

# GASSY GOSSIP



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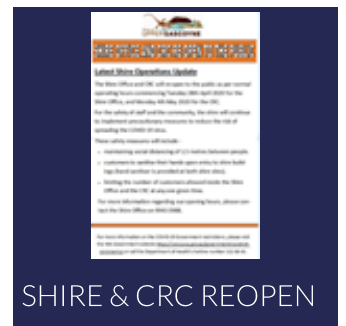
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SHIRE & CRC REOPEN



**MELISSA PRICE MP**  
FEDERAL MEMBER FOR DURACK  
MINISTER FOR DEFENCE INDUSTRY



**Supporting our community through Coronavirus**  
**See inside for more information**  
Visit [www.australia.gov.au](http://www.australia.gov.au) for updates

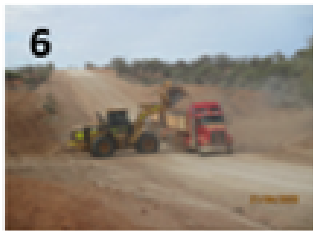


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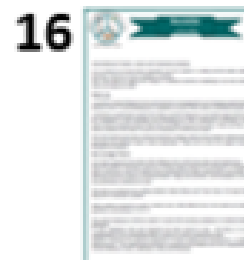
## SAY G'DAY TO...

In this edition we catch up With Anna Collins from Glenburg Station



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## Ordinary Council Meeting Dates

Wednesday 12th February

Wednesday 25th March

\*Wednesday 29th April

\*Wednesday 27th May

Wednesday 24th June

Wednesday 29th July

Wednesday 26th August

Wednesday 30th September

Wednesday 28th October

Wednesday 25th November

Thursday 17th December

Please note that the Council meeting scheduled for the 27th May 2020 will now be held at Gascoyne Junction.

Council meetings commence at 8:30am in the Shire Council Chambers located at 4 Scott Street, Gascoyne Junction.

All ratepayers and residents are welcome to attend the council meetings and participate in the Public Question Time session which is held at the beginning of each Council Meeting.



# COUNCIL NEWS

This month has been fragmented with Easter and has largely been consumed with all things COVID-19. From our perspective we have taken the appropriate action to comply with social distancing requirements and have closed various public spaces as directed. One of the constant being reinforced is that the Minister for Local Government is pleading for Local Governments to spend as much as possible to assist with the economic recovery. In addition the Minister and WALGA have made it abundantly clear that there will be no rate or fees and services increases for the 2020/21 budget.

### Slow start to the tourist season

April School holidays are traditionally when we start to see the beginning of our tourist season, however due to COVID-19 travel restrictions we have not seen the start of the season yet. This is something that many other tourist destinations are experiencing and whilst it is going to be a struggle to start with, Australia's Golden Outback are driving an online media campaign to ensure that our region is not forgotten as a tourist destination. Once travel restrictions are lifted we hope to see the tourists start to trickle back in again.

### New stock at the CRC

To welcome tourists and visitors back into our region, we have ordered new souvenir stock such as shirts, stubby holders and bumper stickers. Prior to the order arriving we will begin working on an online marketing campaign to help promote it. Staff plan to hit the market hard and place the new stock online for sale – this way people who are not able to travel will still have the opportunity to purchase our fantastic merchandise!

## **Pavilion Update**

The pavilion upgrades has begun with the new suspended ceiling being installed. The second phase of the project will include new verandas on the north and south sides of the building and will be completed in June

April saw quite a lot of housing maintenance and projects completed. Works included new flooring and complete repaint of Lot 45, new flooring at 21 Gregory Street and a new fence erected between Lot 23 Gregory Street and Dart's.



## **Maintenance Graders**

Temporary reinstatement works is now completed and the crew have commenced maintenance grading at last, making their way from Mount Augustus down Cobra Dairy Creek.

There have been some slight delays this month due to staff being away, but once all hands are back on deck we will continue working south along Landor Mt Augustus road towards Glenburgh.

## **Construction Crew**

Works are well underway on the Landor Mount Augustus road. This project is made up of our Roads to Recovery/MRWA Indigenous Access funding, Special Projects and Additional Indigenous Access grants. The scope of works includes gravel sheeting approximately 10km of road and double coat sealing 1.5km directly in front of Burringurrah Community. We are expecting to have the sealing crew here mid-May.

## **Shire Office and CRC Re-open to the Public**

Please refer to page 9 for more details on the on the Shire Office and the CRC reopening to the public.



# COUNCIL UPDATE....



## FLOOD DAMAGE REINSTATEMENT REPORT

In recent years the Shire of Upper Gascoyne's road network has suffered significant damage caused by several weather events. The Shire has been successful in securing Federal assistance through the Disaster Recovery Funding Arrangements WA Team and the Office of Emergency Management to repair this damage. In past three years we have received approximately \$45M to reinstate roads that have been damaged by these events. This has brought significant employment opportunity, economic development and above all restored our roads. As road users, rate payers and residents we all benefit in some way through the Shire's ability to secure and deliver these works.

The Shire is committed to providing our community with great service and a safe road network. We actively pursue funding to maintain and improve our assets and services and provide you with regular updates. Below is the latest update on our contractors delivering road reinstatement works, we will continue to provide this information every month to keep our community informed and up to date.

### SHIRE OF UPPER GASCOYNE – AGRN863 FLOOD DAMAGE REINSTATEMENT MONTHLY PROGRESS REPORT – APRIL 2020 (PACKAGE 1)

MONTHLY PROGRESS REPORT - APRIL 2020 (PACKAGE 1)

Contractor	THEM Earthmoving	Package Start Date:	15/11/2019
		Forecast Completion Date:	Aug / Sept 2020
Works this period (April 2020)		Works next period (May 2020)	
<b>Carey Downs Rd</b> Completed most of the works on this road comprising reforming, removal of silt and reinstatement of drain lines. Final remaining works comprise sections of medium grading.		<b>Carey Downs Rd</b> Complete the remaining medium grading works.	
<b>Pimbee Rd</b> Completed all works from Gascoyne Junction to approx. Carey Downs Rd intersection. Works comprised silt/debris removal, drain reinstatement, reforming/resheeting of pavement and heavy grading.		<b>Gilroyd Rd</b> Commence works on this road. Works will comprise silt/debris removal, drain reinstatement, forming/resheeting of pavement, reconstruction of unsealed floodways and heavy grade.	
		<b>Pimbee Rd</b> Pending work progress, continue works on this road working south from the Carey Downs Rd intersection. Works will comprise silt/debris removal, drain reinstatement, forming/resheeting of pavement, reconstruction and cement stabilisation of unsealed floodways and heavy grade.	
Status of Roads			
		This Month	Last Period
Overall Package		64%	47%
Callagiddy Winderie Rd		100%	100%
Carey Downs Rd		100%	0%
Camarvon Mullewa Rd		100%	100%
Edmund Gifford Creek Rd		100%	100%
Eudamullah Rd		81%	81%
Gilroyd Rd		0%	0%
Lyon River Rd		100%	100%
Minnie Creek Rd		100%	100%
Pimbee Rd		27%	12%
Ullawarra Rd		100%	73%

## Carey Downs Rd Flood Damage Reinstatement Works



# FLOOD DAMAGE REINSTATEMENT REPORT CONTINUED...



## SHIRE OF UPPER GASCOYNE – AGRN863 FLOOD DAMAGE REINSTATEMENT MONTHLY PROGRESS REPORT – APRIL 2020 (PACKAGE 2)

Contractor	Quadrio Earthmoving	Package Start Date:	16/04/2020
		Forecast Completion Date:	Oct 2020
Works this period (April 2020)		Works next period (May 2020)	
<b>Mooloo Downs Rd</b> Completed all defect works on this road. The works consisted of removal of silt and the reconstruction of an unsealed floodway.		<b>Cobra Dairy Creek Rd</b> Continue and complete the remaining defects on this road working north to Cobra homestead.	
<b>Cobra Dairy Creek Rd 36 – 70</b> Commenced works on this road between Slk 36 – 70 (adjacent Mooloo Downs Rd intersection). The works have comprised removal of silt, reforming of pavement, resheeting of pavement, reconstruction of unsealed floodways, medium and heavy grading.		<b>Cobra Gifford Creek Rd</b> Commence the defects on this road working from the northern end back towards Cobra homestead. The works comprise reforming of road formation.	
		<b>Wanna Rd</b> Commence works on this road working from the northern end back towards Cobra homestead. The works comprise of removal of silt, reconstruction of floodways, reforming and resheeting of pavement.	
Status of Roads			
		This Month	Last Period
Overall Package		5%	0%
Bingegaroo Rd		0%	0%
Cobra Dairy Creek Rd		27%	0%
Cobra Gifford Creek Rd		0%	0%
Dalgety Downs Glenburgh Rd		0%	0%
Dalgety Downs Landor Rd		0%	0%
Dooley Downs Rd		0%	0%
Landor Meekatharra Rd		0%	0%
Landor Mt Augustus Rd		0%	0%
Landor Mt Clere Rd		0%	0%
Mooloo Downs Access Rd		100%	0%
Mount Augustus Woodlands Rd		0%	0%
Pingandy Rd		0%	0%
Waldburg Rd		0%	0%
Wanna Rd		0%	0%



## Cobra Dairy Creek Rd Flood Damage Reinstatement Works



# 10 ways to stay Mentally Healthy during COVID 19

Times are stressful and there are a lot of things we can't control. However, we can help ourselves and others by looking after our mental health. Take a look at our 10 tips to staying mentally healthy!

1

## Ask for help

It's normal to feel stressed or sad about what's going on around us. However, if these feelings get too much, you should ask for help. Talk to a mate or call Beyond Blue on 1300 22 4636.

TALK

2

## Use your spare time wisely!

With extra time on our hands, why not learn a new skill? Learn to play an instrument, speak a different language or master a new recipe.



3

## Balance your media intake

Staying informed is important, but being surrounded by negative news all the time can be stressful and overwhelming. Remember to take a break from the TV or Facebook newsfeed.



4

## Eat well

Staying home is a good time to learn some new, healthy recipes. Don't forget frozen veggies are just as good as fresh!



5

## Keep up the exercise

Give lounge room yoga, weight training or star jumps a go! Try using tinned food or water bottles as weights for arm exercises.



6

## Get creative with socialising

No contact doesn't mean no socialising! Chat to your neighbour through the fence, call an old friend, or keep in touch with family through text.



7

## Be kind

Giving to others can be rewarding and could mean a lot to someone who is struggling. Offer to run an errand or leave a friendly note. Self-Isolating is being kind to our most vulnerable. Please do it!



8

## Keep your mind active

Being stuck at home can trap us into watching TV or sleeping all day. Why not try reading a book, playing music or doing a puzzle instead?



9

## Do something you've been putting off

Chores may not be fun, but getting them done can make you feel great! Why not clean out your pantry or clean your car?



10

## Keep a Routine

It can be hard to live your normal life when you have to stay at home. Try to keep set times for sleeping, working, resting, etc.



# 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

 **think**  
MENTAL HEALTH

## Seeking support

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 (COVID-19). Speaking with friends or family to let them know how you feel can help, and they might also appreciate talking to you about how they feel.

There are also many digital mental health services that you can access online or contact over the phone.

For support during this time contact:

**Lifeline** 13 11 14  
or visit [lifeline.com.au](https://lifeline.com.au)

**Mindspot** 1800 61 44 34  
or visit [mindspot.org.au](https://mindspot.org.au)

**beyondblue** 1300 224 636  
or visit [beyondblue.org.au](https://beyondblue.org.au)

**Kids Helpline** 1800 55 1800  
or visit [kidshelpline.com.au](https://kidshelpline.com.au)





## COVID-19: IDENTIFYING THE SYMPTOMS

SYMPTOMS		COVID-19	COLD	FLU
		Symptoms range from mild to severe	Gradual onset of symptoms	Abrupt onset of symptoms
<b>Fever</b>		Common	Rare	Common
<b>Cough</b>		Common	Common	Common
<b>Sore Throat</b>		Sometimes	Common	Common
<b>Shortness of Breath</b>		Sometimes	No	No
<b>Fatigue</b>		Sometimes	Sometimes	Common
<b>Aches &amp; Pains</b>		Sometimes	No	Common
<b>Headaches</b>		Sometimes	Common	Common
<b>Runny or Stuffy Nose</b>		Sometimes	Common	Sometimes
<b>Diarrhea</b>		Rare	No	Sometimes, especially for children
<b>Sneezing</b>		No	Common	No

*Adapted from material produced by WHO, Centers for Disease Control and Prevention.*



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

For more information about  
**Coronavirus (COVID-19)** visit [health.gov.au](https://www.health.gov.au)



**Australian Government**



## SHIRE OFFICE AND CRC RE-OPEN TO THE PUBLIC

### Latest Shire Operations Update

The Shire Office and CRC will re-open to the public as per normal operating hours commencing Tuesday 28th April 2020 for the Shire Office, and Monday 4th May 2020 for the CRC.

For the safety of staff and the community, the shire will continue to implement precautionary measures to reduce the risk of spreading the COVID-19 virus.

These safety measures will include -

- maintaining social distancing of 1.5 metres between people.
- customers to sanitise their hands upon entry to shire buildings (hand sanitiser is provided at both shire sites).
- limiting the number of customers allowed inside the Shire Office and the CRC at any one given time.

For more information regarding our opening hours, please contact the Shire Office on 9943 0988.

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For more information on the COVID-19 Government restrictions, please visit the WA Government website <https://www.wa.gov.au/government/covid-19-coronavirus> or call the Department of Health's hotline number 132 68 43.

# G'DAY TO...

# Anna



**Full name:** Anna Collins

**Nickname:** Kraut, Schlawiner

**Place of birth:** Erlenbach Am Main

**Favourite food?** Salmon with Pasta, Thai Massaman Curry & Black Forrest cake

**Favourite animal?** I guess I have to say Cow? I do like horses too!

**Footy team:** West Coast Eagles – otherwise I will be in trouble with my husband

**Where did you grow up?** In a small village near Miltenberg in Germany

**Why did you move to the Upper Gascoyne?** A position came available on Bidgemia Station where I lived and worked for about 18 month until I met my now husband.

**How long have you lived in the Upper Gascoyne?** 8 years

**What do I love most about the Upper Gascoyne?** How the land transforms after a decent sprinkle of rain, a good wildflower season and the Kennedy Range's (I'm yet to climb the mighty Mount Augustus!)

**What services or events would you like to see in the Upper Gascoyne?** I would be very pleased with an Octoberfest ;)



# BLAST FROM THE PAST

THIS SEGMENT OF THE GOSSIP EXPLORES  
PAST ARTICLES ON NEWS AND EVENTS.

THIS ARTICLE WAS ORIGINALLY  
PUBLISHED IN THE NORTHERN APRIL  
2007

## Upper Gascoyne to celebrate centenary



PACK your swag and head out to where the rivers and roads meet!

The Shire of Upper Gascoyne will be celebrating its centenary with a host of events throughout the year.

2007 will be busy at the Junction, with a book launch, a black tie ball, the Centenary Cup Gascoyne Junction Races, the Landor Races, the famous Gascoyne Dash desert race, a photo competition, art exhibition, centenary quilt, time capsule, cricket match, reunion lunch and more.

Centenary celebrations will begin in grand style with the Centenary Gala Ball in the evening of Saturday, April 14, in what promises to be a magical night in the outback in a marquee under the stars. Specially produced bottles of centenary wine will be available on the night.

Author Bonnie Milne will be on hand to sign her book *Crossroads*, a history of the region, which will be launched on the gala evening.

The Upper Gascoyne Centenary Medal has been struck and awarded to police, Upper Gascoyne Fire Brigade volunteers and others.

For a \$100 donation, you can become a Friend of the Shire and receive not only the Centenary Medal, but the opportunity to place a message in a 50 year time capsule for your descendants.

Shire of Upper Gascoyne chief executive officer John Newton said the celebrations had been planned over the past three to four years.

"There will be something here for everybody," Mr Newton said.

Organisers have advised belles and beaus to get their ball tickets quickly to avoid disappointment, as the 300 tickets were selling fast. Tickets are available at the Carnarvon Café in Robinson Street, Carnarvon.

The Carnarvon versus Upper Gascoyne cricket match, quilt display and other events will be happening later in the year, so watch this space.

Details of all Upper Gascoyne centenary events are available on <http://uppergascoyne.com.au/>

**Left – Good old days: An Aboriginal stockman at Bidgeemia Station shows his skills with a camel. A book about the pioneering days of the Shire of Upper Gascoyne will be launched at the upcoming Centenary Gala Ball.**



## Newsletter

1/05/2020

Good afternoon Parents, Carers and Community members.

It is so good to be back home especially now the weather is cooling and the balmy nights returning. But how our lives changed so quickly!

One of the skills for coping with change is resilience and this is featuring in our new school vision and values for 2020.

### Thank you

I would like to thank Melanie for her work last term in managing the ever changing requirements around COVID 19 and facilitating the completion of some of the school's earmarked projects.

I would like to particularly mention Ms Gibson and Mr Polakiewicz and extend appreciation for the compilation of work packages and developing the online component of teaching in the event schools remained closed. Much time and effort was put in by both, in their own time, to ensure students were able to receive an education if school was closed.

The work parents and carers achieved with their charges during school closure reinforced the necessary and effective home/ school relationship. Thank you to all for the support shown through the lockdown.

### Now we begin Term 2

Our school welcomes the return of Ms Stefaniw who is full of new ideas and rearing to go. Hats off to staff for returning to school on Tuesday ready to plan for the coming term. All worked hard to determine a plan for students that incorporated the safety requirements successfully. Staff discussed two aspects of professionalism, image and outcomes, and developed a set of key performance indicators for each.

This term we welcome two visiting students Harley Munns and Travis Davis. We hope they enjoy life in Gascoyne Junction.

When students returned to school, routines were a little different due to the health and safety guidelines surrounding CO-VID 19.

The school employed a full time cleaner to assist with ensuring compliance of outlined health guidelines.

To date compliance with such measures has been second to none. Ms Kenny is to be congratulated on her outstanding efforts to keep our school scrupulously clean.

Students embraced the rigorous programme of hand washing and ensuring the 1.5 metre distancing rule. The outlined plan has gone as expected and students are to be congratulated on their attention to tasks, attendance, dress and behaviour.

**Reporting Semester 2**

Over the next week or so teachers will gather baseline data to determine students' individual requirements for the coming term. This will assist in the reporting process.

Significant amendments have been made to reporting requirements for Semester 1, 2020. There is no requirement to report on student achievement for Pre-primary to Year 10 using a 5-point scale. Schools will receive further advice around this as the change develops. I will advise parents accordingly.

At Gascoyne Junction an interview with parents is part of the reporting process. With social distancing in mind, this will continue as a face to face meeting during week 10 from, Monday 29<sup>th</sup> June.

**Concerns and Queries**

Should you have any questions or concerns, please contact your child's teacher in the first instance. Please know though that my door is always open and I look forward to hearing any feedback or suggestions you may have.

**School Vision and Values**

Midway through 2019, The School Council and staff decided it was time to revisit the school's vision statement and values. The School Council began working their magic with words that staff, council and students had indicated as important for Gascoyne Junction School. The result is a vision that captures how the school will drive forward in the coming years.

*Working together in a unique and inclusive community to provide a safe and committed learning environment where students are guided to be resilient, courageous leaders with the confidence to reach their potential.*

Our new values are

- *Respect for self, school and community*
- *Responsibility*
- *Resilience*

I think this is an excellent reflection on what our school and community are about. Thanks to all for their valuable input.

Enjoy this wonderful weather and have a great weekend.  
I look forward to seeing you all soon.

Warm regards,  
Chris Polakiewicz  
Principal  
1/5/2020



# Top tips for supporting children and young people right now



The Commissioner for Children and Young People is hearing from many children around WA on how their day-to-day lives are being impacted by the coronavirus pandemic.

Based on what they have said so far, here are some simple tips on how to support children and young people at this time:



I talked to my parents and emailed my teachers, and they say that it is ok to feel anxious and concerned."

Let them know who they can talk to about their experiences in more detail.

Encourage social connections with friends and peers.



Although I can't physically go out to see my friends (which is frustrating to say the least), we still stay in touch through social media, calling almost every night to check up on each other."



Doing school from home is very difficult, but a positive in these uncertain times is that we are learning to adapt to new environments and we start to value our resources."

Explore positive outcomes, such as the changes in lifestyle and learning for the future.



Commissioner for  
Children and Young People  
Western Australia





In my family we keep each other positive by having mini concerts in the afternoon, playing cards and boardgames, watching movies and shows together."

Be aware of the experiences of families - every family is different.



I just wish the world could go back to the way it was."



I am very worried about getting and giving the virus to my mum who can not financially afford getting sick. I'm mentally not stable and need to talk to a counsellor but the only way to do this is over the phone now and it does not have the same effect."

Acknowledge and affirm how children and young people have coped with the challenges they have faced.



Routine is integral for me to stay positive."

Observe behaviours, look for changes and respond to signs of trauma.

### Keep in touch!

The Commissioner encourages children and young people to keep sharing with him how life has changed and what is and isn't helping them at this time.

Visit [ccyp.wa.gov.au](http://ccyp.wa.gov.au)

Re-establish routines and expectations.



Commissioner for Children and Young People  
Western Australia

[ccyp.wa.gov.au](http://ccyp.wa.gov.au)

# LIBRARY LOWDOWN

## WHAT IS HAPPENING IN YOUR CRC LIBRARY

Need something to read but can't access our Library - we've got just the thing for you! Access all the library content you need with a click of your finger! Jump online and get access to eResources at home including eBooks, eAudiobooks, eMagazines, stream videos and online learning resources.



## ONLINE VIDEO TUTORIALS FOR ELIBRARY RESOURCES

Here is a list of step-by-step online video tutorials (eBooks and eAudiobooks, eMagazines and eFilms). As you click on each link, you will notice down the right hand side of the screen you can select on the instructions for your specific device.

**BORROWBOX**- is an eBook and eAudiobook service that makes it easy to browse, preview, reserve, and download bestselling titles on your electronic devices. The service is free to all library users, so all you need is a library card number - contact our friendly CRC and Shire staff for more information on how to access this great service!

<https://my.nicheacademy.com/cityofwanneroolibraries/course/2077>

**OVERDRIVE/LIBBY/OVERDRIVE FOR KIDS**- Borrow and download thousands of eBooks and eAudiobooks, including fiction and nonfiction specifically aimed at children. <https://my.nicheacademy.com/cityofwanneroolibraries/course/1451>

**RBDIGITAL**- There are now more than 3,500 magazines to choose from, many of them in languages other than English. Enjoy a huge range of full colour, interactive eMagazines to download and keep, from a wide range of genres including automotive, health & fitness, food & cooking, hobbies and even celebrity & gossip. No holds, no checkout periods, and no limit to the number of magazines you can download. <https://my.nicheacademy.com/cityofwanneroolibraries/course/177>

**KANOPY** - Gives you free access to over 30,000 movies and documentaries, including selections from Criterion Collection, the Great Courses, film festival winners, independent directors and much more. Streaming requires an internet connection. <https://my.nicheacademy.com/cityofwanneroolibraries/course/3129>

## And Coming Soon.....Online Storytime

As part of staying connected and keeping the kiddies engaged, we will be posting online story time sessions to our facebook page. Join in the fun as we read some of your favourite books - WATCH THIS SPACE for updates!





## The trouble tree

The carpenter I hired to help me restore an old farmhouse had just finished a rough first day on the job. A flat tire made him lose an hour of work, his electric saw quit, and now his ancient pickup truck refused to start. While I drove him home, he sat in stony silence.

On arriving, he invited me in to meet his family. As we walked toward the front door, he paused briefly at a small tree, touching the tips of the branches with both hands. When opening the door he underwent an amazing transformation. His tanned face was wreathed in smiles and he hugged his two small children and gave his wife a kiss.

Afterward he walked me to the car. We passed the tree and my curiosity got the better of me. I asked him about what I had seen him do earlier.

“Oh, that’s my trouble tree,” he replied. “I know I can’t help having troubles on the job, but one thing’s for sure, troubles don’t belong in the house with my wife and the children. So I just hang them on the tree every night when I come home. Then in the morning I pick them up again.”

He paused. “Funny thing is,” he smiled, “when I come out in the morning to pick them up, there aren’t nearly as many as I remember hanging up the night before.”

Author unknown

# Driveway Photography Project

The Shire of Upper Gascoyne is joining the national photography project as we are wanting to stay connected to the people of Upper Gascoyne and capture the moments of the 2020 COVID-19 lockdown.

To become part of our showcase all you need to do is take a picture with your family, partners, workers, animals basically anything you would like to capture you can be as creative as you like!!

Photos to be submitted by the 8th of May to [admin@uppergascoyne.wa.gov.au](mailto:admin@uppergascoyne.wa.gov.au) or head to facebook and tag Shire of upper gascoyne news and events.

All photos submitted by the 8th of May will go in the draw to win a COVID-19 Survival Hamper.





# GUSTHE GARDEN GURU



April is one of the busiest months for gardeners. During cooler days early in the month, enjoy spring perennials and blooming shrubs .

Garden smarter, not harder, this year by selecting drought-tolerant plants suited for our climate, also easy to grow.

## CHILLIES

### Lets Talk about Growing Chillies.

Everybody needs to grow chillies for cooking. Even if you don't like hot food, just a little hint of chilli to warm it up stimulates the taste buds and everything else tastes just so much better. True. And chillies will brighten up your garden!

Easy to grow, good for you and boasting a multitude of culinary uses, chillies are a great addition to your diet.

They bring tears to your eyes, make your nose run and burn your mouth, but chillies are still loved by millions of people worldwide.

Chillies belong to the Solanaceae or nightshade family, which also includes potatoes, tomatoes and eggplants.

They're good for your health, too. As well as being high in vitamin C, eating them in a meal helps control insulin levels.

Regular consumption of chillies is also reputed to be beneficial for inflammatory diseases, and they have long been used in herbal medicine to stimulate the circulatory and digestive systems.

A chemical in chillies, called capsaicin, gives them their heat and therapeutic value. And the more a chilli contains, the hotter it will be.

Chillies come from the same wild species as the capsicum, and there are more than 200 varieties of these short-lived perennial plants.

Chilli fruit follows white flowers and comes in lots of shapes and sizes. Depending on the variety, they can ripen from green to shades of yellow, orange, brown, purple or red. The more mature a chilli is, the hotter it will be.

## In the kitchen

Try these easy ways to use chillies in your everyday meals.

**Toss** into pasta dishes and stir-fries.

**Make** chilli oil by warming 500 ml of olive oil in a pot. Add 20g of dried red chillies and a couple of whole fresh red chillies, then heat for 3-4 minutes. Decant into a sterilised bottle and seal. Store in a dark, cool spot and use after 3-4 months.

**Marinate** king prawns in chilli, lime and garlic, then cook on the barbie.

**Turn** fresh chillies into sambal oelek, an Indonesian chilli paste. Remove the stems, then chop the chillies in a blender. Add a little vinegar and salt, then process until a paste forms. Put in a sterilised jar and keep in the fridge to add to recipes.

**Add** chillies to your favourite meat, fish or chicken marinade.



# COOK'S CORNER



## Beef Stroganoff in Garlic Cob Loaf

### Ingredients:

#### Garlic Cob Loaf

1 cob loaf (approx. 22-24cm base)  
60 g (3 tablespoons) Western Star Spreadable Original, melted  
3 garlic cloves, crushed  
2 teaspoons chopped flat-leaf parsley

#### Beef Stroganoff

40 g (2 tablespoons) Western Star Spreadable Original Soft  
600 g rump steak, cut into thin strips  
2 onions, finely chopped  
200 g button mushrooms, sliced  
2 garlic cloves, crushed  
1 teaspoon paprika  
300 ml Western Star Thickened Cream  
165 ml (2/3 cup) beef stock  
1 tablespoon tomato paste  
2 teaspoons Worcestershire sauce  
2 teaspoons cornflour  
1 tablespoon beef stock, extra  
2 tablespoons chopped flat leaf parsley

- Serve the "cobanoff" with steamed green vegetables such as green beans or broccolini or a fresh green salad
- Western Star Spreadable Original Soft can be used as a substitute for Western Star Butter in this recipe

### Method

1. Preheat oven to 200°C/180°C fan forced. Line a large baking tray with baking paper. Use a serrated knife to slice about 3cm from the top of the cob. Scoop out the bread inside leaving a 1.5cm-thick shell. Place the scooped-out bread pieces in a bowl. Cut the cob lid into 4 pieces and add to the bowl
2. Combine the melted Spreadable, garlic and parsley in a bowl. Drizzle over the bread pieces, toss to ensure they are evenly coated. Brush the inside and top cut edge of the cob with the remaining garlic spread
3. Add the bread pieces to the prepared baking tray, leaving room for the cob. Bake for 20 minutes, adding the cob for the final 10 minutes
4. While the cob is baking, make the beef stroganoff
5. Heat half the Spreadable in a large frying pan over high heat. Add beef in 2 batches and cook for 2-3 minutes or until browned all over. Transfer to a plate
6. Heat the remaining 1 tbsp Spreadable in the pan. Add the onion, mushrooms and garlic and cook for 4-5 minutes or until the onion softens. Add the paprika, cream, 2/3 cup beef stock, tomato paste and Worcestershire sauce. Stir to combine. Return beef to pan.
7. Combine the cornflour and extra tablespoon of beef stock and stir into the pan. Simmer for 6-8 minutes or until slightly thickened and creamy. Season to taste. Stir through parsley.
8. When ready to serve, spoon the stroganoff into the cob. Serve with the garlic bread pieces

Do you have family recipe that you would love to share with us? Send it through to us at [crc@uppergascoyne.wa.gov.au](mailto:crc@uppergascoyne.wa.gov.au)



## Traditional Hot Apple Pie Jaffles

### Ingredients:

300ml Western Star Thickened Cream  
2 cups canned pie fruit sliced apples  
1/4 cup sultanas  
1/2 teaspoon ground cinnamon  
Good pinch allspice  
8 slices thick cut white bread or wholemeal bread  
4 tablespoons (80g) Western Star Spreadable Original Soft  
Maple syrup, for drizzling

### Method:

Using an electric hand mixer, whip Western Star Thickened Cream in a bowl until soft peaks form. Set aside

Preheat a jaffle maker. Combine apples, sultanas, cinnamon and allspice in a bowl

Spread each piece of bread on both sides with Western Star Spreadable Original Soft

Dividing the mixture evenly, top 4 slices of bread with the apple mixture, spreading out to leave a 1cm border. Top with remaining bread

Cooking in 2 batches, place apple-filled bread into the jaffle maker. Cook for 3-4 minutes until golden and toasted

Serve with whipped cream and a drizzle of maple syrup. Scatter with fresh strawberries, if liked.



## Apple Turnovers

### Ingredients:

30g Western Star Unsalted Butter  
3 medium granny smith apples, peeled, cored and chopped in small dice  
1 lemon, zested  
2 tbsp. sultanas  
4 sheets frozen puff pastry  
75g golden caster sugar  
1 egg yolk  
1 tbsp. milk

### Method:

Preheat the oven to 200°C. Line a large baking tray with baking paper and set aside

In a medium saucepan, heat the butter over a medium heat. Once the butter has melted, add the apple, sultanas, and lemon zest. Stir gently for 5 minutes or until the apples have softened. Set aside

Lay out the pastry and cut each square into 4. Place 1 tbsp of the apple into the middle of each square, and sprinkle with 1 tsp of caster sugar. Brush the edges lightly with water. Fold one corner over to the opposite corner, and press the edges together. Transfer onto the prepared tray, and make a small piercing in each turnover to allow steam to escape

Mix the egg yolk and milk together, and brush over the pastry using a pastry brush. Sprinkle over the remaining sugar and place into the oven to



Eat warm with cream or ice cream, or at room temperature as an afternoon treat for the kids. Try using pear instead of apple or a mix of



## THE HON MELISSA PRICE MP

Federal Member for Durack  
Minister for Defence Industry

### Coronavirus Care – caring for others in our community

The coronavirus is a major global public health challenge that is having a significant impact on the daily lives of many in our community.

All levels of government are taking strong and carefully considered steps to reduce the spread of coronavirus and to protect all Australians, particularly the elderly and the vulnerable.

While the government focuses on the social and economic challenges the global pandemic is causing, it is important we step up as a community and help those around us who may need support over the coming weeks and months.

Although social distancing and self-isolation are important tools in the fight against coronavirus, they can pose challenges for those in our community without a support network.

Together with my staff in my three Durack regional offices, we are working hard to find answers to your questions and offer reassurance to you all in Durack during this challenging time. You are most welcome to call my Geraldton office on 99642195 if you require any assistance or get in touch with me via email at [melissa.price.mp@aph.gov.au](mailto:melissa.price.mp@aph.gov.au). I know there is a lot of wonderful community care being undertaken in Durack and I thank you for all your efforts and kindness. If you would like to help out in your community and would like to know more about what is happening in your town or region, please call my office and we will gather the information for you.

I will continue to share the latest coronavirus information on my Facebook page 'Melissa Price MP' and through email updates. If you would like to receive those email updates and you are not a subscriber, please email or call my office and they will put you on the list. I would also encourage you to keep in touch by regularly monitoring the advice from the Federal Government at [www.australia.gov.au](http://www.australia.gov.au).

By working together we will get through this difficult time.

Please take extra care of yourself

Kind regards,

Melissa Price

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Authorised by Melissa Price MP, Liberal Party Australia, 28/ 209 Foreshore Drive Geraldton WA 6530.



# GASSIFIEDS

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TO ADVERTISE PLEASE CONTACT US  
CRC@UPPERGASCOYNE.WA.GOV.AU

## ADVERTISING RATES

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A5 - \$25.75

A6 - \$20.60

Business Card Size - \$8.24

## OLD BASTARDS

CAN COLLECTION POINT IS LOCATED  
AT THE

JUNCTION PUB AND TOURIST PARK  
MONEY RAISED GOES TOWARDS THE  
RFDS AND OTHER NOT-FOR-PROFIT  
ORGANISATIONS THAT BENEFIT OUR  
COMMUNITY



# Happy Birthday

## April

- |    |                           |
|----|---------------------------|
| 3  | Mitchell Hoseason - Smith |
| 8  | Bridie Walker             |
| 11 | Riley McKeough            |
| 15 | Katelyn Wright            |
| 24 | Amanda Leighton           |

## May

- |    |                        |
|----|------------------------|
| 3  | Dylan Hoseason - Smith |
| 9  | Kevan "Pronto" Brand   |
| 18 | Betty Fletcher         |
| 27 | Barney McTaggart       |

## June

- |    |               |
|----|---------------|
| 13 | Sa Toomalatai |
| 19 | Cherie Walker |

Got a Birthday coming up? Contact the Gassy  
Gossip by email at  
[crc@uppergascoyne.wa.gov.au](mailto:crc@uppergascoyne.wa.gov.au)

# SMOKO TIME

## Desserts Word Search

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



BROWNIE  
CAKE  
CHEESECAKE  
CHOCOLATE  
COBBLER  
COOKIE  
CUPCAKE  
DOUGHNUT

FLAN  
FRUIT  
FUDGE  
ICE CREAM  
MILKSHAKE  
MOUSSE  
PARFAIT  
PASTY

PIE  
PUDDING  
SMORES  
SORBET  
SUNDAE  
TART  
TRIFLE  
TRUFFLE





# Across

1. Gem units
7. Revolutionary Guevara
10. Sea creature that moves sideways
14. Common recipe amount
15. Actor Holbrook
16. Turner of Hollywood
17. Masonry work that may be smoothed with a trowel
19. Grace finisher
20. Deadly snake
21. Shoving away, football-style
23. Director Bob who won a Tony, Oscar and Emmy all in the same year
24. Evicts
25. Quester for the Golden Fleece
28. Hen's place
30. "It's a sin to tell \_\_\_\_"
31. Goes 80, say
34. Fellow

37. More rain and less light, e.g., to a pilot
40. Sault \_\_\_\_ Marie
41. Ill-\_\_\_\_ gains
42. Hitchhiker's need
43. Tabbies
44. Person whose name appears on a museum plaque, e.g.
45. Zorro's weapon
48. Colorado resort
51. Some memorization in arithmetic class
54. Airport overseer: Abbr.
57. Director Kazan
58. Earlier ... or a hint to the words circled in 17-, 21-, 37- and 51-Across
60. Book after John
61. Coach Parseghian
62. White fur
63. Two tablets every six hours, e.g.

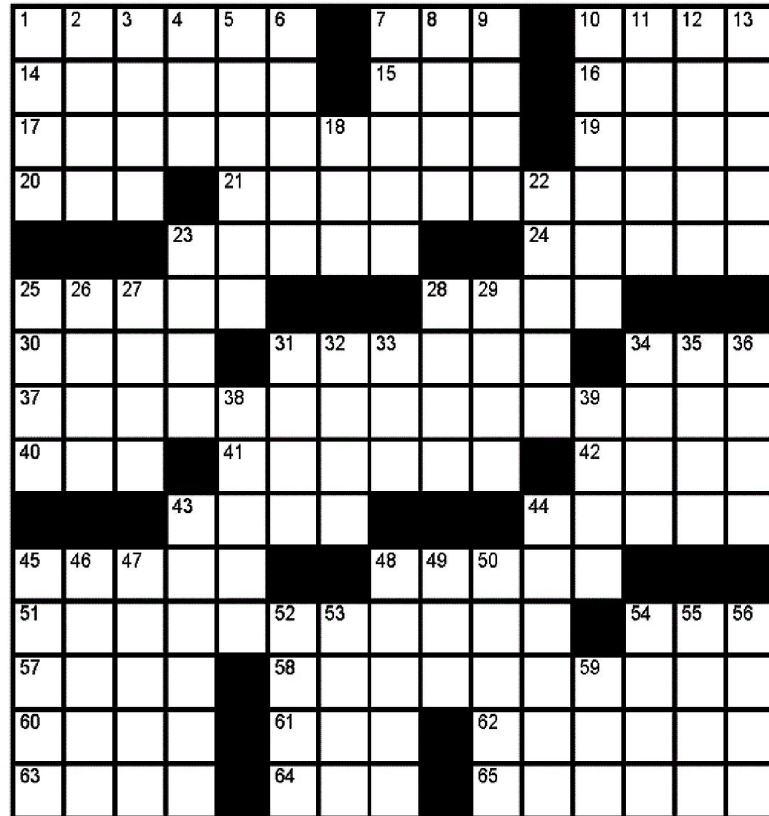
64. Thief
65. Target and J. C. Penney

# Down

1. \_\_\_\_ Nostra
2. Six-legged intruders
3. Sign on, as for another tour of duty
4. N.C. State's group
5. University of Arizona's home
6. Leopard markings
7. Rub raw
8. .5
9. Singer Fitzgerald
10. Zip one's lip
11. Harold who directed "Groundhog Day"
12. Concerning
13. Hair over the forehead

18. State known for its cheese: Abbr.
22. Hen's place
23. Enemies
25. 1975 thriller that took a big bite at the box office
26. Very much
27. Father
28. Give
29. Chief Norse god
31. Many a person whose name starts Mac
32. Flower holders
33. Suffix with differ
34. Enter
35. Ruin
36. Belgian river to the North Sea
38. "Zounds!"
39. Laundry implement that might make a 43-Down

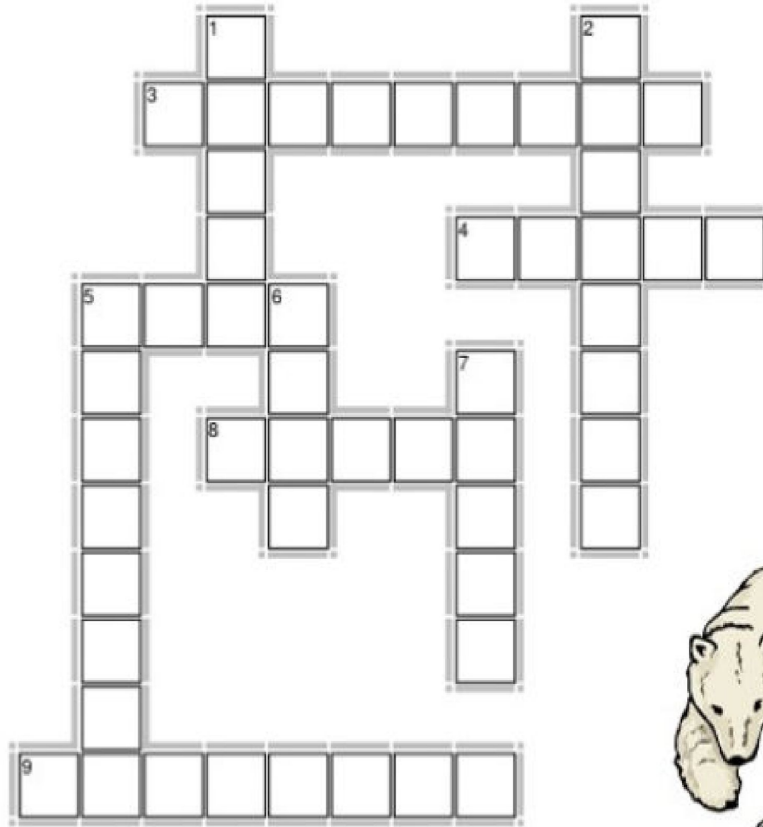
43. See 39-Down
44. Gobi or Mojave
45. Lieu
46. Radio word after "Roger"
47. Skips
48. Popular BBC import, for short
49. \_\_\_\_-mo replay
50. Israel's Shimon
52. Skier's transport
53. Prefix with -nautic
54. Light-skinned
55. Actress Heche
56. Citrus coolers
59. M.D.'s group





# KIDS CORNER

## Animals Crossword ★



### Word List

Camel  
Cobra  
Elephant  
Kangaroo  
Koala  
Lion  
Polar bear  
Seal  
Squirrel  
Tiger

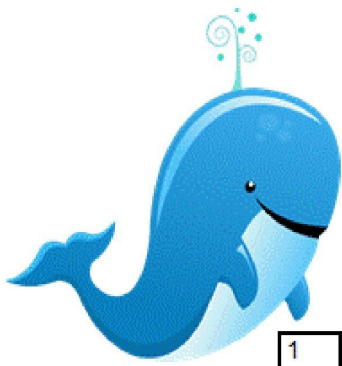


### Across

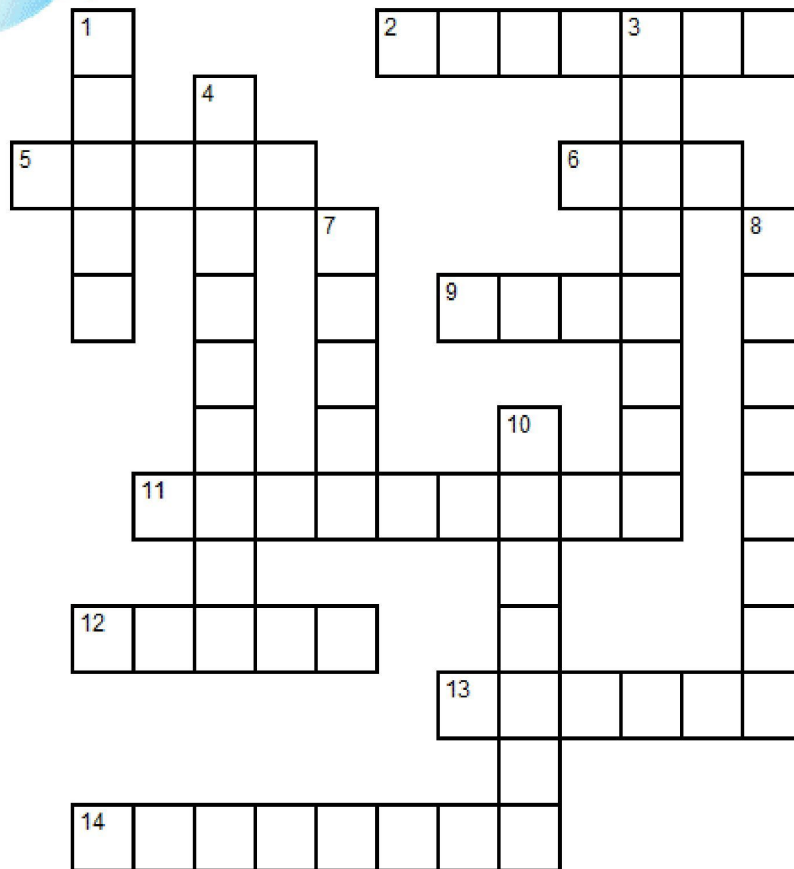
3. This huge creature lives in the polar region (9)
4. A member of the large cat family with stripes (5)
5. Rhymes with meal (4)
8. Very cuddly Australian animal, not a bear (5)
9. Lives in both Africa and Asia and has a long trunk (8)

### Down

1. Both the name of a snake and a car (5)
2. An Australian icon which hops (8)
5. Has a long tail and collects and stores nuts (8)
6. An African animal which lives in a pride (4)
7. This can have one hump or two (5)



# Ocean Animals



## ACROSS

2. fat layer that keeps some marine mammals warm
5. fish use these to breathe oxygen from the water
6. name for a group of whales
9. ocean dwellers that lay eggs and have bones
11. what a shark has instead of bones
12. a shark has several rows of these
13. what younger whales are called
14. marine animals with soft bodies and no backbone

## DOWN

1. small creatures that look like shrimp
3. how a whale or dolphin breathes
4. largest animal in the world
7. bioluminescent animals make their own
8. clams, oysters and scallops are all . . .
10. ocean dwellers that birth live babies and nurse their young

# KIDS CORNER



## ULTIMATE MOVIE WORD SEARCH

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

A BUGS LIFE  
 ALADDIN  
 ALPHA AND OMEGA  
 ASTRO BOY  
 BOLT  
 BRAVE  
 CARS  
 DESPICABLE ME  
 EPIC  
 FINDING NEMO  
 FLUSHED AWAY

FRANKENWEENIE  
 HAPPY FEET  
 HERCULES  
 ICE AGE  
 KNOEMO AND JULIET  
 KUNG FU PANDA  
 MADAGASCAR  
 MEGAMIND  
 MONSTER HOUSE  
 MONSTERS INC  
 PARANORMAN

PLANES  
 POCAHONTAS  
 PUSS IN BOOTS  
 RIO  
 ROBOTS  
 SHREK  
 SLEEPING BEAUTY  
 SNOW WHITE  
 THE CROODS  
 THE INCREDIBLES  
 THE LION KING

THE LORAX  
 TOY STORY  
 TURBO  
 UP  
 WALL-E  
 WRECK IT RALPH



# Which food am I?



Read the descriptions. Write the name of the foods and match them with the pictures.

1. You need me to make a sandwich or toast.  
\_\_\_\_\_

2. I'm yellow and people like me on their pizza.  
\_\_\_\_\_

3. We are a small round red fruit. We grow on trees.  
\_\_\_\_\_

4. We are made from potatoes and taste great with ketchup.  
\_\_\_\_\_

5. Eat us fried, boiled or scrambled.  
\_\_\_\_\_

6. We are a very small round green vegetable.  
\_\_\_\_\_

7. I'm white and I make your coffee sweet.  
\_\_\_\_\_

8. Children like me with their cereals. Cats just love me.  
\_\_\_\_\_

9. I'm a popular fast food with a sausage in the middle.  
\_\_\_\_\_

10. I'm a black hot drink.  
\_\_\_\_\_

11. I'm a delicious fried, grilled or roasted meat.  
\_\_\_\_\_

12. Rabbits just love this vegetable.  
\_\_\_\_\_

13. I'm a long yellow fruit.  
\_\_\_\_\_

14. We are a small fruit and can be used to make wine.  
\_\_\_\_\_

15. I'm yellow and sweet. People sometimes put me in their tea.  
\_\_\_\_\_

16. I'm cold and sweet. I am especially eaten in summer.  
\_\_\_\_\_

17. I am a round fruit. I am usually green or red.  
\_\_\_\_\_

18. I'm a juicy tropical fruit. I have sweet yellow flesh.  
\_\_\_\_\_



## KIDS CORNER



## CRAFT WORKSHOP

GJ PAVILION

7-8 MAR

## MOVIE NIGHT

JUNCTION PUB  
& TOURIST PARK

13 MAR

## COUNCIL MEETING

SHIRE  
CHAMBERS

25 MAR

## CRAFT ROUND-UP

DONGARA

1-5 APR

## GASCOYNE DASH

CARNARVON &  
GASCOYNE JUNCTION

9-12 APR

# UPCOMING EVENTS 2020



## COUNCIL MEETING

SHIRE  
CHAMBERS

24 APR

## ANZAC DAY SERVICE

ANZAC  
MEMORIAL

25 APR

## MOVIE NIGHT

JUNCTION PUB  
& TOURIST PARK

1 MAY

## GYMKHANA

T.B.C

1-2 MAY

## ROAD SAFETY AWARENESS WEEK

T.B.C

3-10 MAY

## QUIZ NIGHT

T.B.C

3-10 MAY

## GAZING THE GASCOYNE

JUNCTION PUB  
& TOURIST PARK

23 MAY

## GASCOYNE JUNCTION CRAFT GROUP

Meetings cancelled  
until further notice.