,500/fortnight per employee for up to six months. Available to businesses, not-for-profits and sole traders.</p>	<p>Your employer will notify you if they intend to claim the payment on your behalf.</p> <p>Find out more at Treasury.gov.au/coronavirus</p>
<p>Relief Services</p> <p>Expanding access to the No Interest Loans Scheme.</p>	<p>Find out more on at moneysmart.gov.au (search 'No Interest Loans Scheme')</p>
<p>Child Care and Education</p> <p>Fee relief while supporting child care services to keep their doors open and employees in their job.</p> <p>Primary school-aged children will have access to free influenza vaccinations. The WA government will spend \$43 million to increase cleaning programs across all public schools.</p>	<p>For more information visit australia.gov.au and scroll down to 'Education & child care information'</p> <p>Find out more at education.wa.edu.au</p>

Support for individuals - continued

Renting

Evictions will be put on hold over the next six months, for those in financial distress.

A prohibition on rent increases during the emergency period and flexibility to fixed term tenancy agreements.

Reduced obligation to conduct ordinary repairs if the reason they cannot do so is COVID-19 related financial hardship or a lawful restriction on movement.

Grants of up to \$2,000 for residential tenants who have lost their job*

WA government support - Household fees & charges

A freeze will be placed on household fees and charges, including electricity, water, motor vehicle charges, the emergency services levy and public transport fares.

No disconnection for power and water.

WA government support - Energy Assistance Package

Payment will increase from \$300 to \$600 for eligible concession card-holders.

WA Shopping hours

Coles and Woolworths to be granted temporary extended trading hours.

Special arrangements for pensioners, the elderly and people with disabilities to shop from 7am to 8am Monday to Saturday and 10am to 11am on Sunday.

Shopping service for vulnerable community members

To support individuals isolated in their homes, including people with disability and mental health conditions, older Australians and Aboriginal and Torres Strait Islander people.

Updated information relating to these changes is available on the Consumer Protection website.

For more information visit commerce.wa.gov.au (search 'COVID-19 Tenancy')

For more information visit dmirs.wa.gov.au/covidrenting

Visit wa.gov.au (search 'COVID-19 Western Australian Government Response')

Visit wa.gov.au (search 'COVID-19 Western Australian Government Response')

Visit wa.gov.au (search 'COVID-19 Western Australian Government Response')

To be launched Monday April 20, 2020.

Call 1300 103 880 or visit cahoots.org.au/cahootsconnects for more information including eligibility details.



Support for individuals - continued

Temporary Visa Holders

Commonwealth funding to Red Cross to deliver emergency relief and casework support for people on temporary visas.

For more information visit redcross.org.au (search 'temporary visa holders')

COVIDSafe

New app to slow the spread of COVID-19 through the digital tracking of contact between confirmed cases and the wider community*

For more information visit australia.gov.au/app

National Broadband Network (NBN) assistance

Financial relief to internet providers so they can assist families in accessing the NBN. Includes maintaining connections for households that are unable to pay bills*

For more information visit nbnc.com.au



Support for small business and not-for-profits

Job Keeper A subsidy of \$1,500/fortnight per employee for up to six months. Available to businesses, not-for-profits and sole traders. WA businesses are exempt from any payroll tax on the wage subsidy.	Your employer will notify you if they intend to claim the payment on your behalf. Find out more at Treasury.gov.au/coronavirus
Boosting cash flow for employers Up to \$100,000 to eligible small and medium-sized businesses and not for-profits that employ people, with a minimum payment of \$20,000.	Automatically applied to the accounts of eligible businesses when they lodge their activity statement for the relevant periods. Find out more at Treasury.gov.au/coronavirus
Supporting apprentices and trainees Wage subsidy of up to \$21,000 per apprentice or trainee.	Talk to the Australian Apprenticeship Support Network (AASN) in your area. Search for your local AASN at australianapprenticeships.gov.au Find out more at Treasury.gov.au/coronavirus
One-off payment of \$2,000 to employers of existing apprentices and trainees currently receiving Construction Training Fund (CTF) grant payments*	Find out more at ctf.wa.gov.au/
A new WA monthly payment program worth \$9.5 million to assist employers to retain their existing apprentices*	
Loan Support Government will provide lenders with a guarantee for loans, to increase their willingness and ability to provide credit. Loans of up to \$250,000 up to three years, with an initial six-month repayment holiday.	For more information visit: Business.gov.au (select 'coronavirus information') Find out more at Treasury.gov.au/coronavirus
Renting Evictions will be on hold for six months by the states and territories, for those in financial distress. The WA Government will waive rental payments for small businesses and not-for-profit groups in Government-owned buildings for six months.	See mandatory code of conduct for commercial tenancies For more information visit business.gov.au (select 'coronavirus information')
Land tax reduction for landlords who provide rent relief for commercial tenants*	For more information visit smallbusiness.wa.gov.au



State Recovery Response COVID-19 State Recovery Coordination Unit (SRCU)

Support for small business and not-for-profits - continued

Temporary relief for financial distress Increase to threshold at which creditors can issue statutory demand, extra time to respond. Relief from personal liability for trading while insolvent. Temporary flexibility in Corporations Act 2001.	<p>You don't need to apply. These relief measures will be in place for six months.</p> <p>For more information visit: Business.gov.au (select 'Coronavirus information')</p> <p>Find out more at Treasury.gov.au/coronavirus</p>
Backing businesses to invest Instant asset write-off threshold has been increased to \$150,000. Now includes larger businesses. A time limited 15-month investment incentive to support business investment and economic growth over the short-term, by accelerating depreciation deduction.	<p>Check your eligibility for the instant asset write-off with the Australian Taxation Office</p> <p>For information visit: Business.gov.au (select 'Coronavirus information')</p> <p>Find out more at Treasury.gov.au/coronavirus</p>
WA Government support for businesses Payroll tax paying businesses with a payroll between \$1 million and \$4 million will receive a one-off grant of \$17,500. \$1 million payroll tax threshold brought forward by six months to July 1, 2020. Businesses can now apply to defer payment of their 2019-20 payroll tax until July 21, 2020.	<p>Visit wa.gov.au (Search Payroll Tax Employer Guide)</p>
Small business support services The Small Business Development Corporation has created a COVID-19 assistance center to provide dedicated guidance on available support options.	<p>To access the service, contact 133 140 or email info@smallbusiness.wa.gov.au</p> <p>Find out more at smallbusiness.wa.gov.au/coronavirus</p>
COVID-19 relief fund Grants are available for eligible not for-profit and community organisations that are experiencing financial hardship related directly to COVID-19. Temporary powers to enable Lotterywest to provide additional grants and fund other worthy grant programs.	<p>Apply for grant support by visiting lotterywest.wa.gov.au or by calling 131 777.</p>
Regional Chamber of Commerce \$5,000 and \$20,000 to be provided to individual chambers across regional WA to keep their doors open and aid business recovery*	<p>Find out more at: regionalchamberswa.com.au/</p>

ST JOHN AMBULANCE



Drive life in Yalgoo.

Every beat of this ordinary life is an extraordinary thing.
And we need your help to protect it.

St John Yalgoo urgently needs volunteer ambulance drivers to respond to call-outs, attend emergencies and perform routine patient transfers.

If you'd like to help, visit stjohnchangelives.com.au.

Or, give our Community Paramedic Michelle Fyfe a call on 0437 681 562 or email cp.midwesteast@stjohnwa.com.au.

Life goes on.
Volunteer with St John.



YALGOO NURSING POST

MAY / JUNE CALENDAR

Confirmed dates for visiting teams from May 2020 but unfortunately due to COVID 19 most services have been cancelled.

Monday 11th May GRAMS Doctor—Afternoon Clinic

Monday 21st May GRAMS Doctor—Morning Clinic

Monday 4th June GRAMS Doctor—Afternoon Clinic

Monday 18th June GRAMS Doctor—Morning Clinic

- ◇ *Further Flu Vaccines on order*
- ◇ *All subject to change depending on COVID-19**

Looking after your mental health and wellbeing

Looking after your mental health and wellbeing is just as important as looking after your physical health, even when you are in self isolation.

It's normal and understandable to feel concerned about the Coronavirus; maintaining a regular routine each day helps.

Looking after your mental health enables you to function well and be able to cope when things aren't going so well. Some little things you can do include:



STAY CONNECTED WITH FAMILY AND FRIENDS THROUGH SOCIAL MEDIA AND BY PHONE



GET ENOUGH SLEEP



KEEP ACTIVE & GET OUT IN THE FRESH AIR BY EXERCISING IN YOUR GARDEN OR ON YOUR BALCONY



TALK ABOUT HOW YOU ARE FEELING WITH YOUR FRIENDS AND FAMILY REGULARLY



REDUCE ALCOHOL INTAKE



GET YOUR HOBBIES OUT TO KEEP BUSY


think
MENTAL HEALTH



Yalgoo Arts and Culture Committee Community Member (2) Positions Available

The Shire of Yalgoo has developed the Yalgoo Arts Centre Program to introduce a variety of art genres, to encourage and support sustainable economic, social and cultural development in our remote township. By engaging both professional and emerging local artists to conduct workshops we raise the profile of regional artists; develop partnerships and encourage ongoing collaboration.

The opening of the Yalgoo Arts Centre and the employment of local staff illustrates the Shire's quest and investment in the encouragement of community capacity building via creative based tourism which will empower the community to be a part of the arts and realise benefits of upskilling creatively, while strengthening other community groups via the proposed YAP workshops and partnerships.

The Yalgoo Arts and Culture Committee have 2 vacancies for Community Members to join the committee. If you would like to register your interest in these positions please send in your resume and application addressing the following questions.

1. Why would you like to be a community member on this committee?
2. What Arts & Cultural knowledge can you bring to the committee?

Applications should include a brief letter of introduction addressing the questions and a current resume.

Applications close **4:00 pm on May 17, 2020**. All applications can be sent by post, emailed or faxed:

Shire of Yalgoo, PO Box 40, YALGOO WA 6635

Email: artsandculture@yalgoo.wa.gov.au

Ph: 08 9962 8042

Mob: 0419 325 964

Fax: 08 9962 8020

**Emmaline James
Manager Community Wellbeing, Arts & Culture**

BECOME AN
ARTS & CULTURE
COMMITTEE
MEMBER

Vincent Catania MLA
Member for North West Central

YALGOO PLEASE KEEP IN TOUCH

We're here to help you

It's important to share any concerns, issues or ideas you may have to allow us to work together to find solutions as we all travel through difficult times

CONTACT US & STAY in TOUCH



Email - northwest@mp.wa.gov.au



Telephone - 99412 999



@VinceCataniaMP

Regular updates will be available via facebook & email

**Let's Stay Safe, Stay Well
& Keep our Distance...**



THE NATIONALS *for Regional WA*

Signs & Symptoms of COVID-19

What are the symptoms?



Fever



Cough



Fatigue



Sore throat



Shortness
of breath

Coronavirus Health Information Line

For any queries you have then please call the National COVID-19 (Coronavirus) health information line which operates 24 hours a day, seven days a week.



1800 020 080

If you require translating or interpreting services, call 131 450



For more information please visit Western Australia's Department of Health by visiting https://ww2.health.wa.gov.au/Articles/A_E/Coronavirus

SHIRE SERVICES



IF YOU REQUIRE ASSISTANCE CALL 9962 8042

Following the latest government measures relating to COVID-19,
The Shire of Yalgoo office closed to the public from 4pm Friday 27 March 2020.

If you require any Shire services please contact the Shire of Yalgoo by phone on
(08) 9962 8042 or email reception@yalgoo.wa.gov.au

For all **LICENSING ENQUIRIES** please call the shire office as we can open the office for
essential services. Please do not request to attend the office in person if you have:

- * Cold and Flu Like Symptoms
- ◇ Have Been in Contact with someone diagnosed with COVID-19 in the last 14 days
- ◇ Have been in contact with someone who has travelled overseas and is displaying cold or flu-like symptoms in the last 14 days.

Shire **RATES and ACCOUNTS** enquiries can be made by calling the Shire office on 99628042.

The **Library, Arts & Cultural Centre & Core Stadium** are officially closed until further notice.

The Yalgoo **CARAVAN PARK** is closed .

Yours Sincerely

John Read

Shire of Yalgoo CEO

37 Gibbons St

Yalgoo WA 6635

Phone: (08) 9962 8042

email: ceo@yalgoo.wa.gov.au

www.yalgoo.wa.gov.au

CALL THE SHIRE
ON 9962 8042
FOR ESSENTIAL
SERVICES

SHIRE OFFICE
CLOSED TO PUBLIC

COMMUNITY DEVELOPMENT

STAYING CONNECTED DURING COVID-19

Whilst the current covid-19 situation changes daily the future is looking bright for the Midwest and our Shire of Yalgoo. We've put together some activities we can all do #TogetherButApart and encourage you to learn a few new skills too. Stay safe and Keep Well. Emmaline & Dannii.

COMMUNITY 'ZINGO'

Would you like to Learn something new whilst playing something you love? Want to register for our Community Zoom Bingo night? New technology can be tricky but we are happy to assist setting up Zoom on your home computer or phone (we're sure your young people would be happy to set it up for you too) Call Emmaline on 0419 325 964 to register your interest.



ELDERS CARE ACTIVITY BOOKS

The Shire is creating elders care activity books that can be dropped off with no-contact, and will include word search, maze and crossword puzzles. If you would like one when they are ready please contact Dannii on (08) 9962 8042 or email cd@yalgoo.wa.gov.au to put your name on the list for drop off.



POSTPONED

COMMUNITY STRENGTHENING PROJECT—The North Midlands Project mentorship continues but the Community consultation scheduled for late April has been postponed until social distancing measures ease. It is important the Yalgoo community can all come together for this important first stage to decide what outcomes the community would like to see in Yalgoo in 1, 5, and 20 yrs.

AFTERNOON SPORTS TERM 2 – The LDAG X Shire of Yalgoo After School Sports Coordination has been postponed but the Shire are still working with LDAG, WAPOL Yalgoo Police, AusKick and the Stephen Michael foundation to bring afternoon Sports including Auskick, Rugby roos, Skateboarding and Midnight Basketball to Adults and Kids after covid restrictions are lifted.

SCHOOL HOLIDAY PROGRAM - GRAMS TIS, FAIR GAME & AUSTRALIAN SKATEBOARDING were set to join us for the School Holiday Program this April and send their regards. These organisations are working to create online / zoom content for our community and you will find some good old fashioned paper activities in this Bulldust from GRAMS, Fair Game Australia and Youth Focus.

COVID-19 SUPPORT

FRUIT N VEG / PANTRY SHOPPING BOXES



Good news! Flour, toilet paper and canned beans are back in plentiful supply on Geraldton shelves. The Shire's COVID-19 Community Shopping service was well utilised and we will continue to monitor the need as covid-19 situation unfolds. At this point in time (all going well) it looks like this service is no longer needed and we thank everyone who assisted their elders and community in reducing the risk of covid-19 reaching our community and making sure the cupboards remained stocked. It was a huge team effort, so thank you to everyone involved!

JOIN OUR 5 O'CLOCK WALK!

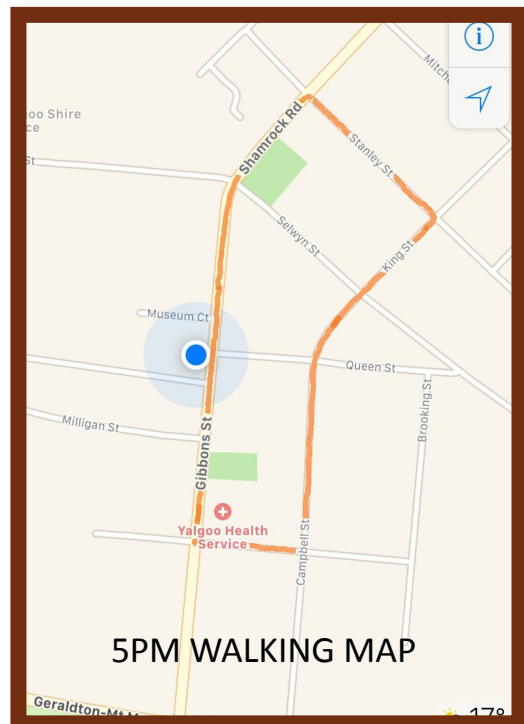
The Shire has created a walking map for our community to take a walk every day at 5 o'clock #ApartButTogether. Everyone begins at the point on the map closest to their house walking clockwise & keeping a safe physical distance of 1.5m. Adults and teens are welcome to join us. Kids under 12 will require an adult with them please to help maintain 1.5m. See map for further info & join us in getting some exercise and enjoy a great end to the day!

LIBRARY SERVICE HOME DELIVERY

The Shire have made available the library service for residents who would like books home delivered during covid-19 restrictions. Let the Shire staff know your particular genre fancy and we'll surprise you with a staff choice! Puzzles, DVD's and games are also available. * The shire will quarantine all items for the required period per Dept Health guidelines before making them available for redistribution. Contact community@yalgoo.wa.gov.au Reception@yalgoo.wa.gov.au or call 9962 8042.

GARDENING CLUB

Looking for 30 minutes exercise and want to grow your own fresh fruit and vegetables? Join the Shire's Community Garden Club! Group will meet, learn and work in garden together on a roster basis following social distancing guidelines. Call Em to register your interest on 0419 325 964.



Emmaline James
Manager Community Wellbeing, Arts & Culture
Shire of Yalgoo - Where the Outback Starts!
P: 0419 325 964
E: community@yalgoo.wa.gov.au

Dannii Lawson
Community Development Trainee
Shire of Yalgoo - Where the Outback Starts!
P 9962 8042
E cd@yalgoo.wa.gov.au

VIRTUAL ZOO, GALLERIES,

Online Resources to Cope With COVID-19 Boredom

- ✓ Virtual Field Trips-
https://docs.google.com/document/d/1SvldcTx9djkO6SivvPDsoGllkeF3iExmi3qh2KRRku_w/mobilebasic
- ✓ Visit museums. Google Arts and Culture partnered with over 2,500 museums and galleries around the world to offer virtual tours of their spaces. Some of the options include New York's Museum of Modern Art and Amsterdam's Van Gogh Museum- <https://artsandculture.google.com/partner?hl=en>
The Louvre, based in Paris, is also offering its own virtual tour online for free- <https://www.louvre.fr/en/visites-en-ligne>
- ✓ The San Diego Zoo has a live webcam for animals-<https://zoo.sandiegozoo.org/live-cams>
- ✓ Melbourne Zoo also has live webcams<https://www.zoo.org.au/animal-house>
- ✓ Explore the surface of Mars on the Curiosity Rover-<https://accessmars.withgoogle.com/>
- ✓ The British Museum- located in the heart of London allows virtual visitors to tour the Great Court and discover the ancient Rosetta Stone and Egyptian mummies- <https://britishmuseum.withgoogle.com/>
- ✓ Geography with National Geographic-<https://kids.nationalgeographic.com/>
- ✓ Children's books read by famous- people<https://www.storylineonline.net/>
- ✓ Crafts and activities- <https://www.allkidsnetwork.com/>
- ✓ Fun games, recipes, crafts, activities- <https://www.highlightskids.com/>
- ✓ Online history classes for all ages preteen through adults-
<https://school.bighistoryproject.com/bhplive>
- ✓ Educational games K-12- <https://www.breakoutedu.com/funathome>
- ✓ 35,000 pages of online content on the different cultures and countries of the world- <https://www.countryreports.org/>
- ✓ Illustrated recipes designed to help kids age 2-12 cook. Recipes encourage culinary skills, literacy, maths and science-<https://www.nomsterchef.com/nomster-recipe-library>
- ✓ Young Explorers is a magazine designed specifically for young children. Children can listen to the magazine being read to them as they follow along with the highlighted text-
<https://neexplorer.cengage.com/neyoungexplorer/index.html>
- ✓ Type in any city, state, or country to view an archive of historical photographs and other documents. It's a unique way to help children learn about history-

MUSEUMS, SPORTS & MORE!

<http://www.whatwasthere.com/>

- ✓ Help children learn to appreciate the arts by providing them with the opportunity to play games, conduct investigations, and explore different forms of art- <https://artsology.com/>
- ✓ Live video of the National Zoo and Smithsonian Learning Lab-<https://www.si.edu/kids>
- ✓ This NASA initiative covers a wide range of topics including weather, climate, atmosphere, water, energy, plants, and animals-<https://climatekids.nasa.gov/>
- ✓ Think Design explores careers in fashion design, graphic design, interior design, book design, product design, film and theatre, architecture, animation, and environmental design-
<http://www.kidsthinkdesign.org/>
- ✓ Movement and mindfulness videos created by child development experts- <https://www.gonoodle.com/>
- ✓ Kid-friendly workouts — choose from Strength for Kids, Agility for Kids, Flexibility and Balance for Kids, Warm-Up for Kids, Cooldown for Kids, Stand Up and Move for Kids, OR create your own custom kid workout- <https://app.sworkit.com/collections/kids-workouts>
- ✓ Mo Willems, the author of ‘Don’t let the Pigeon Stay up Late’ is uploading daily drawing lessons-
<https://youtu.be/MiaYnvCIDdU>
- ✓ Maths as a fun part of your daily family routine-<http://bedtimemath.org/>
- ✓ Music is for everyone-<https://musiclab.chromeexperiments.com/Experiments>
- ✓ Projects to keep kids reading, thinking, and growing-
<https://classroommagazines.scholastic.com/support/learnathome.html>
- ✓ Learn a language- <https://www.duolingo.com/>
- ✓ Yoga and mindfulness for kids-
<https://youtu.be/0ImHIWzP49M>
- ✓ All sorts of online classes for kids- <https://outschool.com/#abk7vott3k>
- ✓ Short videos and texts that answer various burning questions for children. There are vocabulary challenges and comprehension questions-<http://wonderopolis.org/>
- ✓ Learn to code- <https://www.codecademy.com/>
- ✓ Listen to astronauts read stories from space-<https://storytimefromspace.com/library/>
- ✓ Maths games galore- <https://eridclub.com/>
- ✓ Lots of science experiments that you can do at home-
<https://www.stevespanglerscience.com/lab/experiments/>



Government of Western Australia
North Metropolitan Health Service



Women 50 years or over,
have a **FREE** breast screening
mammogram every two years.
Once is not enough.

Visiting
Geraldton
annually



The BreastScreen WA mobile service will be at:

Geraldton Regional Hospital
car park off Milford Street, beside Loading Bay

3 June - 7 October 2020

Dates may be subject to change.

Women 40 years and over are eligible to have a **FREE** breast screening mammogram.

For an appointment
book **online** or phone **13 20 50**



SEP 2018

www.breastscreen.health.wa.gov.au



ACTION CALENDAR: MEANINGFUL MAY 2020

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

"Start Where You Are. Use What You Have.
Do What You Can" ~ Arthur Ashe



4 Focus on what you can do rather than what you can't do

5 Send friends a photo of a time you all enjoyed together

6 Take a step towards one of your life goals, however small

7 Let someone you love know how much they mean to you

8 Set yourself a kindness mission. Give your time to help others

9 Look out for positive news and reasons to be cheerful today

10 Tell someone about why your favourite music means a lot to you

11 What are your most important values? Use them today

12 Be grateful for the little things, even in difficult times

13 Today do something to care for the natural world

14 Show your gratitude to people who are helping to make things better

15 Find out about the values and traditions of another culture

16 Look around you and notice five things you find meaningful

17 Take a positive action to help in your local community

18 Hand-write a note to someone you love and send them a photo of it

19 Find a way to craft what you are doing to give it more meaning

20 Reflect on what makes you feel really valued and appreciated

21 Share photos of 3 things you find meaningful or memorable

22 Ask a loved one or colleague what matters most to them and why

23 Share an inspiring quote with others to give them a boost

24 Do something special today and revisit it in your memory tonight

25 Give your time to help a project or charity you care about

26 Recall three things you've done that you are really proud of

27 Today link your decisions and choices to your purpose in life

28 Tell someone about an event in your life that was really meaningful

29 Think about how your actions make a difference for others

30 Find three good reasons to be hopeful about the future

31 Look up at the sky. Remember we are all part of something bigger

ACTION FOR HAPPINESS



31 actions to look after ourselves and each other as we face this global crisis together

www.actionforhappiness.org

Keep Calm · Stay Wise · Be Kind

GRAMS - TIS

HELLO YALGOO COMMUNITY

JUST A QUICK UPDATE FROM THE GRAMS TIS TEAM, WE HAVE BEEN BUSY PLANNING SOME NEW AND EXCITING ACTIVITIES FOR THE KIDS AND YOUTH PLUS SOME REWARDING ACTIVITIES FOR THE ADULTS. UNFORTUNALTY WE DON'T KNOW WHEN OUR NEXT VISIT WILL BE DUE TO THE COVID-19 VIRUS, SO IN THE MEANTIME REMEMBER TO WASH YOUR HANDS AND PRACTICE SOCIAL DISTANCING THAT MEANS KEEPING 2 ARM LENGTHS AWAY FROM PEOPLE. WE HOPE TO SEE YOU ALL SOON. STAY SAFE AND STAY HEALTHY THE GRAMS TACKLING INDIGENOUS SMOKING TEAM.

Did you know smoking and Coronavirus together can put you at a higher risk at getting lung infections.

QUIT SMOKING NOW!!!
If you smoke or quit you are more likely to become very sick!
Smoking and the chemicals in tobacco cause lung and respiratory disease.
Don't you think it's time to quit!

FOR MORE INFORMATION AND SUPPORT CALL BULLDUST ON 08000

Quitline

STOP THE SPREAD

In our community of Coronavirus (COVID-19)
Together we can help stop the spread and stay healthy

WASH YOUR HANDS THOROUGHLY WITH SOAP AND WATER FOR AT LEAST 20 SECONDS TO PREVENT PASSING ON GERMS. DRY YOUR HANDS AND PUT PAPER IN TRASH!

1. Wet
2. Soap
3. Wash
4. Rinse
5. Dry
6. Trash

PUT PAPER TOWEL IN TRASH

Geraldton
Regional
Aboriginal
Medical
Service

GRAMS
TIS
Tackling Indigenous Smoking

Coronavirus
(COVID-19)

KEEPING YOUR DISTANCE.

Help stop the spread of coronavirus by keeping your distance. Remember, don't shake hands or exchange physical greetings. Wherever possible stay 1.5 metres apart and practise good hand hygiene, especially after being in public places.

**TOGETHER WE CAN HELP STOP
THE SPREAD AND STAY HEALTHY.**

Advice regarding **Coronavirus (COVID-19)** will change regularly. Keep up to date. Visit **health.gov.au**



FAIR GAME AUSTRALIA

SPELL YOUR NAME

Do the activities below that spell out your name!

A	10 pushups 	N	 Jump like a kangaroo 6 times
B	10 sit-ups 	O	15 pushups 
C	 20 star jumps	P	10 bunny hops 
D	5 cartwheels 	Q	 10 side lunges left leg
E	 Wash your hands for 20 seconds	R	Plank for 30 seconds 
F	Touch your toes 4 times 	S	 10 side lunges right leg
G	 15 squats	T	Brush your teeth 
H	Balance on your left leg for 10 seconds 	U	 Wash your feet
I	 Spin in a circle 7 times	V	Balance on your right leg for 10 seconds 
J	5 handstands 	W	 Hop on your right foot 10 times
K	 Hop on your left foot 10 times	X	Breathe, Blow, Cough! 
L	10 tuck jumps 	Y	 Hop like a frog 5 times
M	 Eat a piece of fruit	Z	Candlestick for 5 seconds 

FAIRGAME
helping children remember their spelling words

SCAVENGER HUNT

Find all the items below around your house or community!



3 different leaves



a piece of fruit



soap to wash your hands



a ball



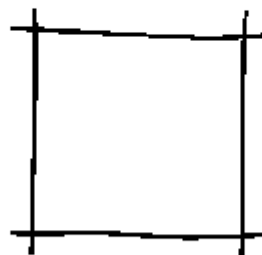
shoelaces



a cricket
(can you hear me?)



toothbrush and
toothpaste



Something square



a hat to protect you
from the sun

FAIRGAME
recycling sports equipment helping healthy communities

YALGOO ARTS CENTRE

'HOME WORKSHOPS' SERIES

The Yalgoo Arts Centre closed its doors in February due to COVID-19 and the Arts Centre team were quick to set up Yalgoo Artists with the materials required to work from home. As part of our COVID-19 plan the Shire also introduced the Yalgoo Arts Centre 'Workshops at Home' series which will continue for as long as the Arts Centre is closed.

The Home Workshops Series kicked off with Polymer Clay tutorials in beginner and advanced levels with you tube tutorials by Debbie Crothers. The second in the series—the Mothers Day workshop with Scrapbook House (which was booked for delivery at the Arts Centre for Mothers Day) begins with a one hour zoom introduction call on Friday May 8th. We are currently working to deliver ceramics hand building, photography, beginner (plant holder) macramé lesson online and workshop with textile artist Marianne Penberthy. Helen Ansell's postponed painting workshops, all going well, will be rescheduled for later this year.

REVEALED @ FREMANTLE ARTS CENTRE

Whilst Galleries and Studios across the country have closed to the public the Revealed Exhibition at Fremantle Arts Centre this year went online. The catalogue is now up and Margaret Simpson's artwork can be purchased through Fremantle Arts Centre website www.fac.org.au

RECONCILIATION WEEK

Whilst NAIDOC week was officially cancelled we are developing both an online and in person options for Reconciliation week activities for May 27—June 3 that our community can participate in together, from home if need be and then in a community exhibition post covid.

YARNS R US

RON BRADFIELD JNR



Whilst it seems like a lifetime ago given current events, the Yalgoo Arts Centre would like to thank Ron Bradfield Jnr for visiting the Arts Centre in February this year.

Ron generously shared his perspective and experience in expressing himself and the life he has lived as a contemporary West Australian Artist. Yalgoo Artists considered the stories they might like to share with others and were encouraged to explore new art forms and materials as part of the process. Our Sincere thanks to Ron from the Arts Centre staff and all who attended.



YACC ONLINE
SHOP
ON ITS WAY



CREATIVITY CONTINUES IN YALGOO

We enjoy seeing Artists photos from home and encourage you to share your artworks with us. You can email Rhiannon at the Arts Centre on artscentre@yalgoo.wa.gov.au your photos.

Pictured: Maureen Page (top left) Quigg Hodder (bottom left) and Elisha Hodder (bottom right) work from home. Pictured: Ivonne Valenzuela's finished covid-19 bear . Usher Kelly's gorgeous painted guitar.

Emmaline James
Manager Community Wellbeing, Arts & Culture
Shire of Yalgoo - Where the Outback Starts!
P: 0419 325 964
E: artsandculture@yalgoo.wa.gov.au

Rhiannon Hodder
Arts Centre Trainee
Shire of Yalgoo - Where the Outback Starts!
Telephone: (08) 9962 8042
Email: artscentre@yalgoo.wa.gov.au

POST COVID EXHIBITION

COMMUNITY ART EXHIBITION

The Shire of Yalgoo Arts & Cultural Centre invite residents to exhibit in a Community Art Exhibition post covid-19. This is a chance to show others what you have been making and creating whilst working from home. Prizes will be awarded in four categories 1. Local Artist (Adult) 2. Local Maker (Adult) 3. Local Youth 12—25 Yrs & 4. Children 1—12 Yrs.

For enquiries call Rhiannon or Emmaline on 0419 325 964.



SATURDAY ART CLUB

14 DAY CRAFT CHALLENGE / MOTHERS DAY ACTIVIT .

Saturday Art Club drawing and journaling kits given to Yalgoo Youth in April to continue being creative at home will be added to with further craft materials until Saturday Art Club resumes. 14 Day Craft Activity Boxes are being delivered this week. Q codes for activities have been provided along with instructions in printed format. You'll find some lovely activities in there for Mothers Day too!

SEND US YOUR TIK TOK

We've seen some fantastic Tik Toks by Yalgoo Youth! Send us your tik tok and we'll look at featuring them on our Shire of Yalgoo social media pages. (with permission from your parents / guardians). Send your Tik Tok to Emmaline on 0419 325 964.

YOUTH EXHIBITION

With all these wonderful Tik Toks and Art journals we've seen lets have an exhibition! Yalgoo Youth are invited to join in the adults Community Art Exhibition after covid-19 social gathering restrictions are eased. For more information contact the Arts Centre team by email at artscentre@yalgoo.wa.gov.au or call (08) 9962 8042 or Emmaline on 0419 325 964 if you need any further materials or support with your ideas.

ART PRIZE OPPORTUNITY

The York Botanic Art Prize entries close 21 June & we know some artists who should definitely enter. Contact the Yalgoo Arts Centre If you would like assistance with your entry. www.gallery152.com.au/ybap/ Call Emmaline on 0419 325 964 or email Rhiannon via artscentre@yalgoo.wa.gov.au



**YALGOO ARTS CENTRE
HOME WORKSHOPS
POLYMER WITH DEBBIE CROTHERS
REGISTER BY EMAIL OR PHONE**

ARTSCENTRE@YALGOO.WA.GOV.AU

0419 325 964



**YALGOO ARTS CENTRE
HOME WORKSHOPS
SCRAPBOOK HOUSE FOR MOTHER'S DAY**

**REGISTER BY EMAIL OR PHONE
ARTSCENTRE@YALGOO.WA.GOV.AU**

0419 325 964



10 tips for staying mentally healthy during COVID-19

1. Check in with others. Social distancing doesn't mean social isolation. Reach out to friends and family with phone calls, emails, text messages and video chats. Seek support from those you are close to. If you have kids at home, help them contact their friends by organising "virtual play-dates".

2. Keep a routine. Maintain a routine, even if you are staying home. Maintain a regular sleep pattern, exercise and leisure routine. Structure helps us to feel more in control of our lives. Even if you're at home and not seeing anyone, still make an effort to get dressed each morning, this helps to perk us up and gives a boost to our positivity.

3. Get some vitamin D. Spend time outdoors! Even if you don't venture very far, have contact with nature, go for a walk or sit in the garden. Mother nature has a calming effect and being outdoors will give you a boost in your vitamin D.

4. Eat Well. Nourish your body for both physical and mental wellbeing, ensuring you are eating a diet with plenty of fresh fruit and vegetables and avoiding heavily processed or takeaway foods. Make meal planning and preparation a fun activity to look forward in the day.

5. Set daily goals. Find purpose in your day. Each morning plan a few things you would like to achieve in the day, even if they are small things. Purpose helps to maintain a positive outlook on our lives.

6. Take up a hobby. Find a hobby you enjoy and schedule it into your day routine. Hobbies help us to distract our minds and thus gives our mind a rest.

7. Self care. Create a quiet space for yourself, a place where you can retreat even if it's only for a few moments. A space where you have some enjoyable belonging, calming and nurturing for your soul. This will help to calm and relax you when things in your household become too overwhelming.

8. Unplug. Limit social media, especially COVID related media to 30 minutes a day. Try to avoid too many COVID conversations with children, keep them to a minimum.

9. Support children. Children need adults to help them regulate their emotions. We can help children feel safe and help regulate their emotions by playing with them and finding fun activities that make them feel secure. As adults, we can hold stable and make our children feel protected.

10. Stay positive. Remind yourself this COVID crisis is temporary and it will pass. We can learn something from every experience.



Western Australian Centre for Rural Health

Managing anxiety during COVID-19

During times of uncertainty and disruption it is normal that people experience stress and anxiety. The current COVID-19 situation affects individuals, families and communities in a myriad of ways. There are steps you can take to help manage your physical, psychological and social wellbeing.

Here are some practical ways that can keep feelings of anxiety at bay:

Set up a routine.

Plan daily activities that are fun (such as gardening, reading, a hobby) or give a sense of achievement (clean the house, do some office filing, learn something new).

Focus on the positives. What you say to yourself is important. Change negative comments to be more helpful and realistic. Counter balance the negative with positives in your life and the world. This is unpleasant, but it will pass.

Keep moving. Exercise helps to distract our mind from anxiety provoking thoughts. Exercise also releases endorphins which helps our mind and body relax. Schedule at least 30 minutes a day!

Mindfulness. Make sure you are taking time for things that evoke positive emotions such as meditation, mindfulness and yoga. Bring yourself back to the present rather than worrying about the future. There are many mindfulness websites, apps and books to help guide your mindfulness practice.

Stay social. Maintain relationships during times of isolation. Call a friend or loved one, use video chat or text message to stay connected.

Unplug. Limit your exposure to media, news, and social media about coronavirus to help quell the panic. Limit social media to 30 minutes a day.

Be kind to yourself and others. Children may also experience fear and anxiety around the situation. Support children by giving extra attention and reassurance.

Resources. Tap into available resources like Lifeline (13 11 14), Kids Helpline (1800 551 800) and 1800RESPECT (1800 737 732).

Acceptance. Remember this is only temporary. We cannot change the situation. By accepting what we cannot change, we can focus on what we can change which helps reduce our worrying about the future and dwelling on the past. Being present and accepting the situation as it is.



Western Australian Centre for Rural Health

WAPOL YALGOO POLICE

IF YOU REQUIRE POLICE ATTENDANCE, BEST PRACTICE IS TO
CALL 000 OR 131 444

I trust everyone had a great Easter with family.

It is very important we all stay safe during the Covid-19 pandemic and adhere to the social distancing rules. Police have the power under the Emergency Management Act to order people to disperse and issue fines if need be. I do not want to be the officer issuing fines so please obey the rules. I urge people not to drink alcohol excessively as this appears to be contributing to issues in Yalgoo.

On a crime note we have had several instances of criminal behavior. Police are seeking witnesses particularly to two incidents in the Caravan Park. One of the evening of the 19th of March, 2020 and the other in the early morning of Good Friday 10th of April, 2020. If you have information please. Contact the Yalgoo Police.

On the evening of Monday the 27th of April, 2020 three cattle from Wagga Station were killed and their legs severed. The cattle were killed in the immediate vicinity of the Geraldton-Mount Magnet Road, and as such we are requesting the assistance of the public who may have seen any suspicious from approximately 7.00p.m on Monday the 27th of April, 2020 until 7.00 a.m. on Tuesday the 28th of April, 2020 in the area of Wagga Station. Items were located at the scene and are in the process of being forensically tested. Significant penalties apply for the destruction and theft of stock.

Traffic- we have seen an increase of cars doing burnouts around our town. It is not acceptable and is very dangerous. Yalgoo Police will prosecute offenders and seize vehicles. Police are actively working on this issue. Be warned get caught and feel the full weight of the law.

Now that First Class Luke FACCIONI has moved on to Meekatharra I am pleased to announce that Senior Constable Steven AKKER has arrived in Yalgoo on Friday 17th of April to replace him. Steve has a wealth of Policing experience and he will be a welcome addition to the team.

Sergeant Michael Gill

Officer in Charge Yalgoo Police Station | Western Australia Police Force

Cnr Piesse St & Campbell St, Yalgoo WA 6530

T: (08) 9962 8500 | F: (08) 9962 8550



FOOD SENSATIONS ONLINE



 
FOOD SENSATIONS® FIGHTING HUNGER IN AUSTRALIA

JOIN OUR FREE ONLINE NUTRITION EDUCATION WORKSHOPS

Food Sensations® for Adults is running a three week online program covering topics such as healthy eating, label reading, meal planning and budgeting.

For more information contact Cath Dumont at catherine.dumont@foodbankwa.org.au

Partner:
 Department of Health
GOVERNMENT OF WESTERN AUSTRALIA

Catherine Dumont of Foodbank WA is running a FREE Food Sensations workshop for adults online discussing healthy eating, reading labels and meal plan and budgeting, starting on 26th May at 12:30 (for a 12:45 start – on Zoom).

For more information and to register contact Catherine Dumont via email catherine.dumont@foodbankwa.org.au

CENTACARE



Call Back Counselling Hotline

COVID-19

If your mental health and wellbeing is affected by the COVID-19 situation and you want to be contacted by a Counsellor, please call this number and leave a message with your contact details. This is a call back only service.

0459 721 179

A Counsellor will call you back as soon as possible, Monday - Friday (10am - 6pm). This is a free service.

Disclaimer: The Call Back Counselling Hotline does not provide medical advice; please contact your GP or COVID-19 hotline on 1800 020 080.

This service does not provide crisis counselling. If you're feeling distressed and need help now, contact:

Lifeline: 13 11 14

Suicide Call Back Line: 1300 659 467

MENTAL HEALTH COMMISSION

WWW.MHC.WA.GOV.AU

Ways to reduce harm from alcohol

- You should not drink alcohol alone, when planning to drive, operating machinery, or do things like hunting, fishing, boating, and going bush. Alcohol will affect your judgement and your behaviour, and you may put yourself and other people at risk.
- Eat before drinking - a proper meal not just snack food.
- Avoid salty foods - you will drink more.
- Drink plenty of water to avoid dehydration.
- Start with a non-alcoholic drink and make every other drink a non-alcoholic drink.
- Drink slowly, pace yourself, space your drinks and put your glass or can down between sips.
- Drink light beers or shandies, half measures of spirits and mix wine with soda and lots of ice.
- Count your drinks, use a standard glass and don't let people top up your glass.
- Decide your limit and refuse drinks when you have reached your limit.
- Make sure someone who is not drinking is looking after the kids.
- Stay busy doing other things like dancing, singing, yarnning and playing pool.
- Drink in a safe place and have a plan to get home safely.
- Do not drive and do not get in a car with someone who has been drinking.
- Plan to spend more time with family and friends who do not drink

Problems with being drunk or intoxicated

- When you are drunk or intoxicated you could say things you would not normally say or do things that you would not normally do. Too much alcohol can affect your mind and make you feel really down or blue. It can affect your judgement and you are more likely to do things like start fights, have unsafe sex, drive drunk and break the law.
- When you are drunk you are more likely to be involved in family and domestic violence, accidents and assault.
- When you are drunk you cannot look after yourself, your family, or your children properly, and you might neglect them or put them at risk.

Getting Help

The Alcohol and Drug Support Line is confidential, non-judgmental telephone counselling, information and referral service for anyone seeking help for their own or another person's alcohol or drug use.

Available 24/7 Phone: (08) 9442 5000

Country Toll-Free: 1800 198 024ation.

DESERT BLUE CONNECT

Important news regarding Desert Blue Connects Rural Support Services



You are not alone!

COVID-19 is causing disruptions to normal life across the planet and, unfortunately, we are not immune in the Midwest.

We understand that our clients may wish to stay home and distance themselves from others. During this period of uncertainty, we are able to provide counselling sessions via phone or video conferencing.

Contact:

Serina – 0419 348 006

Or email

Serinaa@desertblueconnect.org.au

Narelle – 0427 731 238

Counselling available

Our adult counselling can be provided for issues such as stress, anxiety and depression, grief and loss, self-esteem, family relationships or personal, emotional and relationship issues.

Rural support is available for people in the shires of Mingenew, Morawa, Three Springs, Carnamah, Coorow, Perenjori and Yalgoo.

www.desertblueconnect.org.au





Desert Blue Connect

Helping women at risk of family violence during COVID-19

Desert Blue Connect frontline family violence workers are continuing to offer essential services to people in the Midwest who are facing quarantine and isolation at home with their abusers.

Desert Blue Connects Executive Manager Operations, Daphne White said they are expecting family incidents to rise and this past week has seen slightly higher referral rate to their services as a whole. This is in line with overseas trends during COVID-19 that have recorded an increase in family violence incidents.

"We know women who experience family violence face higher risks as they are now increasingly stuck at home with children, as recommended to prevent the spread of COVID-19," Ms White said.

"Women have two barriers, one being isolated with the abuser, and the second being socially isolated due to the current COVID-19 precautions. Women are further disadvantaged as this limits their escape routes if the violence worsens."

Desert Blue Connect are encouraging at risk women to seek help, either from their service or the refuge, other local agencies and online help lines and resources. Please note, that some organisations have moved their workforce to phone or online, however specialist family violence services remain open and are there to provide support and assistance to client needs.

Some of these resources may be helpful:

Desert Blue Connect main office 9964 2742, Chrysalis House Women's Refuge 24/7, phone 9964 2173

1800RESPECT (1800 737 732) continues to operate during the COVID-19 (coronavirus) health emergency, and is available 24 hours a day, 7 days a week. They also have web chat.

Women's Domestic Violence Helpline (WA) 1800 007 339

Men's Domestic Violence Helpline (WA) 1800 000 599

Legal centres such as Regional Alliance West, Aboriginal Family Law Service or Legal Aid can offer legal assistance.

The National Family Violence Prevention Legal Services provides culturally sensitive help to Aboriginal people who are survivors of family violence; Aboriginal or Torres Strait Islander women can also call the Aboriginal Contact Line 1800 019 123 for assistance.

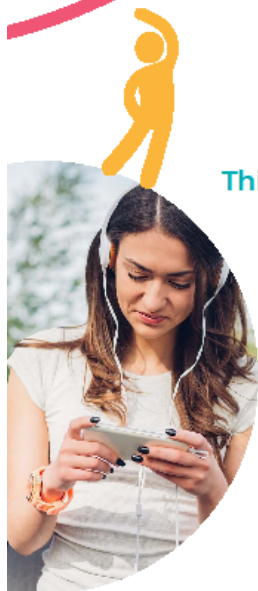


YOUTH FOCUS



EDITION: APRIL / MAY 2020

YALGOO BULLDUST



- Take deep breaths
- Do a positive activity
- Play sport
- Think of something funny
- Take a quick walk
- Practice yoga
- Stand up and stretch
- Listen to music
- Take a time out
- Slowly count to ten

- Use positive self-talk
- Say something kind to yourself
- Talk to a friend
- Talk to an adult
- Close your eyes and relax

RELAX

- Say, "I can do this"
- Visualise your favourite place
- Think of something happy
- Think of a pet you love
- Think about someone you love



- Get enough sleep
- Eat a healthy snack
- Read a good book
- Set a goal
- Jog in place



- Write in a journal
- Hum your favourite song
- Doodle on paper
- Draw a picture
- Colour a colouring page
- Clean something
- Meditate
- Use a stress ball
- Dance
- Write a letter

- Look at pictures you've taken
- Make a gratitude list
- List your positive qualities
- Do something kind
- Give someone a hug



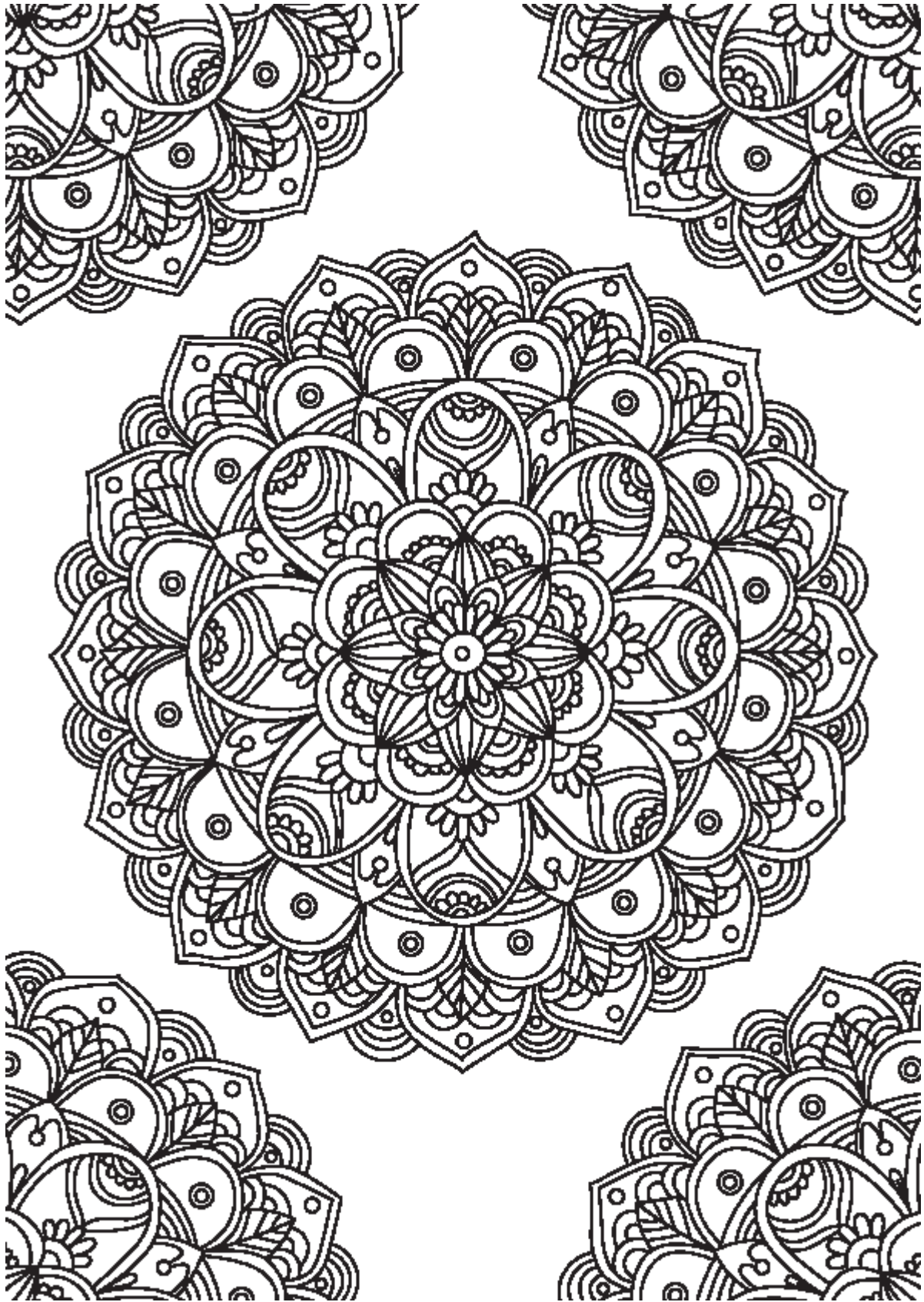
- Put a puzzle together
- Do something you love
- Build something
- Play with clay
- Hug a stuffed animal



- Rip paper into pieces
- Play an instrument
- Watch a good movie
- Take pictures
- Gardening



YOUTH FOCUS



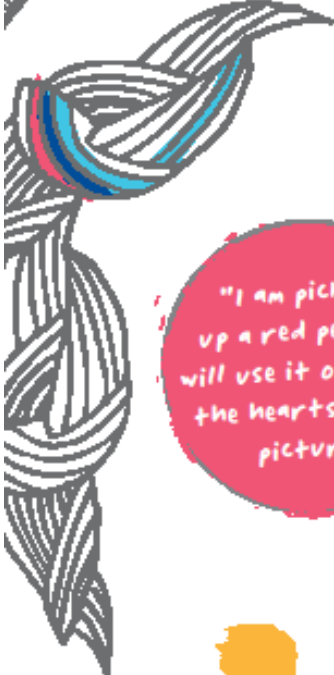
EDITION: APRIL / MAY 2020

YALGOO BULLDUST



MINDFUL COLOURING

Mindful colouring asks us to focus on how we choose and apply colour in a design to bring our awareness to the present moment. This process is similar to meditation, we let go of any thoughts about tomorrow or yesterday, or what we are going to do when we finish.



If we catch ourselves thinking about the past or the future, we can **bring our awareness back to what we are doing** in the present moment by describing what we are doing.


"In this current moment, I am colouring in"

"I am picking up a red pen and will use it on all of the hearts in the picture"

We need to let go of judging whether the colouring in is good or bad, amazing or terrible and whether we are good at it or not. **There is no right or wrong way** to colour in, it is a form of self-expression.

Mindfulness can improve our overall sense of well-being. We feel more **relaxed** by paying attention to the present moment. We are also practicing training our minds to focus which can help in our study and work.

"I have coloured in the robots with blues and greys and the background in yellow"



"Colouring helps me wind down and calm down after the stresses of a day at school or work"

RELAX

youthfocus.com.au

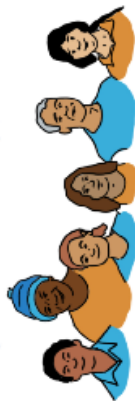
If you are a young person seeking support or if you know of someone who may need some help please call Youth Focus on [08] 8266 4333, email hullo@youthfocus.com.au or visit our website
54 Goodwood Parade Burswood | 1/93 Grand Boulevard Joondalup | 3/5 Goddard Street Rockingham



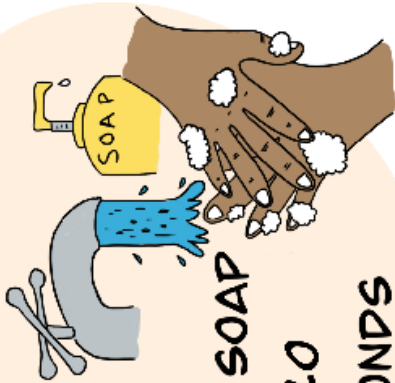


COVID-19 PREVENTION

LOOK AFTER YOURSELF & YOUR COMMUNITY



WASH YOUR HANDS



WITH SOAP FOR 20 SECONDS

COUGH & SNEEZE THE RIGHT WAY



INTO YOUR ELBOW SO THERE'S NO BIG SPRAY

CLEAN SURFACES



DISINFECT DOORKNOBS, HANDLES & PHONES

KEEP SOME SPACE FROM OTHERS



STAY 1.5 MTRS APART

DON'T TOUCH YOUR FACE

HANDS OFF YOUR EYES, NOSE & MOUTH



DRAWN BY @WILLBESSEN

WWW.AHCWA.ORG.AU
WWW.FACEBOOK.COM/AHCWA/



CRAZY HAIR
DAY
FUN'DRAISER



YALGOO PRIMARY SCHOOL

'CRAZY HAIR DAY' GOLD COIN FUNDRAISER

The Community Development Team were welcomed to the Yalgoo Primary School Gold Coin Fundraiser on Friday 6 March 2020. Staff enjoyed watching the crazy creations come to life on assembly day with yummy hot dogs for lunch. Thanks for the invite Yalgoo Primary School.

IMAGE CAPTIONS: *Some of the Amazingly crazy Hair creations on the day*

TOP LEFT IMAGE CAPTION: *Community Development Trainee Dannii Lawson has her hair styled by Councillor Gail Simpson.*

EON FOUNDATION

Hey there to the magical people of the Midwest. A lot has happened since our last Bull Dust edition, the world has changed hugely and that certainly has been felt within our communities and throughout the region. I do hope this time has been manageable for all and that this edition finds you in good spirits. One silver lining I have found with this situation is that more people are starting to recognise the importance of food security, home gardens, the link between health and nutrition and overall health and wellbeing. You would have heard or noticed that large retailers have had their shelves stripped of vegetable seeds and seedlings, with people lining up to grow their own food at home. Food security has never been more important!

Perhaps this is a good time for us to create a space for us to share our garden wealth – seeds, produce and knowledge? Did you know how easy it is to start your very own seed bank from “rubbish” that we are so quick to throw away into the bin? (unless you have compost then you are forgiven!) One small tomato is full of seeds and one seed from that tomato can grow an entire plant! Now that really is food for thought. Yes, it takes more time and a little bit of work, but time really is something we have on our side at the moment. The best seeds to collect for your bank are “heirloom” varieties: seeds from delicious local vegetables that have been grown and collected, tried and tested year after year. Nannas, Grandparents, green thumbled neighbours and local nurseries are your go-to for these ones. If these aren't available, then your next bet is organic vegetables from the supermarket. Organic sounds fancy but basically means that there was no pesticides or chemicals used to help them grow, just good tucker, fresh water and lots of sunshine- a bit like us!

Now we want to focus our seed saving skills on the simple plants- annual, perennial and herbaceous veggies (plants that grow for a short time or season)- and we will leave the trees and larger stone fruits for another edition. The art of saving seeds really is simple. If they are gooey and damp like tomato, zucchini or pumpkin seeds, spoon them out onto some paper towel and leave to dry somewhere for a couple of days. If you are wanting to grow peas or beans then do the same and let the seeds dry somewhere well ventilated or even in the direct sun. Once they are well and truly dry, save them into a paper bag or old dry container and be sure to write down the date and what the seed is. Seeds have a viability life too and some can expire if not used. Store them somewhere dry and cool like a kitchen drawer or an old fishing container. Depending on the season, you can go ahead and plant them out or store them until the time is right! Like all stages of the year veggies grow with the seasons: for warm summer nights think tomatoes, capsicums watermelons and mangos. Whereas winter is your belly warming veggies – pumpkins, leek, potatoes- food that keeps you full and strong to take on the cooler days. Food really is a currency and by being mindful in the kitchen while you cook you can create your very own supermarket and pharmacy.

Our small school garden has started to take shape over the last couple of months! With the help of the amazing Yalgoo community, School (shout out to Geoff and Bob) and Shire we have proudly installed 9 raised garden beds. They have been filled with the beautiful Wandari soil, care of the Shire, goat manure from Cindy and Greg (thank you very much) and a little umph of organic dynamic lifter to get the microbes happening. Shannon (our retic star) installed drip line like a pro and together we filled them with plenty of seasonal veggie seeds.

We planted bok choy, broccoli, cauliflower, cabbage, carrots, silver beet, peas and beans and lots of little flowers to lure the pollinators in. In light of all the COVID craziness it's been a blessing to be able to spend time in the garden

YALGOO BULLDUST

TOP LEFT One of the many millions of Katydid's that exploded on every surface back in February.

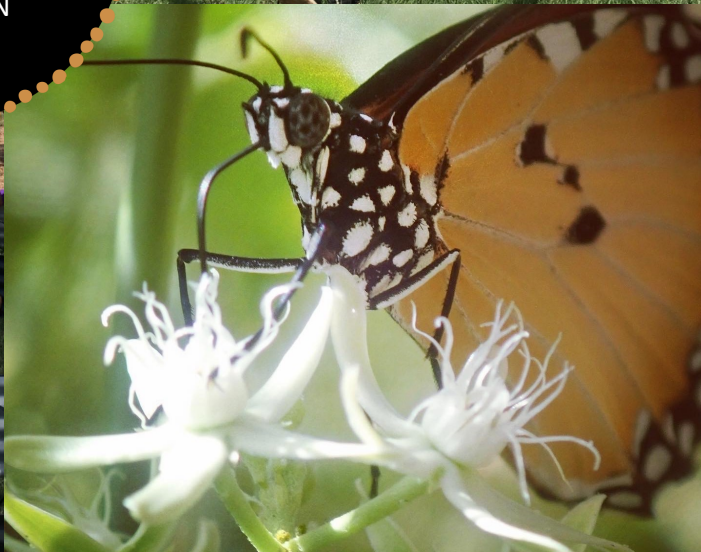
TOP RIGHT : Andrea and team move the vegie garden beds into position under shade

BOTTOM LEFT: A huge thank you to all our community and parent / helper volunteers

BOTTOM RIGHT: I believe these little beauties are Lesser Wanderer butterflies, similar to Monarchs but identifiable because of their three antennae, prolific in the Midwest lately.



EON FOUNDATION
X
YALGOO SCHOOL
GARDEN



and I'm very grateful for all the hard work and contributions made by others in our wonderful community. It's a pleasure to work with so many amazing people in Yalgoo. Special thank you to the wonderful Yalgoo Shire team for their endless hard work in our gardens. Be sure to stay safe, wash your hands, call your loved ones and save your seeds!! I've included a few pics that I've taken of our stunning Flora and Fauna here in the Midwest, hope they brighten your day!

Don't forget the little guys!

SALLY DIGHTON
EON PROJECT MANAGER – MIDWEST/ MURCHISON REGION
m: 0429 443 028
e: sally.dighton@eon.org.au w: www.eon.org.au



EON Foundation Inc.

EDITION: APRIL / MAY 2020

YALGOO BULLDUST

DFES - BUSH FIRE SERVICE



PASTORAL FIRE SAFETY AWARENESS

Are your buildings including out buildings and other infrastructure safely protected from bushfire?



Pastoral areas that have had significant rainfall can have well above average grass growth. The possibility of large uncontrolled bushfires in these areas are a real threat. Your awareness and preparations can make the difference

Make A Bushfire Plan

Having a plan in place that all family members, workers and visitors are aware of will save you time in an emergency.

Who is at home? Who can help? Which way will you leave if you need to? Who do we contact? And How?

www.dfes.wa.gov.au/firechat

Undertaking these steps will help

- Clean away vegetation and rubbish from around buildings.
- Clean out gutters and prune trees around buildings
- Clean grass and rubbish away from fuel storage facilities.
- Widen mill run tracks to help stop fire spread. This will also help with fire suppression strategies.
- Putting in fire breaks around remote outbuildings and unused water supplies.
- Keep vegetation around buildings grazed if possible.
- Check fire fighting equipment and keep it readily available.
- Put in a fire break around the house paddock.
- Thought should be given to livestock welfare and movement
- Have good maps on hand





DFES
Department of Fire & Emergency Services

Government of Western Australia
Department of Fire & Emergency Services
State Operations

TOURISM

- If Tourism activities are undertaken on your station make sure fire breaks are in place around buildings and campsites etc.
- Make sure emergency evacuation procedures are in place for tourists on your station.
- Advise tourists on dangers of bushfire.
- Camp fires can only be lit with authorisation from the station owner (**Subject to restricted/prohibited burning times*).
- Keep a record of who is where on the station.
- Be aware you are in a bushfire area and look out for smoke.

FIRE MONITORING

- Fires can be monitored on Websites such as:
 - Landgate Fire Watch
 - North Australian Fire Information (NAFI) or
 - Sentinel
 - Emergency.wa.gov.au (Incident Warnings)
- By accessing these sites it is possible to see where the fire is burning and also measure the burnt area. Images update periodically with accuracy +/-2km
- If a bushfire occurs on your station be sure to call 000

For a Fire Emergency Call:

000

For further fire safety information contact: The Midwest Gascoyne Regional Office or visit emergency.wa.gov.au



DFES
Department of Fire & Emergency Services

Telephone: (08) 9956 6000

Facsimile: (08) 9964 4617

Website: www.dfes.wa.gov.au

Email: DFES@dfes.wa.gov.au

The information contained in this publication is provided by the Fire and Emergency Services Authority (DFES) voluntarily as a public service. This brochure has been prepared in good faith and is derived from sources believed to be reliable and accurate at the time of publication. Nevertheless, the reliability and accuracy of the information cannot be guaranteed and DFES expressly disclaims liability for any act or omission done or not done in reliance on the information and for any consequences, whether direct or indirect, arising from such act or omission. This publication is intended to be a guide only and readers should obtain their own independent advice and make their own necessary inquiries.

Want to volunteer as a Bushfire Brigade member?



Please contact the Shire of Yalgoo for further details. Free training and Personal Protective Equipment provided to all Bushfire Volunteers

NEXT VISIT
19th May

WEST COAST SEAFOOD

Quality Seafood delivered to your door

STAN & JENNI OPALINSKI
Ph: 0427 214 152 Phone: 9938 1243

stan@westcoastseafood.com.au
Servicing Geraldton & surrounding areas
Prices effective from January 2020
westcoastseafood.com.au



FISH FILLETS-OUTLETS-WHOLE FISH	
Whiting (NZ)	1kg \$20.00
Red Spot Emperor	1kg \$32.00
Smoked Cod	1kg \$20.00
Processed Hake (known as Silver Snapper)	1kg \$23.00
Red Emperor (WA)	1kg \$49.00
Gold Band Snapper	1kg \$40.00
Pearl Perch	1kg \$36.00
Shark	1kg \$35.00
Groupper (Blue Bone)	1kg \$33.00
Atlantic Cod	1kg \$34.00
Royal Bass (Pacific Dory)	1kg \$20.00
Whole Goldband Snapper	ea \$POA
Barramundi (Saltwater)	1kg \$30.00
Barramundi Portions	1kg \$40.00
Salmon Portions	1kg \$45.00
Salmon Portions Skin On	1kg \$40.00
Tuna Steaks	1kg \$39.00
Mackerel Outlets	1kg \$31.00
HEAT & EAT MEALS & SNACKS	
Pork & Prawn Potstickers	1kg \$22.00
Chicken Breast Fillet (crumbed)	900g \$22.00
Chicken Breast Nuggets	1kg \$22.00
Chicken Wings & Drums (spicy or mild)	900g \$22.00
Chicken Sweet Chilli Tenders	700g \$23.00
Family Pies, Beef or Chicken & Leek	850g \$16.00
Gourmet Beef Burgers (NZ)	1kg \$21.00
Roasted Chicken Meat	1kg \$23.00
Meat Balls (Aussie BBQ)	1kg \$21.00
Mini Spring Rolls	900g \$20.00
Family Pizza (Chicken, Hawaiian, Supreme)	ea \$18.00
Mignons (Lenards)	4 pack \$21.00
Marinated Chicken Skewers (Lenards)	10pk \$23.00
Chicken Kiev's (Lenards)	4pack \$24.00
Garlic & Herb Schnitzel (Lenards)	4pk \$22.00
Skinless Chicken Breast (Lenards)	4pk \$22.00
Honey Macadamia Rolled Roast (Lenards)	ea \$24.00
Jumbo Chicken Burgers (Lenards)	8pk \$18.00
PRAWNS	
Salt & Pepper Prawns	500g \$25.00
Cooked Cocktail Prawns	1kg \$28.00
Cooked Exmouth Endeavours	1kg \$29.00
Raw Northern Prawns	1kg \$29.00
XL Raw Prawn Meat	1kg \$44.00
Prawn Skewers Garlic (10 PK)	500g \$27.00
XL Cooked Prawn Meat	1kg \$44.00
Marinated Prawn Meat (Garlic or Chilli)	500g \$25.00
MISC SEAFOOD	
Mussels Whole (NZ)	1kg \$10.00
Mussel Meat (NZ)	1kg \$25.00
Moreton Bay Bug Tails	500g \$28.00
Seafood Marinara	1kg \$21.00
Honey Chilli Squid	500g \$15.00
Squid Tubes	1kg \$24.00
Baby Cleaned Squid	1kg \$24.00
Scallop Meat	500g \$25.00
Oysters 1/2 shell	1doz \$25.00
Crab Sticks	1kg \$14.00
Seafood BBQ Pack (Ave Xmas & Easter)	500g \$25.00
(prawns, fish, squid, scallops, mussels)	
Kinnas (NZ)	170g \$25.00
White Bait (NZ)	1kg \$25.00
CRUMBED SEAFOOD	
Fantail Prawn Cutlet	1kg \$30.00
Fish Nuggets	1kg \$21.00
Crumbed Fish Fillets (10 fish)	1kg \$21.00
Fish & Chips (5 fish & 1kg chips)	1.5kg \$21.00
Crumbed Squid Rings	1kg \$23.00
Salt & Pepper Squid	1kg \$26.00
Fisherman's Basket	1.4kg \$35.00
(garlic prawns, fantail prawns, fish, squid, scallops, fish nuggets)	
DESSERTS	
Apple Strudel	1.5kg \$29.00
Apple Pie Small	800g \$16.00
Apple Pie Large	2kg \$29.00

"To avoid disappointment please place your order in advance"
EFTPOS AVAILABLE

POSTAL ADDRESS: 27 Stillwater Ave, Drummond Cove 6532 • BSIB: 066-515 ACC: 10043042

EMR GOLDEN GROVE

BAYALGU PROGRAM POSTPONED

EMR Golden Grove has unfortunately had to postpone their upcoming Bayalgu Indigenous Pre-employment training program due to the Covid 19 outbreak.

EMR Golden Grove plan to run a Bayalgu program as soon as the risks of catching Covid 19 has passed and it is safe to continue with the courses.

Clint Henderson
EMR Golden Grove
Bayalgu Pre Employment Program Coordinator/trainer.
T: +61 8 9956 4131
M: +61 428 360 013



YALGOO GENERAL STORE

COVID-19 OPENING HOURS

Weekdays 8:30am—5:30pm

(closed 1pm– 2:30 daily)

Saturday 8:30—1:00 pm

Sunday 10:00 —12:00pm

Public Holidays Closed



EFTPOS
PREFERRED

Please be advised only 2 people are allowed to be in the shop at any one time whilst COVID-19 Coronavirus health and safety measures are in place.

Phone (08) 9962 8033 | Community Post Office | Gibbons Street Yalgoo

YALGOO HOTEL

COVID-19 RESTRICTIONS

Due to the COVID-19 virus the Yalgoo Hotel will be closed until further notice. However,


Take-Away alcohol will be available from 4:30pm daily (except Sunday & Take Away food is still available from 6:00 pm daily (except Sunday)

Stan Willock

T: (08) 9962 8031

F: (08) 9962 8046

E: stan.willock@hotmail.com



TAKEAWAY
MEALS FROM
6PM

CARAVAN PARK PRICE LIST

FAMILY ENSUITE UNIT

\$210:00 p/night

- Sleeps 5
- 1 Queen bed in first room
- 1 king single bed & 1 set of single bunk beds in second room
- Flat screen TV
- Fridge
- Reverse cycle air-conditioning
- Tea & coffee making facilities

QUEEN ENSUITE UNIT

\$130:00 p/night

- Sleeps 2
- 1 Queen bed
- Shower & toilet
- Flat screen TV
- Fridge
- Reverse cycle air-conditioning
- Tea & coffee making facilities

The Yalgoo Caravan Park is Currently closed to the public.

TWIN UNIT

\$80:00 p/night

- Sleeps 2
- 2 King single beds
- Flat screen TV
- Fridge
- Reverse cycle air-conditioning
- Tea & coffee making facilities

DAY

Powered Site \$26

Powered Site (Pension) \$22

Powered Site (Extra Person) \$5.50

Unpowered Site \$18

NON RESIDENTS

Showers \$5

Washing Machine \$3



We look forward to welcoming guests Again after COVID-19

WEEK

Powered Site \$135

Powered Site (Pension) \$110

Powered Site (Extra Person) \$26

Unpowered Site \$95

UnPowered Site (Extra Person) \$16.50

YALGOO CARAVAN PARK

The Yalgoo Caravan Park is situated in the main street of Yalgoo (Gibbons Street) which is a comfortable six hours drive north of Perth or just two hours east of Geraldton. We have first rate facilities to suit all travelers including; motel style unit accommodation for singles, couples or families, large powered or unpowered caravan sites and drive through sites big enough to suit the largest RV. Pets are welcome to this clean and friendly park.

One of the best features of the Yalgoo Caravan Park is its central location to the many attractions in the region. Within a short distance from the park you can experience a wildflower wonderland from late July to September, visit one of the smallest Dominican Chapels built by Monsignor Hawes and see majestic Wedge Tail Eagles, kangaroos or emus in their natural environment. For the convenience of our visitors there is a tourist information centre situated in the caravan park.

The Yalgoo Caravan Park offers travelers a full range of on-site facilities including:

- Rammed earth units to accommodate all types of travelers
 - Drive through sites for the largest bus, motor-home or caravan
 - Shady large sites with concrete slabs
 - Modern camp kitchen with fridge, microwave, 2 hotplates, toaster & electric jug
 - Laundry with washing machine & dryer
 - Ensuite style bathrooms
 - Family bathroom with full size bath
 - Large disabled shower/toilet room for wheelchair and carer
 - Sullage dump point
 - Water access
 - BBQ's
 - Tourist information centre at park
 - Pet friendly
 - Telstra mobile reception in town
 - Shady, grassed and level tent sites
- Pension discount available.

Address Gibbons Street, Yalgoo

Phone 08 9962 8472

Email cpark@yalgoo.wa.gov.au

Fax 9962 8020



COUNCIL MEETING DATES

* THE PAYNES FIND MEETING ON 29TH MAY WILL BE HELD IN YALGOO



Ordinary Council Meeting Dates for 2020

The Shire of Yalgoo schedule of meeting dates and locations for 2020 are as follows:

Month	Date	Day	Time	Council	Location
January	31	Thursday	10.00 am	Ordinary	Yalgoo
February	28	Friday	10.00 am	Ordinary	Yalgoo
March	27	Friday	10.00 am	Ordinary	Yalgoo
April	24	Friday	10.00 am	Ordinary	Yalgoo
May	29	Friday	10.00 am	Ordinary	Paynes Find
June	26	Friday	10.00 am	Ordinary	Yalgoo
July	31	Friday	10.00 am	Ordinary	Yalgoo
August	28	Friday	10.00 am	Ordinary	Yalgoo
September	25	Friday	10.00 am	Ordinary	Paynes Find
October	30	Friday	10.00 am	Ordinary	Yalgoo
November	27	Friday	10.00 am	Ordinary	Yalgoo
December	18	Friday	10.00 am	Ordinary	Yalgoo

Ordinary Council Meetings commence at 10.00 am and are held in the Council Chambers, Gibbons Street, Yalgoo, or in the Community Centre, Paynes Find.

The Ordinary Council Meetings are open to the public.

John Read
Acting Chief Executive Officer

Coronavirus
(COVID-19)

GOOD HYGIENE IS IN YOUR HANDS.

Wash your hands thoroughly with soap and water for at least 20 seconds to prevent passing on germs. Dry your hands.

**TOGETHER WE CAN HELP STOP
THE SPREAD AND STAY HEALTHY.**

For more information about **Coronavirus
(COVID-19)** visit **health.gov.au**



BOREDOM BUSTERS

Mindfulness

B C C O G N I E B L L E W R W S W
 B B F E E L I N G S F D H N S E A
 V K M I N D F U L N E S S O N L C
 P I L K Q X B M O E Y M R I O Y C
 R N D I U X R I D B R I G S N T E
 F D K Y F J T U P D W C C S J S P
 S S S B G C T A P S Z W Y A U E T
 R S S O E I D U E U L A V P D F I
 E E D L T J J L R I L O L M G I N
 I N F T R K F D S U S O P O M L G
 R E A L H C C T O X E N M C E K V
 R R E P A R D N N V N Z V W N B I
 A A H R B R Z E A H S U M U T B L
 B W E A K R Z S L G E W E H A T T
 K A F Q F V J E O U S E V O L Q U
 F O C U S E D R P S L M L W S U B
 I S X L L W L P C P Z B I X Z N V

accepting attitude awareness barriers
 compassion feelings focused kind
 lifestyle love mindfulness nonjudgmental
 personal present reflection selfcare
 senses value wellbeing

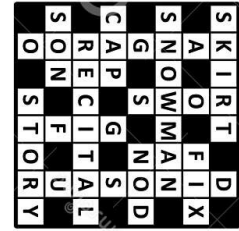
Puzzle No 3.1

Adults Level: ★★☆☆☆

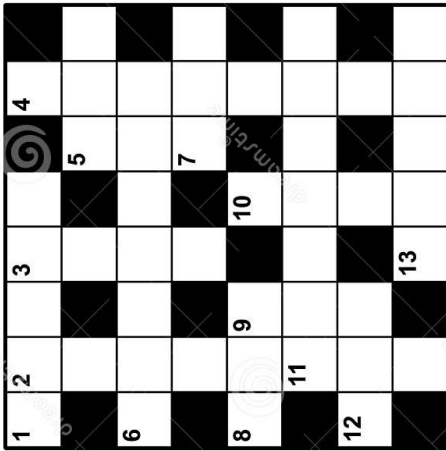
School Level: ★★☆☆☆

ESL Level: ★★☆☆☆

SOLUTION:



Crossword Puzzle



- Across**
- 1 Mini, midi or maxi
 - 5 Repair
 - 6 Winter sculpture
 - 7 Affirmative action
 - 8 Part of some uniforms
 - 11 Musical performance
 - 12 Prince, to a king
 - 13 Narrative
- Down**
- 2 Wallaby or boongary
 - 3 Column
 - 4 Jurassic beast
 - 5 Stadiumgoer
 - 9 Ballpoint, e.g.
 - 10 Present
- Ready for Large Print (if needed)

SUDOKU

1. Each row, column, and nonet can contain each number (typically 1 to 9) exactly once.
2. The sum of all numbers in any nonet, row, or column must be equal to 45.

			3			4		
	5							7
	9	8	5				6	
6			4	5				2
	8			3			4	
2				7	6			8
	3				4	2	1	
1							7	
		7			5			

			5	8	7				1
			7	2				6	5
	3	6						4	
1	8	9	5	4			2	3	
	2	3			6	8	7	9	4
	7						5	8	
6	9					3	4		
3					8	2	6		

COVID SELF CARE

EXTRAORDINARY RHYTHMS FOR EXTRAORDINARY TIMES

Its important to take care of our physical, mental and emotional health during covid-19. We've listed some ideas to keep yourself emotionally healthy and connected.

- ◇ Give yourself three simple pleasures each day - this can be anything as long as you recognize it and honor it as a pleasure while doing it (reading a poem, calling a friend, a dish of ice cream, a cup of green tea in a nice mug)
- ◇ Join us for a 5pm walk! Everyone begins at the point on the map closest to their house walking clockwise & keeping a safe physical distance of 1.5m.
- ◇ Reach out and support yourself & others, sometimes the best self-care is shared!
- ◇ Organize facetime or calls with people you love.
- ◇ Make a new daily routine and consider including daily exercise, time outside, regular wake-up, meal, and bedtimes - find ways to bring consistency in the face of constant change.

NEWSLETTER FEEDBACK

Tell us what you liked, what you didn't like, what could be improved and what you would like to see.

Cut out and drop your feedback form into the Shire office, or place in the **Bulldust Feedback Box** at the Yalgoo General Store Post Office.

YALGOO BULLDUST

APR / MAY 2020



A FEW KIND WORDS

FRUIT N VEG AND PANTRY BOXES COMMUNITY SUPPORT DURING COVID-19 ISOLATION

Dear Emmaline,

You did it again! Thank you so much for your lovely boxes of produce. I have enjoyed being creative and thrifty so between the worms, chooks, guinea pigs, goats, horses and the llama oh and I nearly forgot the humans we have all dined like kings. Thank you so very much to you and your team.

Stay safe and thanks again
Cindy

(Editors Note: Our sincere Thank you to all the COVID-19 Shopping Team including Dannii Lawson, Rhiannon Hodder & Matt McSporran for making this happen for our community).



SHIRE OF YALGOO
37 Gibbons St, Yalgoo.
Western Australia, 6635.
Phone: 9962 8042
www.yalgoo.wa.gov.au