

THE LOCKDOWN LOWDOWN

An interim publication brought to you by the
Wickepin CRC

April 9, 2020 - Edition 1



24 Wogolin Road, Wickepin WA 6370

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E: wickepintc@westnet.com.au

In this Edition

Take Care!

Self-Care tips & tricks

ANZAC DAY

April 25



© Commonwealth of Australia
(Department of Veterans' Affairs)

Going stir
CRAZY?



*Mix it up
with some new
recipes!*

Local Business Info

Shop local & support all of our
businesses who continue to
adapt their services to suit this
ever changing environment

I'm BORED!

Activities for the whole family
Riddles, Word Puzzles,
Colouring In, Sudoku

rb digital Read On!...

With the variety of
electronic resources
available from the
Wickepin Public Library



KEEPING OUR LOCAL COMMUNITY CONNECTED
WHILE THE WATERSHED NEWS IS ON HOLD

If you have been out and about in the last fortnight (on essential business of course) you may have noticed some changes at the Wickepin CRC. Unfortunately, the Stage 2 Social Distancing Restrictions announced by the Government on March 24 forced us to close our doors to the public. This has limited some of the services that we are able to offer, and we have reduced our opening hours to 9am – 3pm to accommodate the current circumstances.

Some of our staff have taken up the challenge of working from home, along with helping their children with home schooling. We have huge amount of respect for everyone who is doing the same. It may not always be easy, but what a great way to be involved in your children's learning.

Though some of our services are not available at this time, there is always one person behind the doors of the Wickepin CRC and we would love to help you as much as we can. We have a drop-off/collection box out the front of the CRC during opening hours for customer work. If you need to send a fax, or would like some printing, photocopying, scanning or emailing done, just place any papers or USB's etc. in the box at the front of the CRC and we will place the completed work back there.

We have been trying to think of new ways we can help our community during this somewhat surreal situation and a couple of ideas have come to mind. At the Wickepin CRC we always look forward to our 'Watershed Mondays' when the ladies come in to put together each edition! I'm sure you will agree that we are extremely lucky to have the Watershed News keeping us up-to-date with everything and everyone in our district. So while the Watershed News is on hold and everyone is spending a lot of time at home, we thought we would put together a newsletter to try to keep the community a bit more connected until such times that the Watershed News is back up and running.

The lack of events and people on the street (while great for flattening the curve) means that our paper will likely be a bit light on gossip and news. But we hope you enjoy it anyway!

Across the state many people are offering their services to help people in their communities and the Shire of Wickepin is no exception. Be it with making deliveries, dog walking or a cheery phone call to offer support. The Wickepin CRC is compiling a register of volunteers willing to offer their services, as well as community members who would like to request some help. We have included a form in this newsletter that you can fill in and place in our drop-off box outside the CRC, email or phone through to us. With locals willing to offer their assistance, we hope that people will take advantage of this service.

To make this publication more interesting and informative we are welcoming submissions from our readers. If you have a great recipe, joke, handy hint or anything else you would like to contribute to our next edition, please contact us at the Wickepin CRC.

Lastly, we hope that you have a safe and enjoyable Easter!

The Wickepin CRC team.

Celebrating The Wheatbelt

**So we're all confined to our Region..
But what an amazing place to be confined to!**

Scenery

We may not have beach views close by but the beaches are closed anyway!
Our beautiful local views, lakes, dams and walk trails are world class!

Service

Our local Businesses have stepped up and gone above and beyond for us - starting delivery services, making sure we get toilet paper and looking after locals!
Try and find service like that in the city!

People

Our close knit communities can't be beaten for friendliness and support, you might not get a handshake but you will definitely get a wave! We're never alone or without help here!

Emoji Quiz

Can you solve these Emojis of Towns within the 🌾🐼 (🌾🐼 =wheat+belt) see what we did there?!

You should all be able to get the 1st one..

Can you get them all?

Can you think of any more?

1. 🧺🧷
2. 🧤🍸
3. 🏞️👑
4. 😎🏨
5. 🟡💍
6. 👨🏨
7. 🕒📶🍷
8. 🕒📶😡
9. 🍸🍸
10. 🤔
11. ⚖️🍸
12. 🎱🏨g

Tips

🏨 is a hotel, what's another word for hotel?

🍸 it's not vodka but another spirit

🕒📶 it's a compass pointing east

Answers on the 2nd last page

*What do you love
about the wheatbelt?*

**Snaps from
around the
Wheatbelt**



Puzzle Page

JUMBLE

Unscramble these four Jumbles, one letter to each square, to form four ordinary words.

VELGA				

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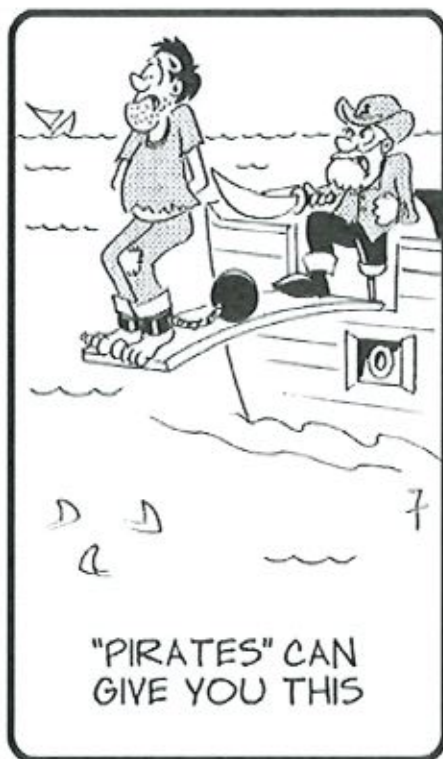
PLUIT				

SICCUR				

www.jumble.com

IMPAGE				

THAT SCRAMBLED WORD GAME
by Mike Argirion and Jeff Knurek



Now arrange the circled letters to form the surprise answer, as suggested by the above cartoon.

Riddles

The more you take, the more you leave behind. What are they?

I turn once, what is out will not get in. I turn again, what is in will not get out. What am I?

People make me, save me, change me, raise me. What am I?

What breaks yet never falls, and what falls yet never breaks?

What goes through cities and fields, but never moves?

I am always hungry and will die if not fed, but whatever I touch will soon turn red. What am I?

The person who makes it has no need of it; the person who buys it has no use for it. The person who uses it can neither see nor feel it. What is it?

A man looks at a painting in a museum and says, "Brothers and sisters I have none, but that man's father is my father's son." Who is in the painting?

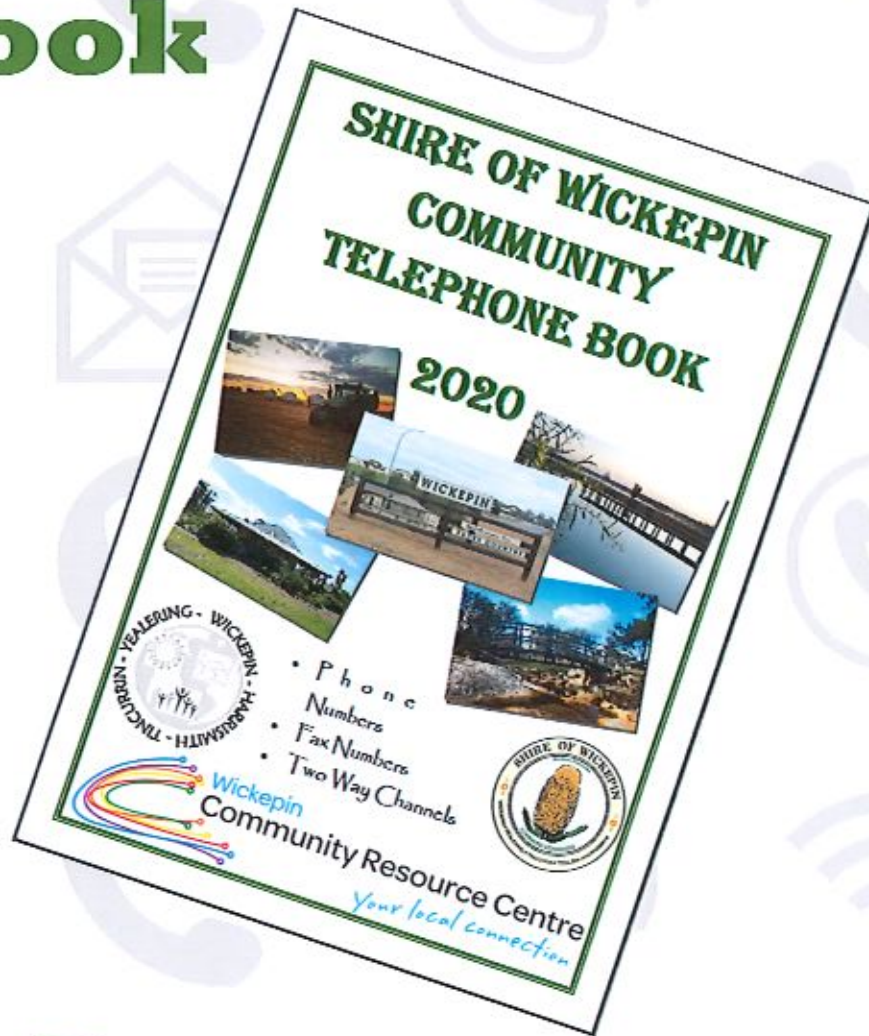
With pointed fangs I sit and wait; with piercing force I crunch out fate; grabbing victims, proclaiming might; physically joining with a single bite. What am I?

I have lakes with no water, mountains with no stone and cities with no buildings. What am I?

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

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

Brand New 2020 Shire of Wickepin Community Phone Book



\$10

Available Now

**Call or email Wickepin CRC to
arrange collection**

9888 1500

wickepinlibrary@westnet.com.au



Ewen Rural Supplies

38 Wogolin Rd Wickepin WA 6370

Ph 9888 1002 Fax 9888 1105

ewenrural@ewenruralsupplies.com

What we can offer you during this time

- Store hours 9am – 3pm Weekdays
- We are working outside those hours on stocking shelves, filling orders, and ensuring deliveries
- Please “Like” us on Facebook – Ewen Rural Supplies— as we will be placing information, product information and updates here regularly
- Please contact us for an order form to make use of our Home Delivery or In-Store Collection Service (please place orders a least three days prior)
- Bread – daily
- Fresh Milk – Monday & Wednesday
- Fresh Fruit & Veg – in store ready for collection Tuesday and Thursday mornings
- Fresh DBC Meat – in store or ready for collection Thursday mornings
- No need to supply bags- we will box it for you
- You may see several transactions on your credit card – this is because we charge pantry, freezer, cooler items separately as they are picked to streamline our packing process as goods arrive
- Please be patient with us as we work with a large increase in demand. Our order/delivery and collection processes are all new and we are working towards increasing efficiency
- We will substitute products as close as possible where we can
- Please be aware supply is still an issue for some items
- Please contact Jayden direct for assistance with agricultural products and gas for entry into back of store

Overpage is a snippet of our product range—we also have a range of confectionary, drinks, cleaning & personal care products. We are constantly adding new products so please ask.

We thank you for shopping local and helping keep our community safe



Ewen Rural Supplies

Phone/Email Orders

38 Wogolin Rd Wickepin
Ph 9888 1002 Fax 9888 1105
ewenrural@ewenruralsupplies.com

We are open 9am – 3pm Weekdays
Fresh bread daily
Fresh Milk – Monday & Wednesday
Fresh **DBC Meat** - In-Store ready for collection **Thurs** mornings
Fresh Fruit & Veg – In-Store ready for collection **Tues & Thurs** mornings

Name: _____ Ph: _____ Email: _____

Credit Card No: _____ Expiry _____ CVC _____

Name on Card: _____

DELIVERY – WICKEPIN ONLY

Delivery Tues, Thursday, Friday (have orders at least three days prior for fresh items if possible otherwise we cannot guarantee supply)

IN-STORE COLLECTION

Date: _____

OR

Date: _____ Time: _____

Time: _____

Delivery Address: _____

FRUIT & VEGIES

**MILK, BREAD, DAIRY,
EGGS**

MEAT & FISH

PANTRY

CLEANING

FREEZER

OTHER

Tinned Fruit Range & Cereal	Freezer	Drinks
<ul style="list-style-type: none"> Admiral - Cherries, Mango, Mandarin Golden Circle - Pineapple, Fruit Salad, Tropical Slices Goulbourn Valley - Apricots, Fruit Salad, Pears, Two Fruits SPC - Apricots, Fruit Salad, Peaches Carmans Muesli Community Co - Muesli Clusters Kellogg's - All Bran, Froot Loops Corn Flakes, Just Right, Nutri Grain, Rice Bubbles, Sustain Uncle Tobys - Oat Flakes, Oats, Plus, Wheeties, Sanitarium Weet-Bix 	<ul style="list-style-type: none"> Frozen Vegetables, Frozen berries McCain Pizza selection, pizza bases Shortcrust, Filo, Puff Pastry Pies, Sausage Rolls, Pasties, Range of Heat & Eat meals Birds Eye Fish range Spring rolls, Chiko rolls, Ingham's & Steggle's boxed chicken range Frozen Chips, Wedges, Hash Browns Angel Bay Burgers Ice-cream packs & tubs, party cakes Frozen Fish from Countrywide Seafood Sara Lee & Nanna's frozen dessert range Garlic bread 	<ul style="list-style-type: none"> Berri Orange Juice Bushells tea & bags, Coffee Essence Bickfords & Cotteas Cordial range Cadbury Drinking Chocolate Dilmah tea bags, Ceylon tea, Earl Grey Golden Circle - Apricot Nectar, Apple Juice, Pineapple Juice Lipton - tea, Chai Latte, Green Tea Nescafe - Blend 43, Decaf, Gold Nescafe Frothy Breaks - Vanilla, Hazelnut, Cappuccino Nesquik - Choc & Strawberry Madura - green tea, leaf tea, tea bags Milo Moccona Primo 6 pack juice boxes Twinnings—Peppermint tea
Rice, Noodles & Pasta	Sauces, Gravy, Marinades, Stock, Mixes	Stocks, Soup Mix & Canned Soups
<ul style="list-style-type: none"> Chow Mein Continental Alfredo, Carbonara, Mac & Cheese, Fried Rice Indo M Mi Goreng Maggi 2 Minute Noodles San Remo Cous Cousins/Pearl Cous Cous San Remo Gluten Free Pasta range San Remo Pasta Range Sunnice Microwave Rice range Sunnice - Jasmine, Medium Grain, Long, Grain, Organic Brown Riviana - Arborio, Basmati Sui Min Noodle Cup Vermicelli Rice Noodles Wokka Hokien Noodles 	<ul style="list-style-type: none"> Continental - Cheese Sauce, Chow Mein, Curried Sausages, Shepherd Pie mixes, White Sauce Chicken Tonight - Butter Chicken, Chicken Parmi Dolmio & Raguletto Pasta Sauce range Eravox Gravy Mixes Hot Pot - French Onion, Savoury Casserole, Curry Casserole bases Leggos Pasta Bakes range & Stir Through range Kan Tong - Honey/Sesame, Sweet & Sour, Thai Green Curry Masterfoods Marinade - Lamb Shank, Soy/Honey/Garlic Old El Paso Taco Shells, Stand N Stuff Taylor's Butter Chicken 	<ul style="list-style-type: none"> Bonox Campbells Chicken & Beef Stock Campbells Tinned Soup Range Continental Beef & Chicken Stock Continental Soup Mix - F.On, Chick Noodle, Cr Chicken, Spring Veg Continental Cuppa Soup range Heinz Tinned Soup range McKenzies - Green Split Peas, Italian Style Soup Mix, Pearl Barley, Red Split Lentils, Split peas, Soup Mix Massell Veg Stock Oxo Chicken Stock Cubes

<p>Dorsogna</p> <ul style="list-style-type: none"> . English Ham/Premium Ham/Champagne Ham 100gm . Salami 100gm . Tasty sticks 400g . Krakowurst . Polish Sausage . Cabanossi . German Salami . Romano Salami . Cacciatore . Diced bacon . Shortcut bacon 250g/1kg . Rib bacon . Rib Bacon 1kg . Ham hocks 	<p>Dairy</p> <ul style="list-style-type: none"> . Brownes & Harvey Fresh 1L/2L Hilo & Full Cream Milk . Brownes Orange C Juice . Brownes Yoghurts 1kg . Brownes Sour Cream 200ml/500ml . Thickened Cream 300ml . Whipping Cream 300ml/600ml . Brownes Ice Coffee, Coffee Chill . Dare Coffee Chill range . Masters Coffee range 	<p>Cheese & Dips</p> <ul style="list-style-type: none"> . Black & Gold Cheese 500g . Black & Gold Shredded Cheese . Coon Tasty 1kg . Coon Tasty Slices 500g/200g . Coon Light N Tasty 500g . Community Co Tasty Grated Cheese . Cracker Barrell Vintage Cheddar 250g . Devondale Colby 500g . Jarlsberg 250g . Mainland Tasty 1kg . Perfect Italiano Mozzarella . Philadelphia Original Tub/Light/Block . Prestige Camembert & Double Brie 125g . Kraft Dip - Gherkin/F.Onion/S Bacon . Copperpot - Hommus . Red Rock - Basil/Roast Tom . Philadelphia Sweet Chilli
<p>Savoury Biscuits/Crackers</p> <ul style="list-style-type: none"> . Arnott's - Cheds, Country Cheese, Jatz, Salada, Sao, Sesame Wheat, Shapes range, Vita-Wheat, Water Crackers . Olinda's Artisan Crackers . Fantastic Rice Crackers range . Fantastic Delites range . Real Food Corn Thins . Sakata Rice Crackers range . Sunrice Thins Rice Cake range . Waterthins Fine Wafers . Waterthins Twists 	<p>Sweet Biscuits & Cakes</p> <ul style="list-style-type: none"> . Arnott's - Assorted Creams, Butternut Snap, Choc Ripple, Family Assorted, Farmbake Choc Chip/Butter Shortbread, Gingernut, Granita, Lattice, Malt o Milk, Milk Arrowroot, Monte Carlo, Scotch Finger Shortbread Cream, Tiny Teddy Packs, Venetian . Arnott's - Caramel Crowns, Mint Slice, Tim Tam, TeeVee Snacks, . Community Co Light Fruit Cake . Fresh Bake - Fruit Tarts, Apricot Turnovers, Apple Puffs, Custard Tarts, Mini Apple Rounds . Gemberkoek Ginger Cake . Oreo . Uncle Tobys & Caramans Muesli Bars 	<p>Bread/Wraps & Spreads</p> <ul style="list-style-type: none"> . Abbotts bread range . Mision Lite . Mission MultiGrain . Mision Original . Tip Top The One White . Tip Top Wholemeal . Tip Top Country Grains . Vegemite . Honey . Promite . Peanut Butter . Treacle . Golden Syrup . Maple Syrup . Jams - strawberry, apricot, raspberry, plum, marmalade

Tinned Goods	Oils, Vinegars, Sauces, Other	Baking Goods
<ul style="list-style-type: none"> • Always Fresh - SDried Tomatoes, peeled prawns, olive range • Ardmona- Diced Tomatoes, crushed tomatoes, • B&G - beetroot, • Deb • Greenseas - tuna range • Heinz - Spaghetti & baked bean range • La Gina - whole tomatoes • SPC - pureed tomatoes, crushed tomatoes • Edgell - Green beans, creamed corn, 4 bean mix, chick peas, corn kernels, garden peas, asparagus, instant mash, sliced mushroom • John West - tuna range, salmon • Golden Circle - baby beetroot, sliced beetroot • John West - tuna range, salmon • La Gina - whole tomatoes, • Riviana - champignons • SPC - pureed tomatoes, crushed tomatoes • Spring Gully - gherkins, pickled onions, chutney, pickles 	<ul style="list-style-type: none"> • Masterfoods - Tomato Relish, Gherkin Relish, Corn Relish, Garlic, Tartare Sauce, English Mustard, Wholegrain Mustard, Dijon Mustard, Honey Soy & Garlic Marinade • Praise - Traditional Mayo, Coleslaw, Italian Dressing, Balsamic, French Dressing, Whole Egg Mayo • Saxa- Salt, Pepper, Pink Salt, Peppercorns, range of Whittingtons herbs and spices • Kraft Cheddar Cheese • Valcom - green & red curry paste • EVOO, Veg Oil, Canola Oil, Sesame Oil, Cooking Spray • Tomato Paste, Pizza Sauce • Tomato, BBQ, Sweet Chilli, Plum, Apple, Hoisin, Oyster, Mint, Worcestershire Sauce • Cornflake Crumbs, Breadcrumbs, Stuffing mix, Fish Seasoning 	<ul style="list-style-type: none"> • UHT Milk, Condensed milk, coconut cream, coconut milk, evaporated milk, long-life cream, powdered milk, almond milk, Soy milk, rice cream • Jelly, Custard, ice magic, ice cream cones, custard powder • Greens cake and brownie mixes and pancake mix • Plain, SR flour and yeast, bakers flour • Cream of tartar, bi-carb, citric acid, gelatine, • White sugar, caster sugar, icing sugar, brown sugar, demera sugar, raw sugar • Cornflour, coconut, cocoa, Cacao, • Choc melts, choc bits, Betty Crocker Icing • Vanilla, choc, almond, peppermint essence • Food colourings, 100s/1000s, • Dried Mixed fruit, ginger, cherries, sultanas, raisins, Chia, dates, apricots, prunes • Almonds, walnuts, almonds
Fruit & Vegetables		
<p>Selection of seasonal fruit and vegetables available - please place your order at least three days prior to ensure we have sufficient quantities. Fresh ready in store Tuesday and Thursday mornings.</p>		<p>Frozen Fish from Countrywide Seafood. Usual weekly DBC deliveries consist of a selection of mince, chicken breast, sausages, steak, silverside, lamb. Please place your order at least three days prior to ensure we have sufficient quantities. Fresh ready in store Thursday mornings.</p>



Local news from...

WICKEPIN POLICE STATION

The Minister for Emergency Services and the State Government declared a State of Emergency under the Emergency Management Act and a Public Health Emergency under the Public Health Act with effect from 12am on 16 March, 2020.

As you are well aware we are in the midst of an unprecedented pandemic caused by the COVID-19 coronavirus. Federal and State Governments have imposed strict guidelines to assist the community to 'flatten the curve' and help to ease the expected surge upon our health services.

Practicing social distancing is paramount to curtail the spread of the virus and all non-essential activities are suspended pending further advice and further evidence of the situation easing. This may take some time, the Government have said to be prepared to continue in this vain for maybe 6 months or more. Slowing community spread is the main focus and that can only be achieved if we all play our part. Now more than ever is the time to think about others and practice humility.

Make no mistake this virus is a serious threat to our communities if we all don't do our bit and heed the advice of our Government and health professionals. We are somewhat lucky in that our country has been able to gauge a response from what has been happening in other countries and worked on a strategy to assist our community as a best practice.

Staying 1.5-2m apart from each other and paying attention to your hand washing/sanitizing is paramount to success. Don't gather in groups for non-essential gatherings, that catch-up/party/wind up/gatho can wait!!

During this time, it is recommended to stay at home if at all possible, seek assistance from your employer to make this happen and use this time sensibly to streamline operations that limit social interaction.

Further restrictions to our state borders and on travel in general have been imposed in an effort to limit people movement.

Wickepin Police are part of the Great Sothern Policing district team and have been well supported and informed by management. Phil and I are well prepared and despite certain activities being modified are still operating 'business as usual'. You will still see us out and about and will be only too happy to have a chat (at 1.5m) if you have any concerns or worries. We want to reassure you all that we trust the decisions being made by the subject matter experts. In these times facts matter not opinions.

You can contact us on 9888 1100. For all other matters that require Police attendance please note the numbers below.

EMERGENCY

000

For life-threatening situations

POLICE ASSISTANCE

131 444

When police attendance is required

CRIME STOPPERS

1800 333 000

Report crime anonymously

POLICE DIRECT

Online services

Online reporting, applications and payments

Dorry GRZINIC
Senior Constable
Wickepin Police Station

Travel

Intrastate

To assist in reducing the spread of COVID-19, the WA Government has introduced further restrictions on travel within Western Australia. After 11:59pm Tuesday, 31 March 2020, Western Australians will not be allowed to travel outside their designated region. Western Australian intrastate travel is defined as movement through the boundaries of the regions of Western Australia.

These regions are:

- Perth and Peel (due to their proximity, the Perth and Peel regions will form one region)
- South West
- Great Southern
- Goldfields-Esperance (stronger restrictions apply to the Shire of Ngaanyatjaraku)
- Mid-West
- Wheatbelt
- Gascoyne
- Pilbara (stronger restrictions apply to parts of the Shire of East Pilbara)
- Kimberley (stronger restrictions apply to the entire Kimberley region)

Exemptions will apply for:

people travelling to work, attending medical appointments, transporting freight, those who do not have access to groceries or supplies within their region, returning to a place of residence, attending school or an educational institution where necessary, catering for family members and compassionate grounds

Check points and mobile police patrols will be in place to monitor travel across boundaries and ensure people are doing the right thing.

People are encouraged, where possible, to assist police by preparing documentation, such as a letter/email/SMS from an employer, to support their legitimate travel.

Police have the power to enforce these restrictions, and issue fines of up to \$50,000.



Lest we forget
ANZAC DAY 2020

Saturday 25th April
9.30am Driveway Tribute
Stand Apart but Stand United

Following the cancellation of
all Anzac Day Services
The Wickepin Community Resource
Centre would like to invite the
community to participate in a
Driveway Tribute to commemorate and
remember our Anzacs.

Stand Apart but Stand United
at the end of your driveway at 9.30am
for a 1 minute silence with
your neighbours.

The Shire of Wickepin would also like
to invite the community to lay wreaths at
the War memorial throughout the day
where the flag will be flying half mast.

ANZAC DAY

—LEST WE FORGET—



Poetry Competition

For both adults and children to enter

During our Anzac Day weekend and quiet time of remembrance we would like to encourage the community to pay tribute to our Anzacs by writing a short poem
Titled 'What Anzac Day means to me'

There will be 2 Categories and Winners
Under 18 and 18 and over

All entries will be displayed anonymously on our Facebook page
for public voting

Winning Poems will be featured in our
2021 Calendar for the month of April
Plus some additional prizes for our winners
and our runners up

Please email your Poem to
wickeinlibrary@westnet.com.au
Or drop in the Drop Box at the CRC 9am-3am Mon-Fri
by Friday 30th April

Any enquiries please call Wickein CRC on 9888 1500



Wickein
Community Resource Centre
Your local connection

Easter Cooking Inspiration



Chocolate Bird Nests

Preparation time
less than 30 mins

Cooking time
less than 10 mins

Serves
Makes 12

Ingredients

225g chocolate, broken into pieces
2 tbsp golden syrup
50g butter
75g cornflakes
36 mini chocolate eggs

Method

Line a 12-hole fairy cake tin with paper cases.

Melt the chocolate, golden syrup and butter in a bowl set over a saucepan of gently simmering water (do not let the base of the bowl touch the water). Stir the mixture until smooth.

Remove the bowl from the heat and gently stir in the cornflakes until all of the cereal is coated in the chocolate.

Divide the mixture between the paper cases and press 3 chocolate eggs into the centre of each nest. Chill in the fridge for 1 hour, or until completely set.

Layered Deviled Egg Pasta Salad

Prep 45m Cook 22m Serves 6

Ingredients

6 eggs
2 1/2 tablespoons mayonnaise
2 teaspoons prepared yellow mustard
salt and ground black pepper to taste
2 sprigs fresh dill

Pasta Salad:

3 cups farfalle (bow-tie) pasta
2 tablespoons mayonnaise
1 pound cherry tomatoes, halved
2 cups chopped celery
2 cups diced cooked ham
4 cups chopped lettuce
4 spring onions, thinly sliced



Directions

Place eggs in a large saucepan and cover with cold water. Bring water to a boil. Remove saucepan from heat; let eggs stand in hot water for 10 minutes. Immerse eggs in a bowl of ice water and let cool, 1 to 2 minutes.

Peel eggs and halve them lengthwise. Scoop yolks into a bowl. Arrange egg whites cut-side up on a plate. Mash egg yolks into a crumbly paste with a fork. Mix in 2 1/2 tablespoons mayonnaise and mustard with the fork. Season with salt and pepper. Spoon egg yolk mixture into a small piping bag; pipe into the egg whites. Garnish with fresh dill.

Bring a large pot of lightly salted water to a boil. Cook bow-tie pasta at a boil, stirring occasionally, until tender yet firm to the bite, about 12 minutes. Drain and let cool, about 15 minutes.

Mix cooled pasta with 2 tablespoons mayonnaise in a bowl. Season with salt and pepper.

Spoon pasta into the bottom of a large glass trifle bowl. Layer tomatoes, celery, ham, and lettuce on top. Arrange deviled eggs on top before serving. Garnish with spring onions.

How are you getting through?

How many have you ticked? How different will your answers be next month when we ask you again?

Let us know

Reading of course

I'm planning my future holiday

Just taking it day by day

Research, News, Research

Re-organising my house

I'm concentrating on not killing my partner

Re-organising my shed

I'm trying to not annoy my partner

To be honest I haven't been off my phone, just checking in on everyone I know

I'm cleaning, non stop cleaning!

Watching so many great TV shows and Movies

I'm so Bored

So much time for all my amazing craft projects

Home Improvements

I'm juggling working from home plus home schooling.. I don't have time for this..

How do teachers do it? I can't home school

I'm exercising

I'm just loving this time with my family

Baking and cooking

Other _____



KEEP CALM AND PRACTICE SELF-CARE

Taking care of your mind & thoughts

Taking care of your physical health & body

Self-Care

Increasing your own well-being through self-care behaviors

Taking care of your spiritual health

Taking care of your emotions



24/7 Mental Health Services

Beyond Blue

Anyone feeling anxious or depressed

beyondblue.org.au
1300 72 4636

Kids Helpline

Counselling for young people aged 5 to 25

kidshelpline.com.au
1800 55 1800

MensLine Australia

Men with emotional or relationship concerns

mensline.org.au
1300 78 99 78

Open Arms

Veterans and families counselling

openarms.gov.au
1800 011 046

Lifeline

Anyone having a personal crisis

lifeline.org.au
13 11 14

Suicide Call Back Service

Anyone thinking about suicide

suicidecallbackservice.org.au
1300 659 467



Is it an emergency?

If you or someone you know is at immediate risk of harm, call triple zero (000)

healthdirect

Self Care Bingo

Listen to music	Take a time out	Deep breathing	Pray or meditate	Use a stress ball
Talk to a friend	Think about happy memories	Dance	Write in a journal	Muscle relaxation
Take a shower	Read	FREE	Try something new	Play with a pet
Arts and Crafts	Go outside	Exercise	Sew or crochet	Let yourself cry
Start a hobby or project	Use positive self-talk	Play cards	Punch a punching bag	Cooking

It is natural to feel stress, anxiety, grief, and worry during and after a disaster. Everyone reacts differently, and your own feelings will change over time. Notice and accept how you feel. Taking care of your emotional health during an emergency will help you think clearly and react to the urgent needs to protect yourself and your family. Self-care during an emergency will help your long-term healing.



Helping children cope with stress during the 2019-nCoV outbreak



Children may respond to stress in different ways such as being more clingy, anxious, withdrawing, angry or agitated, bedwetting etc.

Respond to your child's reactions in a supportive way, listen to their concerns and give them extra love and attention.

Children need adults' love and attention during difficult times. Give them extra time and attention.

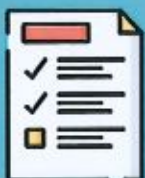
Remember to listen to your children, speak kindly and reassure them.

If possible, make opportunities for the child to play and relax.



Try and keep children close to their parents and family and avoid separating children and their caregivers to the extent possible. If separation occurs (e.g. hospitalization) ensure regular contact (e.g. via phone) and re-assurance.

Keep to regular routines and schedules as much as possible, or help create new ones in a new environment, including school/learning as well as time for safely playing and relaxing.



Provide facts about what has happened, explain what is going on now and give them clear information about how to reduce their risk of being infected by the disease in words that they can understand depending on their age.

This also includes providing information about what could happen in a re-assuring way (e.g. a family member and/or the child may start not feeling well and may have to go to the hospital for some time so doctors can help them feel better).

Easter Colouring Competition

Well done to all our entrants!
Your colouring is fantastic and our window at the CRC looks wonderful





Name: Lola Smith Age: 4



Name: Molly Stone Age: 6



Name: Tyler Stone Age: 13



Name: Sarah Hill Age: 3



Name: Mikita Ness Age: 7



Name: Wyatt Age: 8



Name: Olivia Miller Age: 10



Name: O Age: 15



Name: Lucy Dobby Age: 6

Congratulations to our Winners!!

Matilda Martin 5

Husky Martin 8

Mia Ewen 9



Name: Matilda Martin Age: 5



Name: Husky Martin Age: 8



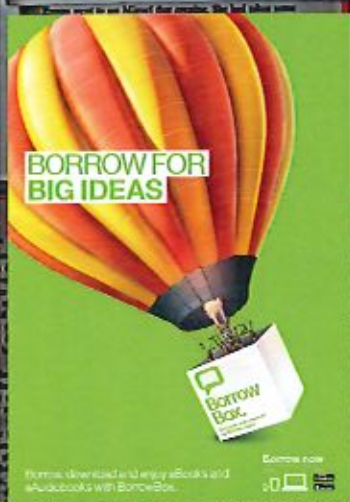
Name: Mia Ewen Age: 9

Thank you to our local business for judging

WICKEPIN PUBLIC LIBRARY

If you love reading as much as we do then the current closure of the Wickepin Public Library probably sucks!

While we are unable to lend books at the moment we encourage you to access the large range of FREE e-books, e-audiobooks and e-magazines which are available to members of the Wickepin Public Library.



Borrowbox, Libby by Overdrive and RB Digital have a fantastic range of e-resources available to download onto your smartphone, iPad, tablet or PC.

Get in touch with us at the Wickepin CRC and we will get you registered for these services and provide some instructions. We are also very happy to walk you through the process of downloading and using these apps over the phone.



P: 9888 1500
E: wickepinlibrary@westnet.com.au

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ART • ENTERTAINMENT • FOOD • HOME • SPORTS • TRAVEL • AND MORE ... **rb digital**

COVID-19 Support

Wickepin Community Resource Centre is **your local connection** for community support
Please fill out the **'I can help'** form below if you are able to provide help with grocery deliveries
or similar. We can then contact you if or when we match you with a request

Please use the **'I need help'** form if you are in isolation or distancing

I can help

Name _____

Phone _____

Email _____

Do you have access to a vehicle?

Yes No

Can help with

- Delivering groceries from Narrogin
- Delivering items within Wickepin Shire
- Walking a dog
- Emotional support/phone call
- Other

Day(s) you usually travel to Narrogin (if ticked above)

Days and times you are available to help within Wickepin Shire

Able to help in

- Wickepin
- Harrismith
- Yealering
- Tincurrin

I need help

Name _____

Phone _____

Email _____

I need assistance in

- Wickepin
- Harrismith
- Yealering
- Tincurrin

I need help with

- Delivered groceries from Narrogin
- Delivered items within Wickepin Shire
- Walking my dog
- Emotional support/phone call
- Other

Wickepin Newsagency and Deli

Would like to announce new opening hours during COVID-19

Monday to Friday – 6.30am-5pm

Saturday and Sunday – 8am-2pm



Now available
Homemade Pizzas
Freshly made, ready to
cook and enjoy at home
Meat feast, Supreme and
Hawaiian

Easter Weekend Opening hours

Good Friday – Closed
Easter Saturday – 8am-2pm
Easter Sunday – 8am-2pm
Easter Monday – 8am-12pm

ACTIVE COPING CALENDAR: APRIL 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
"Everything can be taken from us but one thing: the freedom to choose our attitude in any given set of circumstances" ~ Viktor Frankl			1 Make a plan to help you keep calm and stay in contact	2 Enjoy washing your hands. Remember all they do for you!	3 Write down ten things you feel grateful for in life and why	4 Stay hydrated, eat healthy food and boost your immune system
5 Get active. Even if you're stuck indoors, move & stretch	6 Contact a neighbour or friend and offer to help them	7 Share what you are feeling and be willing to ask for help	8 Take five minutes to sit still and breathe. Repeat regularly	9 Call a loved one to catch up and really listen to them	10 Get good sleep. No screens before bed or when waking up	11 Notice five things that are beautiful in the world around you
12 Immerse yourself in a new book, TV show or podcast	13 Respond positively to everyone you interact with	14 Play a game that you enjoyed when you were younger	15 Make some progress on a project that matters to you	16 Rediscover your favourite music that really lifts your spirits	17 Learn something new or do something creative	18 Find a fun way to do an extra 15 minutes of physical activity
19 Do three acts of kindness to help others, however small	20 Make time for self-care. Do something kind for yourself	21 Send a letter or message to someone you can't be with	22 Find positive stories in the news and share these with others	23 Have a tech-free day. Stop scrolling and turn off the news	24 Put your worries into perspective and try to let them go	25 Look for the good in others and notice their strengths
26 Take a small step towards an important goal	27 Thank three people you're grateful to and tell them why	28 Make a plan to meet up with others again later in the year	29 Connect with nature. Breathe and notice life continuing	30 Remember that all feelings and situations pass in time		

ACTION FOR HAPPINESS

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

www.actionforhappiness.org
Keep Calm - Stay Wise - Be Kind

Emoji Quiz Answers

- | | | | | | |
|-------------|-------------------|--------------|---------------|--------------|---------------|
| 1. Wickepin | 2. Narrogin | 3. Lake King | 4. Kulin | 5. Yealering | 6. Kukerin |
| 7. Northam | 8. Southern Cross | 9. Gin Gin | 10. Wandering | 11. Wagin | 12. Cuballing |

Distance Education at Wickepin Primary School

Like many children throughout the world, Wickepin Primary School students are currently learning from home. All students were delivered work packages last week, which included some cool resources our brilliant teachers put together, such as chalk, tennis balls, stickers and skipping ropes. The students are completing their assigned work then uploading it to an app called Seesaw. On the first day of learning, we had 222 pieces of work submitted!

Currently, our students are participating in a virtual Easter hat parade. Staff decided that even though we wouldn't be on school grounds in the lead up to Easter, it didn't mean we couldn't celebrate and complete fun Easter activities. The students were set a challenge on Monday to create an Easter hat and upload it to Seesaw so everyone could see what their friends made. This has been a great activity that integrated The Arts, Mathematics and Design and Technology. Below are some of the fabulous hats our students have designed and made.



We would like to thank all of our parents and students for their wonderful work throughout this time and to the wider Wickepin Community for giving the school so much support. We wish everyone a very safe and happy Easter.

The Lockdown Lowdown

We want your input

This is a Community Newsletter purposely created to help our community during COVID-19, so what do you want to see in the Lockdown Lowdown?

Firstly do you have any recent or upcoming news or announcements that you would like to share in our next issue?

What was your favourite page in the Lockdown Lowdown?

What would you like to see more of?

What would you like to see less of?

Any other Ideas or suggestions?

Please fill in the form and drop in the drop box at the Wickepin CRC
Mon to Fri 9am-3pm, alternatively you can contact us by
PH: 9888 1500 or Email: wickepinlibrary@westnet.com.au



Wickepin

Community Resource Centre

Your local connection