PINGRUP POST

Edition 7 Thursday 18 April 2020 Price $1.20

ADVERTISING RATES

Business Subscriptions

6 months

Business Card Size	$ 75.00
1/4 page	$ 90.00
1/2 page	$110.00
Full page	$200.00

12 months

Business Card Size	$130.00
1/4 page	$150.00
1/2 page	$180.00
Full Page	$350.00

Club Subscriptions

6 months	$ 45.00
12months	$ 60.00

Advertising 1 Edition Only

1/4 page	$ 15.00
1/2 page	$ 30.00
Full page	$ 55.00

Payable in advance
Prices are the same for colour and b/w

Contact details:

Pingrup Community Resource Centre
2 Burston St
Pingrup WA 6343
ABN: 13 761 006 698
Ph: 08 9820 1101
Fax: 08 9820 1102
Email: pingrupcrc@gmail.com
Email: pingruppost@gmail.com
Web: pingrupcrc.com.au

THANK YOU

To everyone for practicing social distancing and staying safe during this time.

APRIL BIRTHDAYS

4	Sally Bock
4	Jacob Featherstone
6	Lucy Bull
10	Louis Stanich
14	Zoe Thomas
23	Stacey Newman
26	Paul Shiner
30	Cooper Grant-Williams

All articles, news and advertisements should be submitted to the Pingrup CRC by **4.00pm Tuesday** of Post week.
pingruppost@gmail.com

Deadline: Tuesday 28 April 2020
Next Edition: Thursday 30 April 2020

Disclaimer

- The opinions, views and beliefs expressed in articles and other submissions to the Pingrup Post do not necessarily reflect the opinions, views or beliefs of the CRC Staff or Committee.
- No articles, letters or advertisements will be accepted which may appear to be defamatory or accusatory.
- While the Pingrup Post aims to publish all material submitted, Pingrup Post reserves the right to refuse to publish or re-publish any contribution or advertisement without giving any reason.

- **Pingrup CRC Office Closure**

In response to Covid-19 developments, please note the Pingrup CRC is closed to the public until further notice.
The Pingrup Community Library is currently closed.

Should you require us urgently for services, an appointment can be made by contacting us on 9820 1101 on any of the following days between 9am – 12pm Tuesdays / Wednesdays / Thursdays.
We will also be checking emails every few days, and you can reach us on pingrupcrc@gmail.com

We thank you for your understanding during this time, and we look forward to opening our doors again soon. We will keep you updated as things progress and look forward to bringing you our regular edition of the Pingrup Post, as per usual.

Please take care, stay safe, and stay home where you can.

- Please remember to check the Shire of Kent website www.kent.wa.gov.au for general information on the Coronavirus, and updates as they arise.
- I have included most of the Kent Katchup if you haven't already read it on their website.
- With school holidays upon us and not being able to travel, I have included pages of colouring that you can print out.
- Also we have started a gardening section: why not get out in the fresh air and get the kids helping.
- Good luck with seeding, I see a few have started already, hopefully the rain will arrive soon!

- In July this year the Pingrup CRC has been in operation for 20 years! How would you like to see us celebrate this? Mind you we may have to wait until after all this social distancing. Let me know your thoughts.

- What events, training courses, etc would you like the Pingrup CRC to host in the coming year. We will be putting out an expression of interest for HR & MC Truck Licences, and the Heavy Vehicle Pilots Course - hopefully to be held in September/October before harvest begins.
Please let us know what you would like.

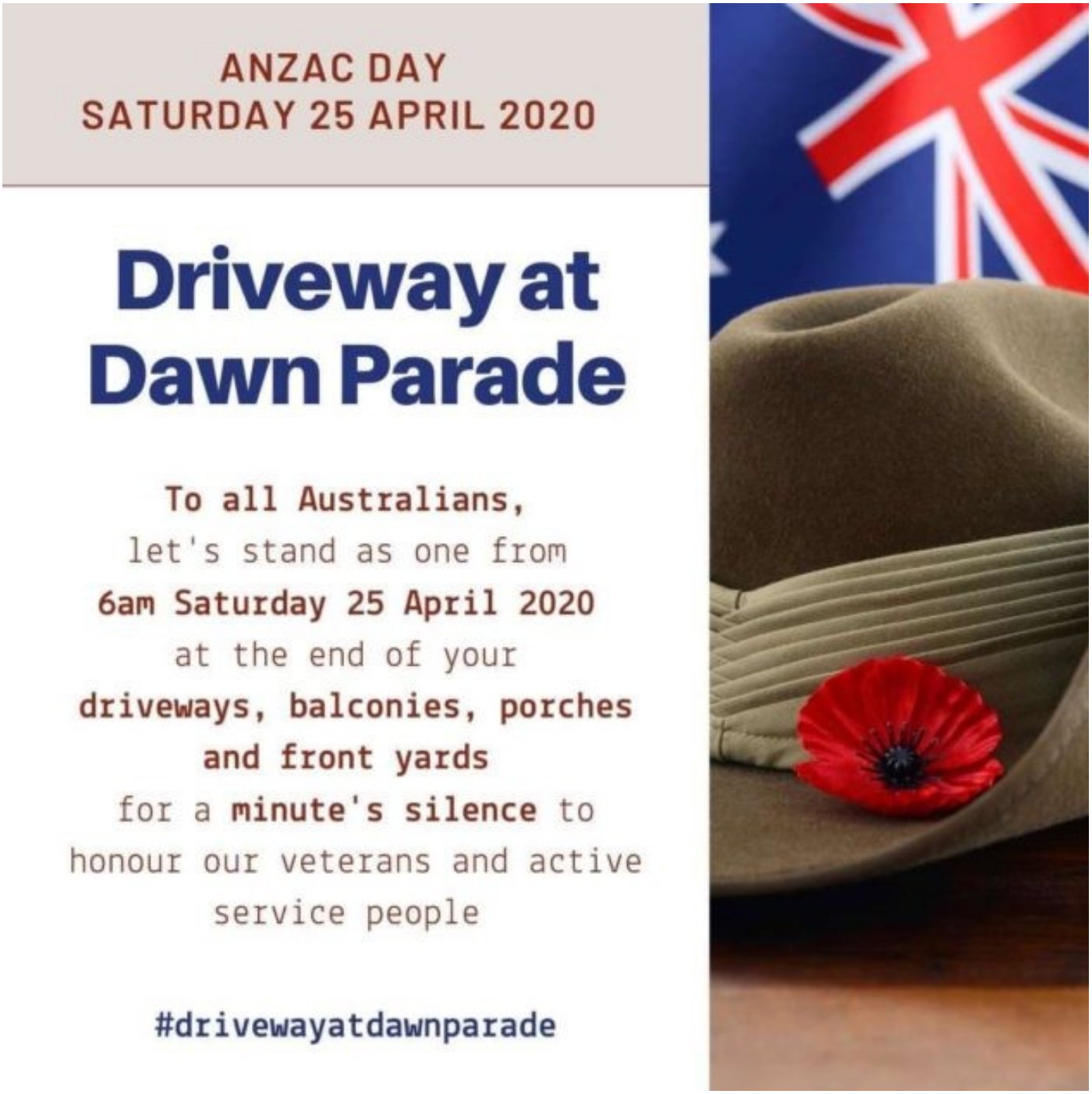
ANZAC Day 2020

Anzac Day is a significant day for all Australians and is often a time for private reflection.

The Department of Veterans' Affairs encourages all Australians to pause and reflect on the service and sacrifice of the more than 102,000 Australians who have died in wars, conflicts and peacekeeping operations.

While commemorations have been cancelled overseas and across Australia, Australians are encouraged to continue to mark this important national commemorative date by holding their own private commemorations and watching a televised national service from the Australian War Memorial. This service is scheduled to commence with the pre-service program at 5am and the national service at 5.30am – check your local guides.

However Australians choose to mark Anzac Day, they should do so in-line with the latest health advice and in a way that is solemn and dignified.



Grocery Delivery Service

A couple of Updates...

01 Friday delivery pickup times
9am - 10am

02 Orders for Friday delivery to be placed with Katanning IGA by: 3pm Tuesday

03 ****NEW** Tuesday Delivery**
Orders for Tuesday delivery to be placed with Katanning IGA by: 3pm Friday

04 Delivery Charges
$20 minimum order (1 - 3 boxes)
$7 per box for more than 3 boxes

Thank you everyone for your support

We will continue to trial the service based on community demand.

♥ The Team at The Store Cafe | 6343 xx

THE STORE CAFE
6343

IGA
WHERE THE *locals* MATTER

Katanning

DROUGHT:
WE ARE
WITH YOU
Up to $3,000 per household is available to farmers, farm workers and farm suppliers/ contractors who are over 18 years of age, are Australian citizens or permanent residents, and who live or work in an eligible Local Government Area.
This is funded by the Australian Government's Drought Community Support Initiative (Round 2).
The drought helpline is open from 6am - 6pm, Monday to Friday.
The online application process is quick and simple.
Australian Government
Department of Infrastructure, Transport, Cities and Regional Development
St Vincent de Paul Society
good works
To find out more please call 1300 846 643
www.vinnies.org.au/droughthelp

Pingrup Playgroup

"Learn - Play - Grow"

Playgroup is cancelled until further notice

Please pick up keys from the CRC

- Playgroup is held at the Pingrup Sports Pavilion on Gaby St, Pingrup
* Playgroup is held every Wednesday morning between 9:30 – 11:30am (excluding school holidays).
* New members are always welcome. Please phone Esme Bock on 0429 204 022 or 98 204 020 for information.
* Mums on roster are to be set up by 9:30am.
* Everyone is asked to help pack away.
* If you are on roster please collect the milk from the roadhouse.
* Please remember this is a guide, if you wish to change the activity please feel free to do so. Activity plans and ideas are located in the art cupboard.
* If you are unable to make your rostered day, please let Esme know.
* Please bring a piece of fruit to share.
*

CORONAVIRUS (COVID-19) UPDATE – 3 APRIL 2020
RECREATION and PARK FACILITIES

The Shire of Kent continues to closely monitor the coronavirus (COVID-19) and take action in accordance with the advice provided by the relevant health and government authorities.

From 26 March 2020 the Western Australian State Government put in place a number of restrictions in response to COVID19.

This notice is too make clear what facilities/areas are opened or closed to the public. Generally where a facility cannot be kept reasonably clean to avoid spread of virus or meet social distancing requirements it is closed. Where a facility or area can meet the restriction directions, they will remain open to the public to assist with mental wellbeing objectives.

Where a facility is open to the public it is '***your***' responsibility to ensure you comply with government directives and restrictions while using these areas.

- **PINGRUP RECREATION COMPLEX**
- Pavilion Building - **CLOSED**
- Playground – **CLOSED**
- Ovals – **OPEN**
- Tennis Court - **OPEN**
- Basketball Court – **OPEN**
- Pingrup Town Hall - **CLOSED**
- Burston Park, Pingrup - **CLOSED**

- **NYABING RECREATION COMPLEX**
- Pavilion Building - **CLOSED**
- Playground – **CLOSED**
- Skatepark– **CLOSED**
- Ovals – **OPEN**
- Tennis Court - **OPEN**
- Basketball Court – **OPEN**
- Nyabing Town Hall - **CLOSED**
- Memorial Park, Nyabing - **CLOSED**

Social distancing is integral to help limit the risk of COVID-19 spreading throughout the community.
Social distancing includes:

- public gatherings, excluding household members, have been reduced to a maximum of **two people**
- minimise all unnecessary contact with others
- keep **1.5 metres** away from others
- avoid physical greetings such as handshaking, hugs and kisses
- use tap and pay instead of cash.

For current information please check the following websites:

HealthyWA - https://healthywa.wa.gov.au/Articles/A_E/Coronavirus – State information

Commonwealth Government of Health -https://www.health.gov.au/resources/collections/novel-coronavirus-2019-ncov-resources -

State Government Coronavirus Page - https://www.wa.gov.au/covid19

The Shire is providing updates on its **website** as the situation changes and members of the public are encouraged to go to https://www.kent.wa.gov.au/category/covid-19-coronavirus/ for up to date information.

RICK MILLER
CHIEF EXECUTIVE OFFICER

Hilarious Things My Mother Taught Me...

1. My mother taught me TO APPRECIATE A JOB WELL DONE . "If you're going to kill each other, do it outside. I just finished cleaning."
2. My mother taught me RELIGION. "You better pray that will come out of the carpet."
3. My mother taught me about TIME TRAVEL . "If you don't straighten up, I'm going to knock you into the middle of next week!"
4. My mother taught me LOGIC. " Because I said so, that's why."
5. My mother taught me MORE LOGIC. "If you fall out of that swing and break your neck, you're not going to the store with me."
6. My mother taught me FORESIGHT. "Make sure you wear clean underwear, in case you're in an accident."
7. My mother taught me IRONY "Keep crying, and I'll give you something to cry about."
8. My mother taught me about the science of OSMOSIS. "Shut your mouth and eat your supper."
9. My mother taught me about CONTORTIONISM. "Will you look at that dirt on the back of your neck!"
10. My mother taught me about STAMINA. "You'll sit there until all that spinach is gone."

We played grocery store yesterday and I had a horrible experience!!

Matt: Thanks for shopping at Aldi, here's your receipt. (Whispers " Here's a Bunnings receipt, it's all we have")

Me: (Whispers Ok no big deal)

Matt: I don't bag your groceries so you'll have to hurry up before the next customer comes.

Me: Well that was a little rude can I speak to your manager?

Matt: (Spins around) I'm the manager

Me: Your employee was really rude and I just spent a lot of money here.

Manager/ Matt: This is how I run my business

Me: Well you just lost mine. I want to return all of this stuff

Manager/ Matt: Ok, do you have a receipt?

Me: Yes (hands over receipt)

Manager/ Matt: I can't return this stuff because this receipt is for Bunnings.

Please take your clothes out of your wardrobe regularly, air them and allow them to stand in sunlight.
Recent studies have shown that clothes kept in wardrobes during lockdown will shrink.
Spice of Life

I walk around like everything is fine...
but deep down, inside my shoe,
my sock is sliding off...

APPARENTLY YOU HAVE TO EAT HEALTHY MORE THAN ONCE TO GET IN SHAPE
THIS IS SO CRUEL AND VERY UNFAIR!
Spice of Life

The Kent Katch-Up

March 2020

Darren Gray - 'Fire Stick Photography'

Our Vision
"A community that places a high value on essential services; communications and technology infrastructure,
improved social connectedness; community involvement and participation, a need to retain and grow the
population, and to strengthen economic prosperity through the diversification of the local economy."

Our Mission
Provide leadership, direction and opportunities for the community.

FROM THE DESK OF THE CEO

Welcome to 2020 the year of COVID-19 which has changed our world in no uncertain terms! I won't dwell on it too much and want to report some positive news but first some clear messages for the community.

The Shire of Kent is focusing on protecting our community and employees from the threat of Coronavirus (COVID-19). We are continuing to monitor and respond to the latest advice and information from the WA Department of Health.

We are implementing measures to respond to the virus for the safety and health of our community, our customers and our employees.

We are taking advice from the recommendations issued by the Department of Health. We are also planning for the continuation of our core services.

The administration office will remain open BUT, access to the building will only be by prior booked appointment (Ph **9829 1051**) to carry out essential face to face services. We encourage the use of available online services, and we can be contacted to assist in this area. We are also investigating how some Shire employees may need to commence working from home as a preventative measure and we encourage customers and ratepayers in the first instance to contact us by email or phone with any requests or queries.

What you can do…

Be Kind: *We are all in uncharted territory, but we are in it together. We are a resilient, generous and compassionate community.*

Be Patient: Our businesses and food stores will continue to restock items. Please take only what you need.

Be Considerate: If you are required to self-isolate, please adhere to the strict conditions. 14 days of not leaving your home can save lives!

Communicate: With your neighbours and the more vulnerable, see if they need help. Keep an eye on shire website or noticeboards (Nyabing office Nyabing Store, Pingrup CRC) for latest local information.

We look forward to continuing to deliver some exciting projects on the go, including housing, caravan park upgrades, main street designs which are all in various stages of progress.

Projects underway:

- Key Worker Accommodation Housing Project to build 1 x new house in Pingrup and 3 x Houses in Nyabing – 50% funded through Federal Building Better Regions grant. Tender to construct was awarded to Pindan Homes Pty Ltd in September 2019. Construction is well under way as can be seen from the photos below. Completion is expected at the end May this year but may be delayed by Covid -19.
- Nyabing Tennis Pavilion conversion to camper's kitchen with the fit out of the kitchen and lounge is nearly completed with minor tidy up required. The laundry, Toilet and shower module is expected to be delivered by the end of March 2020.
- Kukerin Road upgrade to Seal Standard – 4.5km section to sealed and funded through the Federal Roads to Recovery funding and shire funding. This will also be supported in future years through state regional group to complete a North- South link through to Kukerin. Works Complete – Some good action photo's during construction.
- Pingrup Caravan Park – CBH 8 x Single Person Units – In partnership with CBH they have installed units and upgraded the campers kitchen and provided a covered common area. This agreement has seen some positive improvements to the park which see's CBH use the units during harvest but are then available to the public at other times of the year. These units are now completed and in use by CBH staff. The second part of this project is a fully self-contained 2 bedroom multiuse unit which is complete and we are just working through handover details
- Pingrup Caravan Park – In a further stage in conjunction with CBH accommodation for another 8 persons with a mix of single and double room accommodation is expected to be constructed prior to October 2020.

Planning

Tourism - Investigations for Rail Trail and Walk

Trails in the shire – Part of developing Great Southern Regional Trails Master Plan;
- Main Street Beautification Plans for Pingrup and Nyabing – Staff and Councillors carried out site inspections in November with consultant Sally Malone to provide a framework for public consultation on how you would like to see your main streets beautified for the future. This will be further developed over the next few months.
- Great Southern Treasures Committee – Assists in tourism space in collaboration with surrounding Councils – Currently reviewing structure and operations to maximise benefits for the future. Town Planning Scheme and Strategy 3 – Scheme 2 is being updated and replaced. A Council approved draft has been submitted to the Department of Planning, Lands and Heritage seeking permission to advertise for public comment.

Nyabing General Store – The store is owned by the shire and the shire is in current negotiations with new lessee's to provide essential supplies, postal services and maintenance support to the 24/7 fuel outlet for the community and a place to catch up with friends.

We welcome Parminder and his team in running the Nyabing Store with the new hours and open 7 days a week. Let them know what you want and they will cater for your needs and remember, buy local! The shire would also like to thank the Gray's for their ongoing assistance during the transition while we continue to work through with everyone in regards to the Post Office.

RICK MILLER
CHIEF EXECUTIVE OFFICER

Photos taken 26 March 2020

SHIRE OF KENT OFFICE CLOSURE

LIMITED SERVICES AVAILABLE

(UNTIL FURTHER NOTICE)

Please note that our office and library are currently **CLOSED** to public access unless an appointment has been made. We are taking these precautions as it is our priority to keep our customers and staff safe from the risk posed by COVID-19.

To arrange an appointment, please contact the office on **(08) 9829 1051**

or send general enquiries to **admin@kent.wa.gov.au**

If you *do* have an appointment, we ask that you do not visit our office if you are showing any symptoms of illness.

DEPARTMENT OF TRANSPORT LICENSING

(Limited Service Available)

To continue providing you with efficient transport services, limited licensing services will be available **via appointment only**.

To keep everyone safe, appointments will only be made for urgent tasks and transactions you are unable to complete online. DoTDirect allows you to complete payments and other transactions without the need to leave your home.

Website (DoTDirect): https://www.transport.wa.gov.au/
Phone: 13 11 56

The following can be paid/accessed online

- Vehicle Renewals
- Drivers Licence Renewals (unless they require a photo)
- Temporary Movement Permits
- Change of Address (WA Address only)
- Vehicle Transfers
- Licence Check
- Vehicle Rego Check
- Demerit Points Check
- Fishing Licence Renewals

CARAVAN PARK BOOKINGS & GENERAL ENQUIRIES

Please ring our office **(08) 9829 1051** for Caravan Park Bookings, Payment and General Enquiries. Keys will be obtained via the front door slot once payment has been received.

Please have the following ready for your caravan park booking

- Car Registration
- Payment (over the phone only)
- Duration and dates of your stay

PAYMENT OPTIONS

Do you need to make a payment to the Shire of Kent?

(Rates, Debtor Account, Licensing, Building Permits, Caravan Park Bookings etc.)

Please see the payment options below.

DIRECT DEBIT
BSB: 066515
ACCOUNT: 00 000 111
REFERENCE:
RATES - Assessment Number
DEBTORS - Customer + Invoice Number
OTHER - Customer / Business Name

BPOINT
(Visa & Mastercard)
INTERNET:
www.kent.wa.gov.au
PHONE: 1300 276 468
BILLER CODE: 000 223

MAIL / PHONE
SHIRE OF KENT
PO BOX 15
NYABING WA 6341
PHONE: 08 9829 1051

MESSAGE FROM THE SHIRE PRESIDENT

All people would be well aware of COVID-19.

Council wants to let everyone know that supporting our community and neighbours through this period of uncertainty is of utmost importance to Shire Councillors and staff.

Shire staff have activated the Critical Incident Management Team (CITM) to plan and implement works to reduce the risk to the community and staff while still operating and delivering services for the shire.

We have seen over the last few day's additional restrictions to the way we work and live to help slow the spread of coronavirus.

We've also seen the first confirmed cases in the Great Southern, and while it's critical that we remain calm, it is also important that we continue to protect ourselves and our community by following the advice from the Department of Health and the Australian Government.

This means taking social distancing seriously, washing hands regularly, leaving home only when it is essential to do so, and ensuring you sufficiently isolate yourself from the community if you are unwell, to keep others safe.

I ask that you share accurate information as well as the information the Shire distributes, to your loved ones that may not have access to social media, the internet or a mobile phone.

These are uncertain times and we are being challenged in unprecedented ways, but we will get through it more resilient and more connected than ever before.

I call on you now to look after yourselves, check on each other regularly and support your community in whatever way you can with kindness and compassion.

Keep up to date with the latest COVID-19 information and advice at:

State Government Coronavirus Page: https://www.wa.gov.au/covid19

Keep up to date with local Shire of Kent COVID-19 information and advice at:

Shire of Kent Web Page: https://www.kent.wa.gov.au/category/news/

SHIRE PRESIDENT
SCOTT CROSBY

WHAT'S HAPPENING AROUND THE SHIRE

In the office

Jobs currently being advertised:

- Plant Operator/General Hand – Closed 12 February 2020 - Job awarded

Tenders:

- Nil

Staffing

We welcome on board our new Plant Operator/General Hand Jayden Whibley who commences full time with the shire on the 30 Mar 2020. The other good news that at only being 21 years of age he has greatly lowered the average age of our workforce, well done!

WORKS WITHIN OUR SHIRE

Maintenance Grading of Gravel Roads
The shire has a gravel road network of 1,200kms that requires constant monitoring to maintain the network. To do this in a practical manner the shire is split in to 3 zones being West , Central and East. Each zone is allocated a maintenance grader that generally grades the roads following a set rotation and circuit. The main local roads will have a summer and winter grading each year and some of the lesser used minor road will be graded once or on as needs basic.

To reduce the risk to the road users, we inspect on a regular basis but can't be everywhere all the time which, is why we appreciate the assistance from the public to report to the shire (phone, in person or website) any road hazard they may come across in their travels. For plant efficiencies we try to stay with the circuit for our graders, so we may not be able to fix the problem straight away however, for school bus routes we will attend as soon as possible.

Community Gravel Request

The Shire of Kent is seeking good quality gravel to use on our roads in the eastern sector of our shire. We have previously attempted to source gravel from road reserves; however, clearing regulations have made it very difficult to obtain. If you are a landholder in the eastern area of the Shire of Kent and would like to discuss this further, please contact our Works Manager Gary Mathewson on 0429 993 987.

Upcoming Works (April)

Construction crew :

- Stabilise and seal Ongerup Rd and Gnowangerup Rd
- Gravel sheet Paterson Rd. and Kuringup Rd.

Gary Mathewson
WORKS MANAGER

NRM News

Nature Resource Management

Shire of Kent

Water Deficiency Declarations (WWDs) *Within the Shire of Kent*

The State Government continues to cart water to the tanks at Hollands Rock and Hamilton's Dam under the currently WWDs in place for these two areas, to supply livestock emergency water to a list of approved livestock landholders in those water deficient areas.

Water Corporation Updates

The following *("Comments attributed to Water Minister Dave Kelly")* is quoted from: https://www.mediastatements.wa.gov.au/Pages/McGowan/2020/02/McGowan-Government-supports-regional-communities-as-lack-of-rain-impacts-dams-and-water-supply-schemes.aspx

> "I make a very direct appeal to householders, farmers and small businesses in these communities to please be careful with your water use."
>
> "I understand some people accessing scheme water via standpipes are making multiple trips as they feel they need to keep their own tanks full, but if we all do our part, and share the resource fairly, we will manage."
>
> "I urge community members to please only take as much water from standpipes as they need for their weekly needs."

Further information on the various plans and contingencies currently in place can be found at: https://www.watercorporation.com.au/water-supply/our-regional-water-supply/great-southern/responding-to-climate-change

Remember, for any Faults and Emergencies call **13 13 75**, this is manned 24 hours a day.

National On-Farm Emergency Water Infrastructure Rebate Scheme

(Replaces the WA Farm Water Rebate Scheme, which closed in May 2018).

The Australian and Western Australian governments are working together to deliver $4.6 million in national rebates to livestock farmers and pastoralists in rural Western Australia for on-farm water infrastructure. The National On-Farm Emergency Water Infrastructure Rebate Scheme is available to eligible commercial livestock farmers and pastoralists in rural WA. The rebate is for **25%** up to a maximum of $25 000 for the purchase of new water infrastructure, delivery and installation to address animal welfare needs and improves resilience to drought ***(spend a maximum $100,000 to claim back $25,000)***.

Eligible items include water storage devices such as tanks and troughs, pipes, fittings and pumps associated with water distribution systems, new bores and the desilting of dams by a contractor. Information for Applicants can be found in this link: http://www.water.wa.gov.au/__data/assets/pdf_file/0007/9691/115200.pdf

(Federal) Regional Investment Corporation (RIC) Drought Loans

The following information has been referenced from https://www.ric.gov.au/drought:

Guidelines: 1.2. Loan amount and terms

- Loans are for up to $2 million.
- The loan term is 10 years.
- For the first two years the loans are interest free. For the next three years loan recipients make interest-only repayments; and for the last five years they make principal and interest repayments.
- The rate of repayment is structured so that the farm business does not have to repay the full principal in the final 5 years. At the end of the loan term, your farm business will need to refinance the remaining loan balance.
- The variable interest rate is reviewed every six months and new rates (should there be any changes) come into effect in February and August each year. Current rates are available on our website.

Guidelines: 1.3. Loan uses

- Our loans aim to help eligible farm businesses improve their long-term strength, resilience and profitability. Drought loans are available for drought preparedness, management and recovery activities, including through:
  - refinancing (restructuring existing debt)
  - accessing new debt for operating expenses and capital expenditure.

Guidelines: 1.4. Applying for a loan

- Consider whether a drought loan or farm investment loan best meets your needs.
- After reading the guidelines, you may wish to contact us to discuss your individual circumstances before deciding whether to apply. You can contact us on 1800 875 675, via email to loans@service.ric.gov.au or visit ric.gov.au.

Water Volumes at Non-Scheme Fed Community Dams & Tanks on 6th March

Eastern Part of Shire:

30-50%: Local Asset –	**PINGRUP STOCK ROUTE** *(BADGERS RD & THOMAS RD)*
<10%: Strategic Asset –	**HAMILTONS DAM** *(RANGE RD)*
<10%: Local Asset –	**ROCK DAM** *ROCK DAM RD & PINGRUP NEWDEGATE RD)*
10-30%: Strategic Asset –	**PINGRUP TOWN DAM** *(PINGRUP NEWDEGATE RD)*
30-50%: No access Asset –	**PINGRUP REC DAM** *(PINGRUP NEWDEGATE RD)*
0% Dry: Closed Asset –	**NEVE DAM** *(NEVE RD)*
0% Dry: Local Asset –	**WILCOCKS DAM** *(RASMUSSEN RD)*

Central Part of Shire:

30-50%: Strategic Asset –	**CHINOCUP RAILWAY DAM** *(& STANDP ON CHINOCUP RD)*
10-30%: Strategic Asset –	**MINDARABIN DAM** *(GLEN RD, OFF MINDARABIN RD)*

Western Part of Shire:

30-50%: Strategic Asset –	**QUARTERMAINE DAM** *(NYABING RD SOUTH)*
50-70%: Strategic Asset –	**NYABING TOWN DAM** *(& NYABING STANDPIPE)*
30-50%: No access Asset –	**NYABING REC DAMS** *(& NYABING STANDPIPE)*
30-50%: Strategic Asset –	**KWOBRUP RAILWAY DAM** *(& STANDPIPE)*

Proposed NRM Projects / Funding Applications

Further funding applications are being prepared and will be based on feedback from the community, namely from the following EOI (see next page).

NRM *(natural resource management)* ***For the Shire's of Kent & Lake Grace.***

CALLING FOR

EXPRESSION OF INTEREST

IN

NRM/LANDCARE

IDEAS/PLANS/PROPOSALS

In anticipation of external NRM funding opportunities being announced we are encouraging locals and community groups within the Shires of Kent and Lake Grace to lodge their expressions of interest for their investment proposals in NRM (natural resource management), the information of which will help us develop future funding submissions.

Send us your NRM proposal/s to the contacts below and indicate which of the following investment themes (or both) you are targeting:

Investments that improve

LIVELIHOOD LANDSCAPES

Could Include:

Paddocks with improved soil health and ag groundcover;
Farm Water & Energy;
Invasive Species Control;
Other Ag Landscape Improvements.

Investments that improve

NATURAL LANDSCAPES

Could Include:

Remnant vegetation areas;
Species & Habitat;
Waterways & Lakes;
Unproductive areas such as saline or sandy zones; &
Other non-production areas.

Please lodge details to: Paul Leoni - NRM Community Support Officer, Shire of Kent
Mobile: 0419-615-126, Landline: 9829-1051, Fax: 9829-1083.
Email: nrm@kent.wa.gov.au

PLEASE SUBMITTED EOIs BY END OF APRIL 2020

GET TO KNOW SHIRE OF KENT'S NEW OFFICE STAFF (PART 2)

MICHAELA CROSBY

Michaela joined the team as an Admin Support Officer for the Works Manager (Gary Mathewson) in October of 2019 - although Michaela has provided essential support to many more people than just Gary!

Tell us a bit about yourself, Michaela.

I moved to Nyabing 20 years ago when I married a local farmer! I live on a farm 6km north of Nyabing with my husband and two children, Joseph and Emily. Around 9 years ago, I was a previous employee of the Shire of Kent and thoroughly enjoyed working here. I couldn't wait until my kids were old enough to return!

What do you like to do when not at work?

My favourite pastime is attempting to play golf (badly)! I also enjoy listening to podcasts, my favourite is ABC Conversations.

Favourite book / movie?

My Favourite Book is 'The Light Between the Oceans' by M.L. Stedman

What attracted you to the role?

I love anything administration or finance. I love to be organised! When I was given the opportunity to return to the Shire of Kent, I jumped at the chance.

What do you hope to achieve in your new role and what has been the biggest learning so far?

I hope to provide good administration support for our Works Manager, Gary. The biggest learning curve is balancing kids and work! I think I have managed ok 😀

What do you look forward to in the next 12 months?

I look forward to the end of the COVID-19 crisis!

COVID-19 (CORONAVIRUS)

CHECKLIST FOR OUTDOOR RECREATION CLUBS

Convene a committee meeting

IMMEDIATELY

Hold a meeting of your club committee or board of management. Identify volunteers to take on the following roles and responsibilities:

- Emergency Liaison – main contact person
- Communications – club statements and media
- Membership – keep members up-to-date
- Administration – maintain good record keeping
- Finances – check club liabilities

Practice 'social distancing' and use online videoconferencing software to hold the meeting.

Member Communication Strategy

NEXT

Make sure your members know:

- Whether any club activities will continue
- Any cancellations/postponement of events
- What the Club committee is doing to respond
- How to practice 'social distancing' while recreating

Update your Facebook page

THIS WEEK

- Provide a COVID-19 Response and pin it to the top of your Facebook page.
- Make sure FB events are cancelled/removed.

Update your website

THIS WEEK

- Provide a COVID-19 Response Statement
- Make sure events are showing as cancelled
- Ensure contact details are easy to find

Visit the GSCORE website for an example of a COVID-19 Response statement (www.gscore.com.au)

Events and Activities

COMING WEEKS

- Provide members with advice on ways to continue exercising and enjoying the great outdoors
- Remind club members to practice 'social distancing'

STAY HEALTHY, REMAIN POSITIVE, GET OUTDOORS - SAFELY

This information has been provided by the Great Southern Centre for Outdoor Recreation Excellence
www.gscore.com.au

DEPARTMENT OF TRANSPORT LICENSING

LIMITED SERVICE AVAILABLE

In response to the Covid-19 developments, the Shire of Kent is limiting licensing services to an **APPOINTMENT ONLY** basis.

Appointments will only be made for urgent tasks and transactions that are unable to be completed online.

DoTDirect and Transport Phone Support allow you to complete payments and other transactions without
the need to leave your home.
Website (DoTDirect): **https://www.transport.wa.gov.au/**
Department of Transport Phone: **13 11 56**

Stress In A Viral World: Warrior Wellbeing Article

Ironically, many of us “crack a Corona” after a long day at work as a way of easing stress, however many blokes and community members are currently feeling under the pump a little more than usual and therefore, a discussion around that discomfort is timely. The feeling of not being in control and the subsequent stress that we feel has probably never been more widespread than it is today with the threat of Covid19 (The Coronavirus) affecting not only Australia, but the world.

Stressful events can creep up on us, however the current situation is more like that big wave bearing down on us at the beach, we’re watching it, but we just have to brace ourselves and hang on. Stress is an entirely normal response to a perceived threat and it’s useful when preparing us to take action. That fight or flight mechanism, getting us ready for impending trouble can serve us well, but given free reign, can also result in us becoming dysfunctional. Letting unresolved stress overburden us is termed “situational distress” and it’s important that we understand (depending on our individual capacity and other contributing factors) staying in this distressed state for prolonged periods can push some of us towards a mental illness diagnosis.

What Not to Do

- Retreat into ourselves and shun the support of friends and family.
- Self-medicate with alcohol or drugs.
- Ignore surrounding events and do nothing or procrastinate about making any preparations.
- Over-analyse or dwell upon the mountain of negative media and sensational reporting.
- Catastrophise and hoard toilet paper and face masks for the zombie apocalypse.

So, What Can We Do?

- Maintain social networks (within guidelines of self-quarantine if ill, and by phone if necessary).
- Make reasonable and prudent preparations for the contingencies that are within our control. An example might be to have enough supplies for a possible 14-day self-quarantine period. This doesn’t constitute hording; it’s a balanced and proportionate response.
- Have discussions with family around what we will do if someone in the household does get sick. What is the most appropriate room for them? Bathroom access (easier if there is two)? Meal preparation options and shopping options (friends/family/online)?
- Brush up on our sick leave/carer entitlements. Have a discussion with our employers around whether working from home might be an option should we be sick and short of leave.
- Reinforce to our kids and ourselves and importantly practice, good hygiene. The most effective preventative step we can take is as simple as washing our hands thoroughly.

Three ways that we can alleviate the burden of stress are to: **Avoid the stressor;** so be informed but don’t dwell or pore over the inexhaustible mountain of sensationalist press. **Adapt to the stressor;** make reasonable and proportionate precautions. **Accept the stressor;** sometimes we just need to realise that some things are beyond our control. This can be difficult but it’s also healthier than railing against an unchangeable situation.

Finding ways to relax are also important, so meditation, music, fishing or any favourite pastime, may help us to get things back on an even keel. Most importantly it’s our connection with others that has undeniably the greatest health benefits, so **…before it all gets too much…Talk to a Mate!!**

Glen and the Team

The Regional Men’s Health Initiative

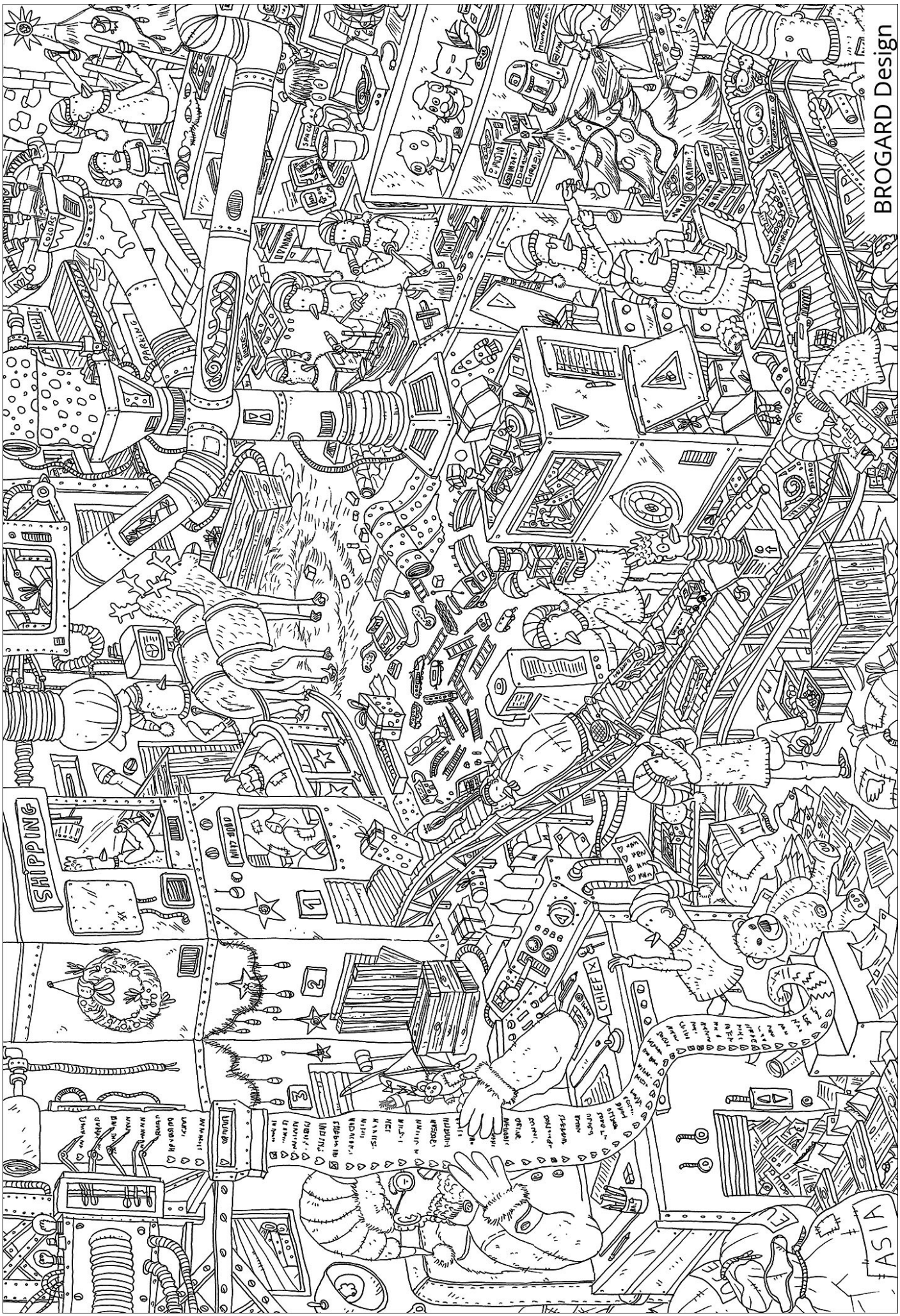
delivered by Wheatbelt Men’s Health (Inc.)

PO Box 768, Northam WA 6401

Phone: 08 9690 2277

Email: menshealth@4blokes.com.au

www.regionalmenshealth.com.au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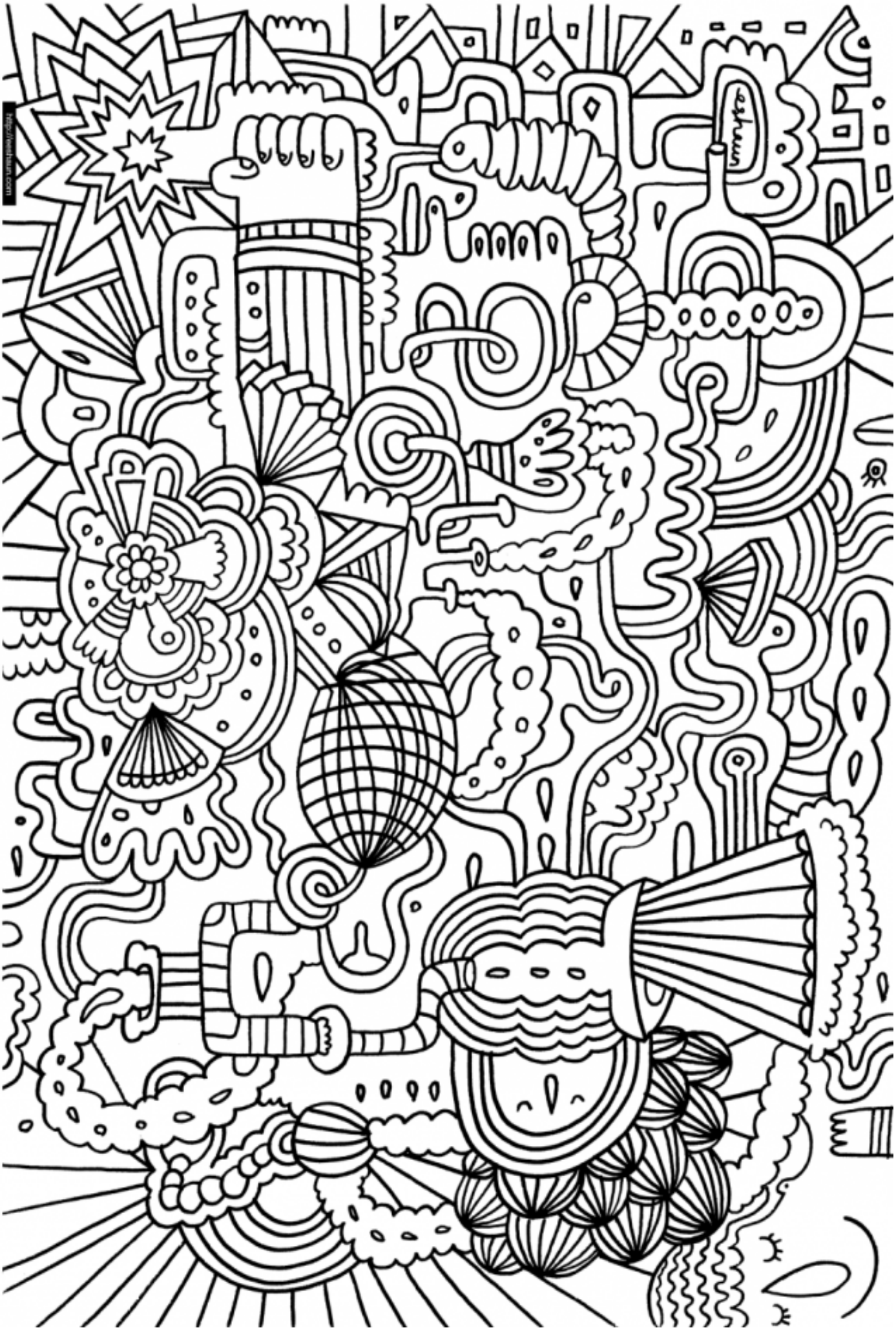

Do more
of what
makes
you
happy

Gardening Time

From: 1millionwomen.com.au

The weather is cooling down, but the soil is still toasty warm so it's the perfect time to get planting in your garden. But what to grow? Here's a selection of 20 plants to get you inspired, and on the path to garden bliss.

So get out there and get planting!

1. Baby Spinach
2. Snow Peas
3. Baby Spinach
4. Pak Choi
5. Garlic
6. Broccoli
7. Cauliflower
8. Beetroot
9. Carrots
10. Lettuce
11. Silverbeet
12. Asian Salad Greens
13. Onions
14. Coriander
15. Warrigal Greens (Native Spinach)
16. Strawberries
17. Mushrooms
18. A Lemon Tree
19. Flowers
20. Native Bush Food:
    - Lemon Myrtle
    - Midyim Berries
    - Warrigal Greens
    - Finger Limes

Companion Planting

Companion planting is all about plant diversity - putting together crops that enjoy each other's company which require the same light, soil and water conditions. There are a few ways of doing this.

- Choose plants that balance each others' needs. For example, try planting nitrogen-gobblers like leafy greens with legumes, which fix nitrogen. Group together plants that have the same water requirements - like corn and celery. Or the same soil pH requirements.

- Plant decoys to distract insects from your crops. Eg Calendula will attract slugs and snails, instead of eating your vegies.

- Plant to attract beneficial insects with smell, texture and colour. Eg beneficial insects love bergamot and borage.

- Plant others to repel pests. Some produce volatile oils that disguise the plants that pests are looking for eg thyme, lavender and scented geranium. Others produce a scent or taste that is so unpleasant it drives insects away eg tansy and wormwood. Some contain natural toxins that can be used to make sprays or washes - like fennel, chamomile or pyrethrum.

This will make your vegie garden both beautiful and balanced.

10 Easy Tips For Becoming A Successful Gardener

For some, gardening can feel like a mysterious skill bestowed on a chosen few, but with a few key pieces information you can be on your way to growing your own little veggie patch.

1. Plant what's in season

Sometimes it is tempting to just plant whatever seeds happen to be in the cupboard but to ensure your garden is a success it's important to check what climatic conditions your plants require. To add to the confusion, nurseries frequently stock plants that are not in season.

Firstly, you'll need to work out what climatic zone you live in. You will find maps indicating this in books, on websites and on the back of some seed packets. To find out when to plant your vegetables you can look up books from the library, use websites such as Gardenate or even get yourself a wall chart for quick reference. I also have a little notebook where I write down and sketch things I learn.

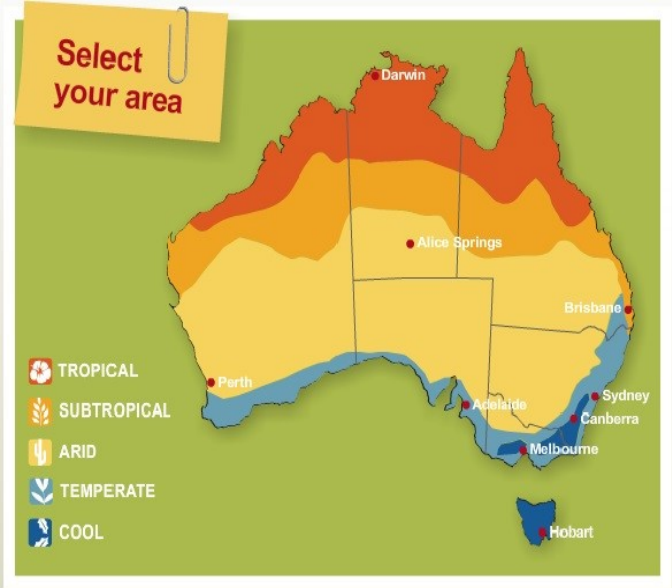

image: Gardening Australia website

2. Avoid cheap potting mix

It is worth the investment to buy a premium quality potting mix. Plants growing in containers need to get all their nutrients from a small amount of soil so it needs to be of a high quality. Potting mixes also need to have a balance between retaining moisture and providing aeration and drainage.

3. Plant root crops and legumes as seeds not seedlings

Some plants such as carrots and beans are highly sensitive to root disturbance and are best started from seed straight into where they are going to be grown. Others such as silver beet or tomatoes are perfectly happy to be grown up into seedlings in pots and then transplanted.

4. Know the difference between sun and shade loving plants

It's important to check if a plant is more sun or shade loving to ensure it thrives in your garden. Vegetables such as tomatoes and capsicums love the sun, while lettuce, silver beet, spinach, watercress all tolerate or enjoy some shade.

5. **Provide consistent watering and adequate drainage**

When planting in containers, be sure to pick ones with at least one hole. Most plants won't want to have their roots dry for long periods in the heat or soaking in water for long periods. Regular watering is the key, and cutting down during the colder months. If you are unsure, gently check the soil with your fingers and see how dry or moist it is.

6. **Start with some easy plants so you can build your confidence**

When trying something new it's important to feel some sense of success so pick a few easy plants that are suitable for your home. Talk to people in your area and ask them what grows well in your climate. Some herbs are usually a good start.

7. **Apply yourself with a positive mindset**

Sometimes telling yourself you don't have a green thumb will result in a self-for filling prophecy of disaster. Everyone can grow edible plants. It's just about building up some key pieces of knowledge, experimenting and problem solving when don't go as expected. Occasionally despite all your efforts something won't work and then it's just about acceptance and moving on to the next experiment. Don't let a single experience cause you to give up.

8. **It's not you, it's them**

Be aware that many plants have a short growing season and will naturally die off. You haven't killed them. It's just part of their natural cycle.

9. **Talk to others about gardening**

Start up a conversation with friends, family and colleagues about what you are growing and ask about others successes. Joining a gardening group through social media can also be a great way of learning and sharing your experiences.

10. **Learn through experience and don't be afraid to fail**

The best way to learn is through doing and asking for help when you need it. Don't be afraid to give things a go because even if something doesn't work you'll learn something in the process. I've learnt a lot through my mistakes over the years.

You can also look up information on websites such as Gardenate or ABC Gardening Australia. And look out for free workshops that are run by many councils on basic gardening, worm farming and composting.

What has helped you with your confidence on your journey to becoming growing your own plants? Do you have any tips to share for those just starting out?

Pingrup
Community Resource Centre
Your local connection

Telehealth is a health appointment by videoconference, connecting you with your medical specialist, allied health professional or nurse.

And the Pingrup Community Resource Centre provides it as a FREE resource!

Discuss with your health service provider whether your appointment can be conducted by telehealth. If this is possible, your local telehealth team will contact you with the relevant details.

Make the most from your fertilizer investment

As your local Area Manager, Mark Stephens is keen to assist you with all of your fertilizer decisions this season.

So whether it's soil testing, nutritional advice, fuel gauges, or simply an on-farm appointment to discuss your requirements, give Mark a call today.

Mobile: 0427 766 517 **Email:** mstephens@summitfertz.com.au

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Government of Western Australia
WA Country Health Service

IMMUNISATION CLINICS

NYABING, PINGRUP, ONGERUP, BORDEN

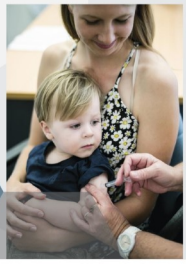
EVERY SECOND TUESDAY OF THE MONTH

BY APPOINTMENT ONLY

Contact your Child Health Nurse

ROZ 0438 569 316

AMBER 0438 711 532



Get in touch
WA Country Health Service
Great Southern Population Health
www.wacountry.health.wa.gov.au

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SHIRE OF KENT
NYABING • PINGRUP

Rates, Rubbish & Recycling Calendar 2019/2020

BIN IT — You know it's the right thing to do

Rubbish Only
Recycling Only
Rates Due Date

July 2019

Mo	Tu	We	Th	Fr	Sa	Su
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

August 2019

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26	27	28	29	30	31	

September 2019

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30						

October 2019

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November 2019

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December 2019

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January 2020

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February 2020

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March 2020

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April 2020

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27	28	29	30			

May 2020

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18	19	20	21	22	23	24
25	26	27	28	29	30	31

June 2020

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22	23	24	25	26	27	28
29	30					

Government Access Point available at the CRC.

Services available:

- Centrelink Access Point
- Verify Documents

Department of Transport

centrelink

medicare

child support

Australian Taxation Office

myGov

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SES	132500	
Hospitals	Lake Grace -98 902 222	Katanning— 98 216 222
Doctors	Lake Grace - 98 651 208	Katanning – 98 212 155
Poisons Information	13 11 26	
Main Roads	13 81 38	www.**mainroads**.wa.gov.au
Electricity Faults	13 13 51	www.**synergy**.net.au/faults
Water Faults	13 13 75	www.**water**corporation.com.au/**faults**
Telstra Faults	13 22 00	www.**telstra**.com.au/**contact**-us
Directory Assistance	1223	

Justices of the Peace

Bruce Altham	98 201 064	bmcaaltham@gmail.com

Kent Shire Office Contacts

Office – Nyabing	Ph:98 291 051	Fax: 98 291 083	admin@kent.wa.gov.au
Pingrup Depot	Ph: 98 201 051	Fax: 98 201 083	
Nyabing Depot	Ph: 98 291 078		
Ranger	Ph: 98 291 051		Web Page: www.wacontractrangerservices.com.au

Kent Shire Councillors

President	Scott Crosby	98 291 216	0427 291 115	smcrosby@bigpond.com
Deputy	Kate Johnston	98 296 068	0405 210 028	bradenkate@bigpond.com
Councillor	Tim Borgward	98 201 152	0429 082 915	tim@pingruptraders.com
Councillor	Kerryn Stephens	98 291 092	0428 291 056	kerrynsue56@bigpond.com
Councillor	Craig Bamess	98 291 126	0428 291 126	bamley24@bigpond.com
Councillor	Renae Jury		0427 426 782	joshandrenae@gmail.com
Councillor	Alan Smith		0427 201 046	galinba@bigpond.com
Councillor	Justin Germain		0458 908 212	justing_nyabingag@bigpond.com

Parenting Support & Handy Contacts

Parenting Support

Parenting Connection Albany: Wanslea Office, M: 0488 137 192 T: 9843 0077 Katanning: 0439 805 462 or 9895 5855	**Ngala** Country Families Support Helpline: 9368 9368 or 1800 111 546 (country) https://www.ngala.com.au/what-we-do/country-services/
Mt Lockyer Child & Parent Centre Albany: 9842 0071 / 0408 806 405	**A Smart Start Great Southern Inc** **Katanning** 9821 6259
Relationships WA 4Families Program Albany T: 6164 0530 Tambellup T: 0488 914 873 T: 6164 0600	**Rainbow Coast Neighbourhood Centre (RCNC)** **Migrant Resource Centre** Albany Family House 219 North Road 9841 8254 Albany – 9841 1190 Katanning – 9821 4420
Australian Breastfeeding Association Helpline: 1800 686 268	**Child Health Nurses Contacts** **Great Southern Population Health Unit** **Albany** Collie St **T: 9842 7500** Albany Primary Health, Warden Ave **T: 9892 2499** **Katanning** Primary Health, Francis St, **T: 9821 6280**

Mental Health Services

CAMHS -Great Southern Community Mental Health Service Albany Hospital Office – 9892 2440 Mental Health Support Line – 24hrs – 1800 048 636	**Amity Health** **Mental Health Portal** 136 Lockyer Ave Albany and outreach available T: 9842 2797
Beyond Blue 24hr Helpline 1300 22 4636	**KidsCentral** Albany 9842 3676
Kids Helpline T: 1800 551 800	**Regional Counselling & Network Service** Aberdeen St, Albany Ph: 9842 9699
Partners in Recovery Community First Albany 9892 6666 Katanning & surrounds Palmerston 9821 8306	**Relationships WA** Albany T: 6164 0530 Tambellup T: 0488 914 873 T: 6164 0600

Men Only

Dads in Distress - 1300 853 437	**Men's Line Australia** T: 1300 78 99 78
Men's Resource Centre Albany Serpentine Road T: 9841 4777	

Young Person Specific

Albany Youth Support Association Crisis accommodation – 9842 2082	**Headspace Albany** St Emilie Way T: 9842 9871 T: 1800 650 890 **Eheadspace** https://www.eheadspace.org.au/

Counselling - Relationship/Financial

Anglicare WA Albany 44 Collie St T: 9845 6666 Katanning T: 9821 9666 Mt Barker T: 9851 2611 Denmark T: 9851 2611	**QLife -** services for LGBTI people T: 1800 184 527 **Southern Agcare** Gnowangerup T: 9827 1552

Pingrup
Community Resource Centre

What's Happening

April 2020

Sat	25	**ANZAC Day**
Mon	27	**ANZAC Day Public Holiday**
Tues	28	School Term 2 begins at home?

May 2020

Sun	10	Mother's Day

Pingrup CRC opening hours

Monday - Closed
Tuesday - open by appointment only - 9am to 12pm
Wednesday - open by appointment only - 9am to 12pm
Thursday - open by appointment only - 9am to 12pm
Friday - Closed

Please phone the CRC on 9820 1101 or email pingrup-crc@gmail.com
If out of opening hours please call or text Rosi on 0429 204 018

Pharmacy Items are available for purchase, contact Rosi for details.